

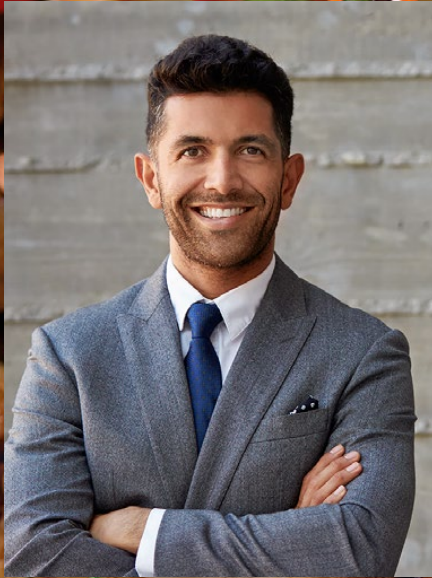
Compliments of Paul Sanders

# *start* HEALTHY

ISSUE 26

food for change | 10

all the right moves | 36



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## *FUEL* YOUR BODY

*Inflammation-fighting recipes*

ISSUE 26  
COVER PRICE \$6.99



## Front of Tear Out Card 1



**quick bruschetta  
grilled chicken**



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## Back of Tear Out Card 1

**SERVES 4**

- 2 tbsp. extra-virgin olive oil, plus 3 tsp.
- 1½ lb. boneless skinless chicken breasts, sliced thin
- 1 c. diced fresh tomatoes
- ¼ c. diced cucumbers
- ¼ c. diced red onions
- 2 tbsp. chopped fresh basil leaves
- Salt and pepper, to taste
- ¼ c. balsamic vinegar

- 1.** Heat 2 tbsp. olive oil in a large skillet. Add the chicken and cook for about 6 minutes on each side or until the inside is no longer pink.
- 2.** In a mixing bowl, add the tomatoes, cucumber, and onion. Top the mixture with basil, salt and pepper to taste, 3 tsp. olive oil, and balsamic vinegar. Mix well to combine.
- 3.** Once it's done cooking, let the chicken cool on a plate and top with bruschetta.

Recipes and photographs excerpted from *The Anti-Inflammatory Cookbook* by Krissy Carbo, RD, courtesy of Cider Mill Press Book Publishers LLC. Copyright ©2021 Appleseed Press Book Publishers LLC.



**start** HEALTHY

ISSUE 26

**Dear Bill and Judy,**

Martin Luther King Jr. once said, "There is nothing greater than to do something for others." If you need inspiration for doing so, you'll find it in this issue of Start Healthy, with features on two life-changing organizations and ways to make positive changes right in your own home.

We often take dental services for granted, but for many people, access to oral health care is challenging. To help combat this problem, America's ToothFairy provides resources, such as toothpaste, toothbrushes, and educational materials, to dental clinics and runs its Smile Drive campaign, which collects and distributes dental hygiene products to underserved communities.

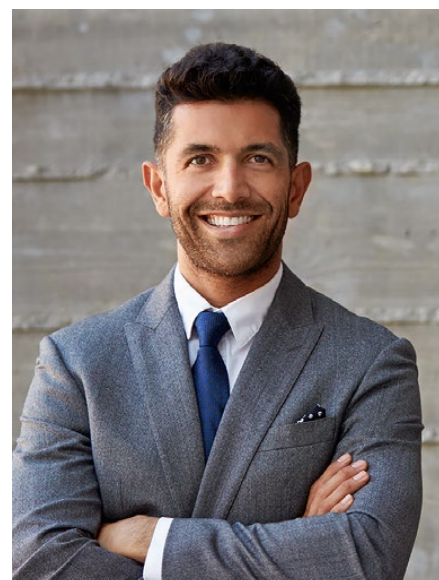
World Central Kitchen is often the first organization responding to a disaster, both here and abroad. Chef José Andrés and his team provide hot food to those in need. Among its other initiatives, WCK provides sustainable solutions for those impacted by disasters and partners with restaurants to help feed people during COVID-19.

Water is also a daily necessity, for both our health and our hygiene. But have you ever thought about the water that's coming into your house? The water guide inside explains how it gets there and how it's made clean, and it offers tips to help make your drinking and bathing water better for you and your loved ones.

May you find joy in helping others, in big ways or small. As always, it's a pleasure to send you this magazine.

**Paul Sanders**

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***Breathe Easy***

A look at lungs, including how they keep us breathing and tips for keeping them healthy.

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Here's a list of popular skin-care ingredients and processes you should familiarize yourself with to take the best care of your skin at home.

# a skin-care GLOSSARY

written by: *rachel stevens*

**Activated charcoal**—Traps and absorbs impurities on the skin and in pores; it's usually used as a face mask.

**Antioxidant**—Protects the skin from environmental aggressors, such as UV rays and pollution.

**Benzoyl peroxide**—A topical antiseptic that can treat acne and other skin conditions.

**Ceramides**—Waxy lipid molecules found naturally in the skin that trap moisture and keep skin soft. Products with ceramides help replenish moisture to your skin.

**Cleansing**—A process where a gentle cleanser is applied and rinsed off to rid skin of excess dirt and oils.

**Double cleansing**—Thoroughly washing the face twice with two different types of cleansers: an oil-based cleanser and a water-based cleanser.

**Essence**—A water-based skin-care product, applied after toner and cleanser, that contains a high content of active ingredients to hydrate and protect the skin.

**Exfoliating**—Ridding the skin of dead skin cells by dermaplaning, scrubbing, or applying a peel with enzymes.

**Extractions**—Compacted or clogged pores are cleared using a tool or gentle pressure.

**Humectant**—A substance that helps the skin retain moisture. Common humectants include glycolic acid and hyaluronic acid.

**Retinoids**—The small molecules that make up retinoids go deep beneath the epidermis layer of your skin to the dermis layer to produce collagen, reducing the appearance of fine lines and wrinkles.

