

Healthy People

Happy Mouth Year!

What better time than the beginning of a brand spanking new year to get set up for healthy habits? None! It's time to make a game plan for a year of great oral health.

If you haven't had your teeth cleaned in a while, be sure to put that at the top of your list. For most people, twice a year is the standard. Some people may need more. Call your dentist and make an appointment.

Meanwhile, keep up the good work at home by brushing twice a day for 2 minutes. Is your toothbrush old and yucky with bristles going in all directions? Have you had it since the last century? Changing your toothbrush at least every three months is a good rule of thumb. If your bristles are bent or breaking before three months are up, get a new one. And don't forget to floss once a day.

Make a new year's resolution to take great care of your mouth in 2014. It will probably be the easiest resolution to keep, and your beautiful smile will be your reward!

Healthy Mouth Recipe

Do you love chips, but have made a pact with yourself to give them up? Or at least cut down on the high calorie ones? Well, then this recipe is for you! Kale is a super healthy food, and this recipe is WAY lower in calories than a bag of potato chips. Enjoy!

Baked Kale Chips

Ingredients:

- 1 bunch kale
- 1 tablespoon olive oil
- 1 teaspoon seasoned salt (or plain sea salt)

Directions:

- Preheat oven to 350 degrees F. Line a non-insulated cookie sheet with parchment paper.
- With a knife or kitchen shears carefully remove the leaves from the thick stems and tear into bite size pieces.
- Wash and thoroughly dry the kale with a salad spinner. Drizzle kale with olive oil and sprinkle with seasoned salt.
- Bake until the edges brown but are not burned: 10-15 minutes.

