

Secret Life of Teeth: Root Canals vs Implants

In this week's episode of the Secret Life of Teeth, I sit down once again with mindful #dentist Ana Sanduta to break down what #rootcanals and #implants are in a simple way so that we can help you make the best decision as to which one might be right for you. Tune in every Wednesday for new episodes of the Secret Life of Teeth!

To learn more about my practice, visit my website at laurenhubele.com

Watch this episode on YouTube here!

Baked Rice Pudding

Some days just call for rice pudding and today's drippy steel gray skies led me to adapt this yummy Milk Street recipe. This is pure comfort food and the fact that it cooks itself in the oven makes it a winner in my kitchen. (4 servings)

Ingredients

- 3 T of maple syrup or honey, more or less to taste
- A pinch of sea salt
- $\frac{1}{4}$ t of cinnamon
- 1 $\frac{1}{2}$ cups of whole fat coconut or almond milk (I like a mixture of the two)
- 2 cups of water
- $\frac{1}{2}$ cup of organic arborio rice, quickly rinsed and drained

- Grated zest from one lemon
- 1 peeled and finely chopped apple
- 1/2 cup of raisins
- Vanilla powder or Vanilla extract

Directions

In a dutch oven, heat milk and water over medium heat, bringing to a gentle boil. Stir in rice, maple syrup, sea salt, and cinnamon. Cover and place in a preheated oven for 50 minutes. Remove, uncover and add apple, raisins, and vanilla. Cover and return to the oven, turning off heat. After 10 minutes remove from the oven, uncover, stir well and allow to cool. Pudding will thicken as it cools.

Enjoy at room temperature or chilled.

State vs Story: Questions from our Audience

On this 6th episode of How We Heal, we are answering some questions from our audience on our topic of “State vs Story”. Tune in as we explore these questions on where we go after identifying our states and how we can actually use this to change our state and keep our nervous system from feeling unsafe.

Follow us on Instagram @howwehealpodcast to send in your questions and stay updated on new content!

Watch this episode on YouTube and subscribe!

To learn more about each of our practices, visit our websites!

Lauren's Practice

Maegan's Practice

Cameron's Practice

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Send in a voice message: <https://anchor.fm/how-we-heal/message>

Secret Life of Teeth: Are Sealants Helpful?

Tune in for another episode of The Secret Life of Teeth where I sit down with Ana Sanduta, also known as The Mindful Dentist, and we discuss the topic of protective sealants for your children's teeth and whether or not they are truly necessary. For more background on this topic, check out one of our previous episodes of The Secret Life of Teeth; Teaching Children to Care for their Teeth.

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