**Salicylic acid**—Cleanses the skin and pores of excess oil and reduces overall oil production with daily use.

**Toner**—Removes any last traces of impurities after cleansing and balances the skin's pH.

*\*Consult your dermatologist before introducing new ingredients to your skin.*

**start**HEALTHY



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# *Better Water FOR A Better Life*

written by: *alexa bricker*

*health*

Water is the most essential element for life on earth. However, even in the twenty-first century, access to clean water is not always a given. The most recent report from the World Health Organization notes that only 71 percent of people worldwide have access to clean water.

If you're part of the population of people who has access to clean water, there are steps you can take to ensure the water flowing into your home stays clean and is even safer and better-tasting for you and your family.

## **Where Does Our Water Come from?**

Most of the water for public use in the United States comes from surface water, or water derived from rivers, streams, and lakes. Because this water is not safe to drink on its own, it must undergo a variety of processes to ensure its safety. These processes are carried out at one of the country's 16,000 wastewater treatment plants before the water is distributed through the public water system. During these processes, dangerous particles are filtered and removed and disinfectants are added to eliminate harmful bacteria and toxic metals from the water.

Some states have local regulations for wastewater treatment and the agents that can or cannot be added to treated water. For example, California requires fluoride to be added to wastewater treatment systems with 10,000 or more connections, while Hawaii does not currently fluoridate its public water sources. Some wastewater treatment plants will

also improve the color, odor, and taste of the water by mixing it with air in a process called aeration.

## What Qualifies as Clean Water?

In 1974, Congress passed the Safe Drinking Water Act to ensure the safety of drinking water for millions of Americans. The original act focused on regulating the treatment of public water; however, in 1996, an amendment was added to bring attention to the importance of protecting public water sources and guaranteeing funding for improvements to public water systems. This act has been the most significant factor in safeguarding the quality of the water that flows from our taps. The EPA is responsible for establishing drinking water safety standards that are then enforced at the federal and state levels. These standards require states to conduct frequent testing of public water sources to prevent the threat of contamination, as well as maintain the maximum level of contaminants allowed in public drinking water. Although states have some autonomy when it comes to the management of their public water systems, the EPA is the official governing body providing insight for water-quality criteria and overseeing the safety of drinking water in the US.

The standards for safe drinking water set by the EPA establish maximum levels for harmful chemicals, including acenaphthene (found in car oil and tar), benzene (found in gasoline and paint thinner), and ethylene glycol (found in antifreeze), among others. It also offers

guidelines for naturally occurring compounds, such as aluminum, copper, and zinc, all of which can be potentially harmful in high concentrations.

## How to Improve Your Water

Even if your water meets state and federal quality standards, there are steps you can take to further improve the water in your home. If you are unhappy with the way your water tastes or how it feels on your skin when you bathe, try the following solutions.

### *Test your water*

If you live in a rural area and get your drinking water from a private well, your water quality is not tested or maintained by federal or state regulators. Therefore, it is crucial that you test your well water to regularly ensure its quality. The CDC recommends having a professional test your water once a year.

Households with access to a public water system do not need to test their water as often. However, if you are curious about your water quality, consult one of your state's certified laboratories to have an inspection done. In addition, your community water supplier is required to share its annual Consumer Confidence Report, which provides information on local water quality.

### *Buy a filtration or treatment system*

There are a wide variety of home water-filtration and treatment systems to choose from, so it can be challenging to know which





from the water. Microfiltration is the most basic option, and it is moderately effective at removing bacteria but not effective at removing viruses or chemicals. Nanofiltration is highly effective at removing bacteria and viruses and moderately effective at removing chemicals.

Another type of system, reverse osmosis, takes a different approach. It treats the water via a natural process, reversing its flow and pushing it through a semipermeable membrane, thus diluting it. Reverse osmosis is highly effective at removing bacteria, viruses, and common chemicals like chloride and lead.

#### *Invest in a water softener*

Have you noticed mineral deposits and stains around your showerheads or faucets? Or a rough feeling on your skin after washing your hands or showering? This could be from high levels of hard minerals in your water. Although this is not necessarily harmful, it can be unpleasant.

Installing a water softener can be an easy solution to fix this problem. Most water softeners use salt to pull minerals out of the water, but this can negatively impact people in your home, depending on their health needs; for example, if anyone is on a low-sodium diet, you should avoid this type of system. You'll also need to consider your frequency of water use to determine the size of the water softener you need and how easy it will be to use. It can be useful to consult a professional who can help you select the option that will meet your needs.

*While it's often taken for granted, having access to safe and clean water should be one of your top priorities for your home. Put your family's health and safety first by making sure your water quality is the best it can be.*

*For more info, visit [cdc.gov/healthywater](https://www.cdc.gov/healthywater)*

one is right for your household. First, determine what you want to achieve from installing a system. Do you want your water to taste better? Are you concerned about the level of certain contaminants based on your community's report? Do you want your water to feel softer on your skin? Ask yourself these questions to narrow your search.

Once you've determined the goals you have for your water, you can review the types of systems available to you. Filtration systems use an absorbent to remove impurities

# FOOD *for Change*

**interview with:** *nate mook*

**written by:** *matthew brady*

**photography by:** *world central kitchen/wck.org*

**W**hen a disaster strikes, World Central Kitchen (WCK) is often the first organization helping on the ground. Its CEO, Nate Mook, discusses Chef José Andrés's vision for WCK, how it mobilizes for such situations, and what a hot meal means to those in crisis.

***What was the inspiration for World Central Kitchen?*** José didn't have a preconceived notion of what the organization would be. However, his core principle was that food should be seen as both a solution and an opportunity. José wanted to learn how he, as a chef and businessperson, could bring his expertise to the table.

WCK was founded in the aftermath of the 2010 earthquake in Haiti, so there was a disaster response impetus. In those early days, José learned where the needs and gaps were and where things could be improved. He also felt that the people who know food best often weren't part of the







solution. Who do you send to medical crises? Doctors and nurses. And yet, for food crises, culinary experts weren't being utilized. For example, the United States sent a huge amount of rice to Haiti. This seemed great, but it destroyed the local market. Haitian rice farmers couldn't compete with the free rice flooding in, which caused long-term damage.

***Does the mission go beyond feeding people?***

WCK runs the gamut of food issues, from access to healthy and nutritious food to food safety. José saw people cooking with dirty fuels like charcoal, holding their children while cooking, and inhaling toxic fumes. So one of the tenets became working within communities and leveraging what's already there to find solutions around food.

***What happens after an initial crisis dies down?***

It depends on timelines. During an emergency response, you make sure to get food to those who need it. When things start to stabilize, there are sometimes ongoing needs, such as in Guatemala and Honduras, which were hit by two major hurricanes in 2020 that caused tremendous damage. We provided food for displaced people, but after the immediate emergency faded, we saw the longer-term impact of those storms. Families lost their crops, so they didn't have any income and couldn't grow anything to eat themselves. As part of our recovery program, we helped these communities get on their feet by providing food kits so families could cook. This type of assistance usually lasts from three months to a year after a disaster has taken place. Finally, there's our resilience program, a long-term option that started in the aftermath of Hurricane Maria. There was such little food in Puerto Rico because the country imported 90 percent of it. So we launched our Food Producer



Network there in 2018, which helps people do more self-sustaining agriculture work.

***How do you go about planning so quickly?*** It's critical for us to get to a location as soon as we can, and if we can plan for a catastrophe, we'll try to set up beforehand. When Hurricane Ida hit Louisiana, we already had a big team on the ground and a kitchen cooking in New Orleans. We have equipment stored in various warehouses and high-capacity food trucks that we can deploy very quickly.

We also leverage what's already there. Communities almost always have restaurants, and if they're still functional, we can pay the restaurants to produce meals. This has a double impact because we're not only getting meals to folks in need but also supporting local businesses during a trying time. For example, in 2020, we paid restaurants in four hundred cities

across America to produce meals during COVID. We had hoped to put \$10 million back into small restaurants by doing this, but by the end of the year, the number was \$150 million.

***Does the culinary world come together when a disaster hits?***

One of the magical things about the culinary industry is its strong interconnectedness. With a simple phone call, people jump in and help. They know their community better than anyone else, have distributors and suppliers for food, and potentially have kitchen space and staff to utilize, so we'll come in and work side by side with them. Chefs are also very good at operating in turmoil—restaurant kitchens are controlled chaos, so chefs must be good under pressure, move fast, and adapt.

***Is there an element of danger in what you do?*** That's a great question. We factor that in, and everybody we employ





is trained. But there will always be uncontrolled situations. During the earthquake in Haiti, for example, we had to be very careful about our teams' safety, not only because there could be additional earthquakes but also because of the political instability. Gangs would often shut down roads, so we had to use helicopters and planes to get food to many places.

The safety of our teams is our number one priority. If it's too dangerous, we won't go in. For hurricanes, we make sure that we are hunkered down in secure locations that are hurricane-rated and have backup generators. We also have satellite phones and trackers. Nonetheless, there will always be an element of danger.

That includes COVID. None of us have contracted it during a

relief operation, which is a testament to how careful we are. In spring 2020, we were extensively supporting families on the Navajo Nation, which had the highest rate of COVID in the world at the time. It was a big challenge, but that work needed to be done.

***Is social media vital to your mission?*** We are often the first people on the ground—and sometimes the only ones. So if we're not sharing what the circumstances are, nobody is. We become the eyes and ears of the general public when a disaster strikes. I also think it's important to be radically transparent. If you donate, we want you to see exactly how we're spending your money and foster trust because WCK is a people-powered organization. If we didn't have that support, we wouldn't be able to do the work we do every single day.

***How does providing hot meals impact people?***

We're big believers that a hot, fresh-cooked meal is more than just what's on the plate. It says that somebody is here to support you and cares about you. That hot plate of food during a time of crisis is a message of hope. At the end of the day, that's what's so important about what we do.

***How much has World Central Kitchen's mission grown, and how will it continue to do so?***

We have had three phases. The initial phase was when José founded the organization and learned what was needed. In phase two, after Hurricane Maria, we applied that learning and created our model for disaster response. COVID has led to the third version of World Central Kitchen. We've shown that we can scale and operate with a massive reach—in 2020, we served over thirty-five million meals in the United States during the

pandemic and got food to people in hundreds of cities simultaneously.

Going forward, we're engaging in policy and legislation and targeting the systemic issues that lead to food insecurity because the communities most impacted by disasters are often the most vulnerable. The fact that food touches everything, such as schools feeding children, has been a big wake-up call during the pandemic. We also need to do everything possible to ensure that we're ready to respond soon after an emergency strikes so we can meet people's needs immediately.

*For more information, visit [wek.org](http://wek.org)*

written by: *rachel stevens*

# HOW TO PRACTICE emotional awareness

Emotions are beautifully complex. However, they aren't always cared for properly out of fear of confronting them or denial that they exist. But by becoming more in tune with your feelings, you can learn how to lean into them for your well-being rather than pulling away from your emotions and suppressing them. Use these tips to make small steps every day toward better emotional awareness.

## The core emotions

Many experts consider our core emotions, also known as primary emotions, to be joy, fear, sadness, disgust, and anger. These emotions are the base for all other combinations of feelings. It's easy to identify when you feel just one of these emotions at any given time, but it can complicate the situation when you experience multiple core emotions at once. Return to the basics by becoming aware of your primary emotions to help you express yourself when you're unsure of how you feel.



## JOY

Joy is a feeling of pleasure and happiness. Your brain releases more dopamine and serotonin when you experience joy. We associate joy with things that make us feel safe, calm, and loved. Your body might feel light, and you might feel more connected to yourself and those around you. Oftentimes, joy is a state that also invokes higher energy levels.

## FEAR

When you fear something or someone, you can often confuse it with general anxiety. Anxiety is a consistent and excessive worry, but fear can be less obvious. If you have little control over a situation, your mind might prepare you for the worst possible outcome. This is natural, and you can feel it physically through muscle tension, perspiration, and an elevated heartbeat; this is because your body is preparing to protect itself mentally and physically. Don't dismiss fear, even when it feels silly, because your body is telling you that it's uncomfortable.

## DISGUST

When you feel disgust, your body also wants to protect itself—especially from harmful things such as sickness or poison. So when you experience disgust, your body might respond with nausea or light-headedness to tell you to step away from the situation. Many feelings of disgust are natural and safe to have, such as being turned off by blood—most people aren't ecstatic about these emotions for good reason.



## SADNESS

One of the easiest emotions to recognize, sadness is a feeling of hopelessness or heaviness because of a loss or an inability to understand something. Physically, you might feel more tired than usual, have a headache, and withdraw from other people. Your mind may want to shut down, which can make you feel numb. These symptoms happen because your body is reserving its energy to help you heal. If you experience prolonged periods of intense sadness, it's important to reach out to a professional to get the help you need.

## ANGER

Everyone expresses anger differently. Oftentimes, anger can be silent. When your mind is unprepared for something that occurs, it copes by shutting down parts of your rational thinking and inhibitions to bring you back to a comfortable place. You might experience muscle tightness, a red face or neck, and a clenched jaw. You might also say or do things you usually wouldn't, and you might even feel physically stronger than normal. It's important to recognize when anger crosses a line into hurtful territory.

## How to understand your feelings

Remember, your brain makes different combinations of primary emotions that can be hard to vocalize, so be kind to yourself when you can't pinpoint what you feel. However, there are simple techniques you can use to understand and interpret your feelings so you can grow, learn to know yourself better, and set yourself up for success.

## PAUSE

Emotions can be intense at times and sometimes unexpected. It's important to pause, remove yourself from the situation, take a deep breath, and perform an inventory of your feelings. Notice how your body feels and what your thoughts are. Pay attention to the combination of your physical and mental states. Sensations such as tension, shaking, high or low energy, and increased heart rate are common for any one of the core emotions, so it's important to recognize the sensations most common for you.

## JOURNAL

It can be helpful to record your daily emotions to track them and discover patterns. Write down your thoughts, and try not to pass judgment on yourself so you don't hold back. Use language like "I feel" and not "I am." Ask yourself the following questions:

- What happened before I felt that emotion?
- How did I feel?
- How long did I feel that way?
- Where did it happen?
- Were there other people involved?
- Did I have any physical symptoms?
- Did I accept my emotions or repress them?

As you journal more, you might notice that you have the same emotions while around a specific person or in a particular place. From there, you can embrace your feelings and learn from them.

## CONSULT A PROFESSIONAL

While it's important to reflect on your own and voice your emotions to a loved one, it's also beneficial to voice how you feel to an unbiased professional. A therapist can help

you understand yourself, improve your habits, and offer recommendations that are solely focused on your goals. Your therapist will challenge you to master reading the messages that your emotions are sending to you about how to care for yourself and others.

## Honor your *emotions*

The most significant aspect of achieving emotional awareness is to honor your emotions. Feelings cannot be controlled easily, and it's not always healthy to do so. It might not always be easy—you will not always be proud of your emotions, but you should acknowledge their existence. Respect that your mind and body are different from anyone else's.

It can be helpful to practice self-affirmation when you wake up and before you go to bed. Examine what you're feeling and why you feel that way. Tell yourself that, regardless of how you might feel in the moment, you are deserving of love and respect.

*Listen to what your body tells you to do, and honor it. If your body and mind are telling you to take time to rest, then rest. If you feel like crying, then cry. If you want to enjoy time by yourself, then spend time alone. Don't rebel against your mind to meet everyone else's expectations. Embrace your emotions as a part of your human experience.*





photo by: getty images

# A DENTAL DILEMMA

interview with: *jill malmgren*

written by: *matthew brady*

photography by:  
*america's toothfairy, unless noted*



**E**veryone goes to the dentist, right? Unfortunately, that's not a reality for millions of people. America's ToothFairy aims to fill that gap by providing resources and education where they're needed most. Jill Malmgren, the nonprofit's executive director, discusses how they go about it.

**How did America's ToothFairy begin?** America's ToothFairy was founded in 2006 to account for the huge disparities in oral health care, especially for children, and how

we can manage that to positively impact their lives and ability to thrive. We looked at all the nonprofit clinics across the country, and this was our opportunity to help support them and provide the resources they need.

***In what ways do you help alleviate this problem?***

Right now, budgets for nonprofit clinics are tight. So things we take for granted, like going to the dentist and getting our little bag with toothpaste, floss, and a toothbrush, become luxuries, even for nonprofit clinics. So being able to provide those things so clinics can distribute them is vital. Also, we

offer support through educational materials and training. In addition to working with nonprofit dental clinics across the country, we help other organizations like shelters and food pantries.

***Being a national nonprofit that operates virtually, were you better prepared to continue providing resources when COVID-19 hit?***

Each year, we help impact the lives of about 600,000 children and typically educate about 200,000 to 250,000 parents and caregivers. We have volunteers and clinics participating in our

programs across the country who are used to dealing with virtual interaction, but it had a huge impact on how we worked with our partners. The challenge was how we could continue serving people when clinics were closed or had limited staffing or hours. Many of our clinic partners got creative: they worked with food pantries or other organizations in their community or offered drive-through options.

***Would you elaborate on how poor dental health can affect children?*** The most alarming statistic is that one in

five kids is suffering from untreated tooth decay. And that's something that can compromise the body. Early prevention is key, but we need to make sure we're giving families not only the resources but also access to dental clinics and practices for the care they need.

For many people, this isn't just about teeth. When you think about how much you use your smile, whether it's to say hello or have a conversation or do an interview, it shows how much of a difference it makes. This is especially true for kids. A child with poor oral health may be very timid or reclusive and likely won't participate in class discussions or engage socially.

They may even be ridiculed. Plus, if they're in pain or have difficulties eating, that can really impact their ability to get proper nutrition. Having healthy teeth makes it easier to talk and smile!

What I've found from talking to kids in the five-to-eight-year age range is heartbreaking. In some of our outreach, we provide them with a toy and an oral care kit they can take home. Too often, these kids will come to us and say, "If I give you my toy back, can I have a kit to take home to my brother, my sister, my dad, or my mom?" It's so easy for us to take for granted that a toothbrush is something we have in our

homes. But it's not as common as it should be. Many people don't have one in their home, or there's just one toothbrush for a whole family to share. What is so empowering, though, is the power of education. When we teach parents and kids about how important it is to take care of their oral health, they get it.

***Would you say education is a major stumbling block to solving this problem?*** Definitely. America's ToothFairy always talks about the mouth being the gateway to the body. So if things are happening in the mouth, it's a good indicator of what else might be happening elsewhere. If your mouth



is not healthy, then that can lead to serious oral health issues and other problems in your body. We need to look at it a little differently because oral health needs to be brought to the forefront.

***What's a little-known aspect of oral health that people should know more about?*** The lack of value of baby teeth and understanding how important they are. That's one of the things we focus on with pregnant moms and mothers of infants. Baby teeth not only serve as placeholders for permanent teeth but also help children develop good habits. The opportunities for infection in baby teeth can cause damage to permanent teeth.

***Does poor oral health disproportionately affect underserved people?*** Yes, in both urban and rural communities. There is a dental health professional shortage across the country in these areas, so you might have counties that don't have dental health professionals to serve their



communities, and especially those who are underserved. That is a big problem. We need to ensure our dental professionals are well equipped and able to serve these populations. In many of these communities, they don't have the financial resources or access to dental clinics, stores with healthy foods, or public transportation, which creates insurmountable barriers to living healthy and receiving regular dental care.

We have a program called In the Gap that is geared toward covering extraneous expenses that wouldn't be covered under insurance or for which a family can't afford, like transportation or specialist services. What I've found when

interacting with parents is the majority care about their kids and want them to have good oral health, but they are facing some overwhelming obstacles. When you're dealing with families that are worried about basic things like food and shelter, getting an appointment or taking time off from work isn't always a top priority. What I often see is that the will is there, but the resources are not.

**What is your Smile Drive?** It's like a food collection drive for oral-care products that are sent to organizations in the community. Smile Drive was started for National Children's Dental Health Month in February, but some



organizations, such as afterschool programs and food pantries, discovered that oral-care products are a major need for the populations they serve. Understanding that this need isn't limited to one specific time of year, we decided to expand it to year-round. To date, we've distributed over two million products through that campaign.

**You've been with America's ToothFairy since its inception. What keeps you going?** It's amazing to me that so many of the children we serve are experiencing pain every day. At least four million kids in the country don't have

the luxury of dental care. We know the solution, we can fix this, and we can prevent it from happening in the future in a cost-effective way. The answer is dedicating funds and resources to making sure we connect families with dental facilities and provide education and products they need to take care of their teeth in their homes. That's why I've been at it for so long—because I see hope. And because every child deserves a healthy smile!

For more info, visit [americastoothfairy.org](http://americastoothfairy.org) or [smiledrive.org](http://smiledrive.org)



# FUEL

recipes and photos by:  
krissy carbo, RD

## Your Body

Recipes and photographs  
from *The Anti-Inflammatory  
Cookbook* by Krissy Carbo, RD, courtesy  
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Diet can play a big role in how we experience inflammation, and these recipes from registered dietitian Krissy Carbo show that eating simple, delicious, smartly prepared dishes can help you feel good too.

SERVES 4

## QUICK BRUSCHETTA Grilled Chicken

*This dish is delicious, refreshing, and packed with lycopene, an anti-inflammatory carotenoid that helps calm immune responses when triggered.*

### measure

- 2 tablespoons extra-virgin olive oil, plus 3 teaspoons
- 1½ pounds boneless skinless chicken breasts, sliced thin
- 1 cup diced fresh tomatoes
- ¼ cup diced cucumbers
- ¼ cup diced red onions
- 2 tablespoons chopped fresh basil leaves
- Salt and pepper, to taste
- ¼ cup balsamic vinegar

### make

1. Heat 2 tablespoons olive oil in a large skillet. Add the chicken and cook for about 6 minutes on each side or until the inside is no longer pink.
2. In a mixing bowl, add the tomatoes, cucumber, and onion. Top the mixture with basil, salt and pepper to taste, 3 teaspoons olive oil, and balsamic vinegar. Mix well to combine.
3. Once it's done cooking, let the chicken cool on a plate and top with bruschetta.

SERVES 4

## AVOCADO *Egg Cups*

*These egg cups are the perfect on-the-go breakfast and are packed with high-quality fat and protein. Not to mention avocado and pasture-raised eggs are rich in omega-3 fatty acids, choline, potassium, B vitamins, and other antioxidants that support your immune system when inflammatory triggers try to sneak in.*

### *measure*

- 2 large Hass avocados
- 2 ounces your choice of cooked chopped bacon or sausage, cooked vegetables, or smoked salmon
- 4 whole pasture-raised eggs
- Pinch or ⅛ teaspoon sea salt
- Pinch or ⅛ teaspoon black pepper
- ½ tablespoon chives or parsley (fresh or dried)
- Pinch or ⅛ teaspoon crushed red pepper (optional)

### *make*

1. Heat oven to 425°F.
2. Cut the avocados in half and remove the pits. Scoop out some flesh just a bit larger than the size of the pit in order to create a bigger well.
3. Place the avocados faceup in a small baking dish (or slice a thin layer off of the back of the avocado to keep them from tipping over).
4. Fill the cavities of the avocados with cooked vegetables or protein of your choice.
5. Crack one egg into each avocado cavity. If needed, remove some of the egg white before baking to avoid spilling over.
6. Season with salt and pepper.
7. Bake for about 15 minutes, or until the eggs are cooked to your liking.
8. Garnish with fresh herbs and crushed red pepper, if using.





SERVES 3

## PEANUT BUTTER & JELLY *Ice Cream*

*We all love ice cream, but we could live without the discomfort, bloating, and aches we get after eating dairy. Here is a recipe for ice cream that you can enjoy without any worries. If you have an allergy to peanuts, you can substitute the peanut butter for almond butter.*

### *measure*

- 4 frozen bananas, cut into 4 pieces
- ½ cup unsweetened non-dairy milk of choice
- ½ cup peanut butter
- 1 cup fresh strawberries
- 2 teaspoons vanilla extract

### *make*

1. Add the frozen bananas and non-dairy milk to a food processor. Set the processor on low, stopping intermittently to scrape the sides of the bowl. Continue to process until smooth.
2. Add the peanut butter, strawberries, and vanilla extract. Process until smooth and the ingredients are incorporated.
3. Pour the mixture into a freezer-safe container and place the container in the freezer for 6 hours or overnight before serving.

SERVES 2

## CHICKEN *Buffalo Dip*

*This recipe is the perfect game-day addition. Being successful in your health goals means finding food you genuinely love and can incorporate into your lifestyle. This nutrient-dense dip is one that can be enjoyed by the whole family.*

### *measure*

- 1 medium sweet potato, baked
- ½ cup full-fat coconut milk
- ¼ cup Frank's Red Hot Sauce
- 3 tablespoons nutritional yeast
- 1 tablespoon extra-virgin olive oil
- 1 teaspoon sea salt
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 cup rotisserie chicken, shredded
- ⅓ cup blue cheese (optional)

### *make*

1. In a blender or food processor, add the flesh of the baked sweet potato. You can also use leftover sweet potato mash here.
2. Add the coconut milk, hot sauce, nutritional yeast, olive oil, salt, garlic powder, and onion powder. Blend until smooth.
3. In a large serving dish, add the dip from the blender along with the shredded chicken. Mix to combine.
4. Top with the blue cheese if you're not sensitive to dairy. If desired, place the dish in the oven at 375°F for 10 minutes.



A person in a black leotard is performing a handstand in a gym. The person's hands are on the floor, and their legs are raised in the air. The background is a blurred gym setting with a wooden floor and a person in the background.

# all the *right* moves

written by: *alexa bricker*

**T**ake a moment to think about the many ways your body supports you throughout the day. For example, your legs allow you to sit down and stand up. Your arms help you reach for things up high and on the ground. And your core and back allow you to lean from side to side and hold you upright while you sit.

Your body is an essential tool for performing everyday tasks, but many people don't give their body the respect and care it deserves. One of the best ways you can honor your body is by practicing functional strength training.

If your mind immediately cuts to a gym full of intimidating, muscular weightlifters, not to worry. Virtually anyone can master the basics of functional strength training; in fact, weights don't even have to be a part of the practice. The goal of functional strength training is simply to prepare you for the bodily movements you'll experience in everyday life.

### **THE BASICS AND THE BENEFITS**

The American Council on Exercise describes functional strength training as "exercising several muscles and joints together rather than working a particular muscle or group of muscles independently, resulting in an individual being able to perform daily activities with greater ease." This means that, for it to be effective, functional strength training must help you build on four things: coordination, muscle contractions, speed of movement, and range of motion. Improving in all these areas will make a positive impact on your day-to-day mobility.

This type of training emphasizes safety, and it can be beneficial for people who are new to exercise as well as those with more experience. A distance runner, for example, might experience pain in her calves and ankles from the force of her feet meeting the ground. Practicing functional-strength movements that focus on these areas, such as calf raises and quick jumps, can help her build strength and prevent muscle damage. Likewise, a seventy-five-year-old man who wants to tend to his garden without hurting his back and knees may want to build strength in his midsection and legs by practicing gentle squats and forward bends.

There are many benefits of performing these types of strength-training exercises. You can focus on movements that will help you with tasks you frequently do and those that can help prepare you for the unexpected. For instance, functional strength training of your core can be extremely beneficial for your balance, which can help prevent accidental falls and improve your posture.

Just like any other type of exercise, functional strength training can be great for your mental health too. Although it tends to be less aerobic than cardio exercises like running and biking, functional strength training requires you to move your body for an extended period. You should feel challenged in these movements because the goal is to make them easier for you over time, so you are likely to work up a sweat. In turn, you'll receive the same endorphin rush you would get from performing any other form of exercise.

### **DO WHAT MOVES YOU**

Now that you know the basics, you can consider which types of functional strength-training exercises you'd





benefit from. When starting out, it's best to exercise with a buddy or consult the expertise of a certified personal trainer. To get the maximum benefits from this practice, you'll want to make sure you are performing all the moves properly and safely.

#### **Arms and back**

Building your upper-body strength can help you with a variety of everyday tasks, such as carrying groceries, reaching for items above your head, and even getting out of bed in the morning. Here are a few movements you can practice to improve your arm and back strength.

- **High-plank shoulder tap:** Get into a high-plank position with your wrists and shoulders in a straight line. Try to keep your core tight and controlled while you lift one arm and bring it up and over to tap your opposite shoulder. Repeat the movement on the other side.
- **Forearm plank:** Hold a plank position with your forearms flush against the ground. Try to keep your back as level as possible.



- **Downward dog:** This movement is used frequently in yoga practice. Start in a high-plank position with your wrists and shoulders in a straight line and fingers spread wide. Drive your hips upward so your body forms a triangle.

#### **Legs and glutes**

Your legs and glutes are at the center of many daily movements, from walking up and down stairs to getting in and out of your car. The following exercises can help you keep them strong to support you throughout your life.

- **Lunge trio:** Start in a standing position with your legs hip-width apart. Lift one leg into a forward-lunge position, followed by a reverse lunge, and then a side lunge. Try to keep your core tight during each movement, and repeat with the other leg.
- **Cossack squat:** Stand with your legs spread apart at a comfortable width and your feet facing outward. Gently lunge to one side until you are in a deep squat on one side and your opposite leg is extended. Repeat on the other side.

- **Traditional squat:** Nothing beats a traditional squat for building leg and glute strength. Stand with your feet slightly wider than hip-width apart. Squat down slowly, keeping most of your weight in your heels, until your thighs are parallel with the floor. As you stand up, squeeze your glutes together.

#### **Abdominals**

A strong core is key for moving more easily, feeling balanced, and keeping your entire body healthy. Do these workouts to improve your abdominal strength.

- **Side plank:** Lie on the ground, and turn onto your side with your wrist and shoulder aligned and your feet stacked on top of each other. Lift your hips upward, and keep your core tight while you hold this position. Repeat on the opposite side.

- **Leg raise:** Lie on your back with your legs stretched above you. Keep your lower back flush to the ground while you slowly lower your legs without allowing them to touch the ground. Hold your core tight while you slowly raise your legs back up.

- **Wall sit:** Lean against a sturdy wall with your shoulders and back flush against it. Slowly bend your knees until they reach a 90-degree angle, and hold this position.

*Whether it's for performing difficult exercises or completing everyday tasks, if you're trying to improve your overall mobility, functional strength training might be the solution you've been looking for. Give this practice a try, and see how much it can do for your quality of life.*

\*Be sure to consult your doctor before beginning any new exercise program.



# Breathe Easy

written by: *matthew brady*

**It's amazing how self-sufficient our bodies are. In fact, science makes a distinction between voluntary processes, like making your head move, and involuntary ones. Your lungs would fall under both categories.**

People don't normally have to think twice about breathing every minute of every day, even while sleeping; they just do. But if you've been underwater, you've learned to hold your breath. However, if your lungs are compromised, you feel it all too well with every breath you take—and far too many people experience this. The American Lung Association website recognizes over fifty lung-related conditions, and the ALA says that every two minutes and thirty seconds, someone is diagnosed with lung cancer. It's the leading cause of cancer mortality, but the good news is the survival rate has been improving in recent years.

Lung health is crucial, so let's take a closer look at what lungs are composed of, what can compromise them, and how you can strengthen them.





## Lungs: The Facts

To get the oxygen you need to live, you breathe air through your nose and mouth and send it down your trachea, which has mucus and tiny hairs that trap contaminants as air flows through to your lungs: the larger, three-chambered right lung and the smaller (thanks to your heart), two-chambered left lung.

From there, it's almost like an upside-down tree structure. The trachea (the "trunk") divides into bronchi ("branches") in your lungs, then bronchioles (smaller branches), and then alveoli, which are like millions of tiny buds. It's here that oxygen enters your bloodstream and carbon dioxide leaves. As far as how this all happens, you can thank your diaphragm and rib-cage muscles, which work together to expand and contract your otherwise stationary lungs.

This is a constantly repeating process; we breathe about fifteen times per minute and take in around 5,000 gallons of air every day. So it's important to understand the primary factors that can put your lungs at risk and what you can do to protect them.

## Ways to Love Your Lungs

Considering our lungs' sheer volume of work, it's understandable that we breathe in things that are not so good for us, such as smoke. That said, there are numerous contaminants, from dust mites to pet dander to mold to chemicals, that affect our lungs, especially indoors. Fortunately, there are several things you can do—and avoid doing—to help improve your lung health.

### BE PROACTIVE

- **Schedule a doctor's visit.**

Regular lung monitoring is vital because early

detection of lung-related conditions can greatly increase the chances of overcoming them.

- **Don't smoke.**

This may be the most proactive step you can take, but you should also avoid secondhand smoke because it can be harmful too.

- **Exercise.**

Treat your lungs like muscles by giving them a good workout every day, whether that means going for a walk or climbing stairs.

- **Hydrate.**

Drinking several glasses of water daily is good for your overall health, but doing so also keeps the mucus in your lungs thin, as it should be.

- **Minimize chemicals.**

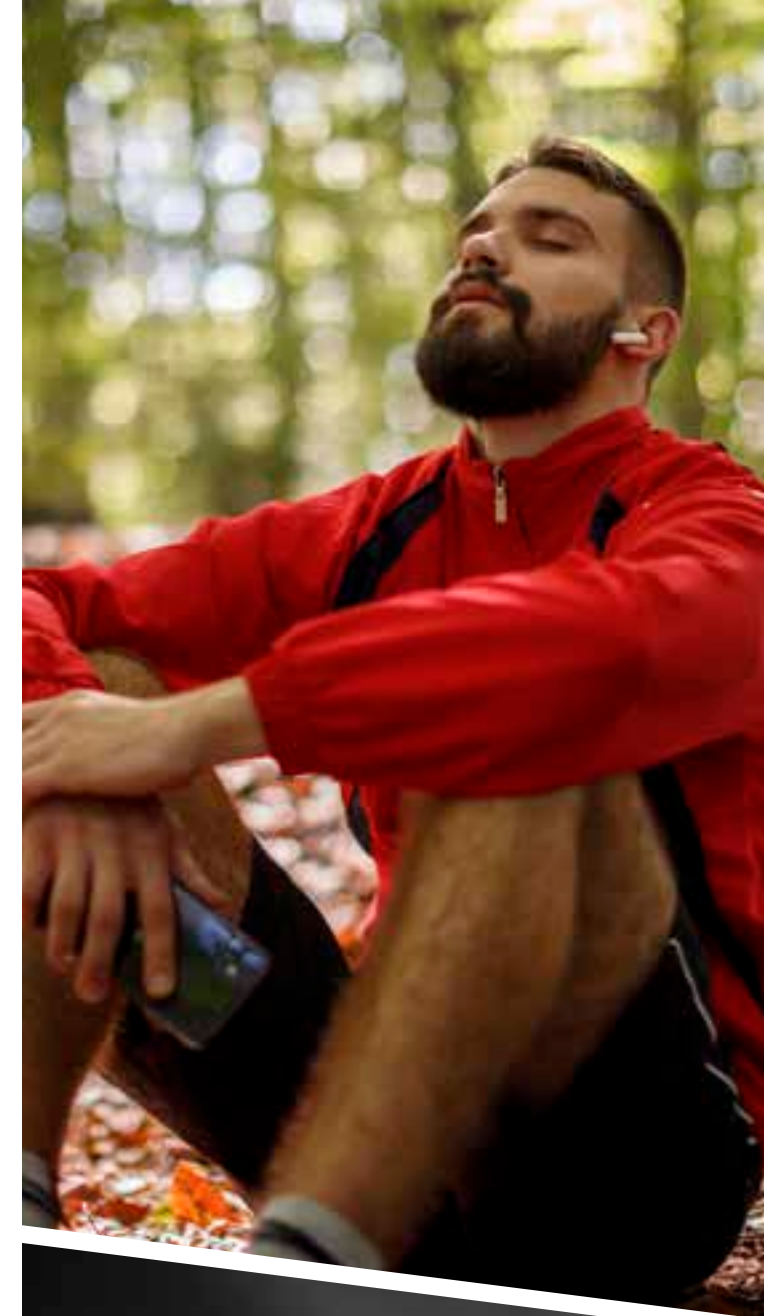
As a general mantra, remember that if you can smell it, then you've breathed it in. So try using cleaners with natural ingredients, and opt for zero-VOC paints.

- **Monitor your indoor air quality.**

Be aware of any unusual smells when you walk into your house or a particular room and whether you start feeling effects like a runny nose. It could indicate the presence of mold.

- **Monitor your outdoor air quality.**

In general, being in nature is good for you, but places like cities tend to have poor air quality. Before you go outside, make a habit of checking a website like [accuweather.com](https://www.accuweather.com), which will give you a real-time statement about your area's outdoor air quality.





### BE VIGILANT

- **Buy a radon test.**

If your home has a basement, you should get it regularly tested for radon, a virtually undetectable gas that seeps into basements through the soil and is the second-leading cause of lung cancer.

- **Monitor mold growth.**

Naturally humid places, such as bathrooms and basements, can be breeding grounds for mold. Check these spaces monthly, fix any leaks, and seek the advice of a mold-remediation specialist if need be.

- **Change your filters.**

Filters, especially ones found in vacuum cleaners, humidifiers, dehumidifiers, and HVAC units, are designed to trap dirt, dust, and other debris. Cleaning or replacing these filters regularly, especially the ones in your HVAC unit, can help keep your home's air cleaner.

- **Vacuum.**

If you have carpets, it's recommended that you vacuum them a few times a week because they are great at keeping things like dead skin, pet dander, dust mites, and other allergens trapped—all of which you're potentially inhaling.

*It's been said that every breath is a gift. So make sure to take care of the organs that allow this to happen every day of your life, your lungs, so you can breathe in all life has to offer.*

*For more information, visit [lung.org](http://lung.org)*



# Fall in Love WITH LEAF PEEPING

written by: *nathan smith*

From Bar Harbor, Maine, to the Columbia River Gorge in Oregon, many Americans will spend time this fall getting a better look at nature through leaf peeping. This outdoor activity involves traveling to national parks and other rural destinations to enjoy the changing foliage. While leaf peeping offers a visual vibrancy of color, it can also benefit your mind and body. Instead of simply driving along country roads to enjoy the foliage, park your car, get outside, and partake in all this splendid activity has to offer.

## PHYSICAL HEALTH

Regular exercise is an essential part of a healthy life. It helps reduce your chances of developing certain health conditions, such as high blood pressure and type 2 diabetes, improves sleep, and aids in maintaining a healthy weight. A leaf-peeping adventure is a perfect time to get in some outdoor exercise. Whether you are walking, jogging, kayaking, or cycling while enjoying the kaleidoscope of fall colors, you are participating in green exercise, which is any physical activity that takes place in a natural outdoor environment. Participating in green exercise helps increase your exposure to sunlight and, in return, enhances your vitamin D production, which can help promote healthy bones and teeth, strengthen your immune system, and support lung function and cardiovascular health. Partaking in outdoor exercise during fall can be a pleasant experience in many areas as the temperatures and humidity begin to drop, allowing you to spend more time outside without being uncomfortable or worrying about the dangers of overheating.

## MENTAL HEALTH

While exercising during your leaf-peeping trek can benefit you physically, this activity can also provide a boost to your mental health. A study conducted by Stanford University found that simply walking in nature can help lower the risk of depression, decrease anxiety levels, and improve cognition. You may also associate the colorful leaves with joyful memories you've made during fall throughout the years. From trick-or-treating with childhood friends to drinking warm apple cider with loved ones, the nostalgia that foliage triggers can positively impact your mood.

*So take time this fall to experience leaf peeping for yourself—you very well may become a “be-leafer” in this activity’s benefits.*



### RISK REVIEW

Having a “heads-up” for all of life’s potential risks would be ideal... but since the unexpected is, well, just that—proper risk provisions are **key to protecting your wealth.**

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## Front of Tear Out Card 2



peanut butter  
and jelly  
ice cream



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## Back of Tear Out Card 2

**SERVES 3**

- 4 frozen bananas, cut into 4 pieces
- ½ c. unsweetened non-dairy milk of choice
- ½ c. peanut butter
- 1 c. fresh strawberries
- 2 tsp. vanilla extract

- 1.** Add the frozen bananas and non-dairy milk to a food processor. Set the processor on low, stopping intermittently to scrape the sides of the bowl. Continue to process until smooth.
- 2.** Add the peanut butter, strawberries, and vanilla extract. Process until smooth and the ingredients are incorporated.
- 3.** Pour the mixture into a freezer-safe container and place the container in the freezer for 6 hours or overnight before serving.

Recipes and photographs excerpted from *The Anti-Inflammatory Cookbook* by Krissy Carbo, RD, courtesy of Cider Mill Press Book Publishers LLC. Copyright ©2021 Appleseed Press Book Publishers LLC.

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