



Dr. Foster Smiles

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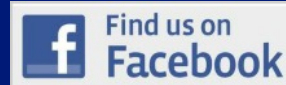


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May 2016



Happy Mother's Day to all the wonderful Moms in our Dental Family!



Finally, a Plan that has no exclusions, no deductibles, no waiting requirements, no missing tooth clause, PLUS, a dentist that has been selected as Atlanta's Top Dentist. For details visit our website or call us at 770-971-5119.

What Your Mama Didn't Know. . .

"Sugar-free chewing gum removes comparable amounts of bacteria to those removed by flossing and a clean toothbrush without toothpaste."

— Stefan Wessel, PhD candidate, University of Groningen, The Netherlands

Why not flash those perfect white teeth!



Whitening your smile, could considerably change the way you behave within your social and professional circles. A whiter smile will make you more confident and you'll discover a whole new you that is ready to take charge and make things happen. Ask us today about your options.



Bad Breath in Children

While the primary reason for halitosis is insufficient oral hygiene, bad breath isn't always a lack of your child brushing his or her teeth. There can be other causes that need a different solution. Here are five surprising

causes of bad breath in children and how to stop them.

* Sinus infection

A sore throat or stuffy nose might indicate a sinus infection. Sinus issues cause fluid to collect in the nasal passages and throat, making your child's throat the perfect place for bacteria to gather. If you suspect a sinus infection (potential sore throat, burning nasal passages and post nasal drip), call your doctor for a visit and see if antibiotics should be prescribed.

* Foreign Objects

Your child's bad breath could be the result of something stuck in her nasal passages. Kids are curious, and their nostrils are just the right size for inserting small items such as beads, beans, toy accessories and food. If you suspect this is what is causing your child's bad breath, you'll need a doctor to help check your child's nasal passages and remove the object.

* Swollen Tonsils

Take a peek in your child's mouth: Healthy tonsils should be pink and spot free, but infected ones are red, inflamed, can have white spots and smell terrible. If your child's tonsils look swollen or red, your pediatrician should examine them and can prescribe an antibiotic to help take care of the problem.

* Dry Mouth

If kids don't get enough water, their mouths will produce less saliva for washing away odor-causing bacteria. It might not seem like a big deal, but a lack of saliva can also even lead to tooth decay and cavities; it's worth the extra care to make sure kids drink their water.

* Mouth Breathing

When a child breathes through her mouth (due to a stuffy nose or as a sleep habit) it prevents saliva from washing away the bacteria, which causes bad breath.

Bad breath may not be the result of your kids skipping the most important part of their usual bedtime routine. Even with regular brushing, other types of bad breath can make bedtime stories unpleasant. Do some research and hone in on the cause of the issue and take the appropriate action.

Wellness Energy Bars

Author: Wellness Mama



Ingredients:

- 1/3 cup nuts (cashews, almonds, etc) Reminder: peanuts are not nuts!
- 1/4 cup whole dates (remove pits)-about 3 large dates
- 1/4 cup raisins (or more dates)
- Dash of cinnamon (optional)

Instructions:

1. Put nuts into food processor and chop in small pieces.
2. Put dates and raisins (any combination of the two that equals 1/2 cup total) into the food processor and pulse until playdough consistency. It will start to clump together when it is done.
3. Mix the two ingredients by hand until well incorporated and the consistency of stiff playdough or cookie dough. (You can do this all in the food processor also)
4. Roll between two sheets of wax paper to a 1/2 inch thickness and cut into bars. (Or make it really easy and just roll into energy balls!)
5. Wrap in wax paper, plastic wrap or snack size Ziploc bags (or glass containers if you aren't giving to kids) and store in fridge until ready to use.

Patient of the Month



"Stand for something or fall for anything and be good for nothing."

Juanita Crowder just moved from Iowa where she was married to a Chiropractor who started his practice in 1947. She was her husband's bookkeeper, investor, and served as landlord of several apartments they owned.

She enjoyed singing in the church choir, playing the piano, as well as needlepoint and gardening. They lived in Iowa so they cheered for the Chicago Cubs. In her spare time, she raised her lovely daughter Ann.

Mrs. Crowder lived through the Great Depression as a teenager and saw some difficult times. She married her husband just before he entered flight school during World War II. He became a Captain and flew B-17s with the 490th Bomb Group. Everyone worked hard and had very little, as well as spent a lot of time worrying about who would come home from the war and who wouldn't. She said the 1930's and 1940's were difficult years for everyone who lived them.

Since Dr. Crowder lectured on upper cervical chiropractic care, Mrs. Crowder had the opportunity to travel often. Her favorite trips were to Japan, where traditionally, the people are honorable and gracious. They live their life based on honoring their forefathers. Back then, as it may still be today, you could leave your luggage in the middle of the airport and no one would steal it.

Congratulations, Mrs. Crowder. You are a sweetheart!

What's a Mother to do?

Anyone who is a mother knows how difficult it is to get your children (or maybe everyone in the family) to eat healthily. Maybe these tips will help.

Going to the grocery store can be a challenge. Notice how most grocery stores are set up. The dairy, deli, meat, and produce departments are located on the outside of the perimeter of the store. Most experts say that if you want to eat healthily, avoid the inside aisles. That's where the processed foods are usually located.



Any "food" that can sit on a shelf and not decompose for a year is likely not fit for consumption. Avoid foods containing "non-hydrogenated" oils, High Fructose Corn Syrup, MSG, artificial sweeteners, or processed grains. This basically knocks out all the fast food, microwaveable food and most drinks besides water.

Keep healthy foods readily assessable; keep fruit in a bowl on the table and dried sweet fruit on hand.

Instead of regular potato chips, offer baked tortilla chips and salsa.

Strawberries dipped in a little chocolate can substitute for candy.

Crave french fries? Try tossing potatoes in a little olive oil and roast them in the oven.

Prepare plates in the kitchen for everyone with the proper portion of food instead of serving buffet style. If smaller portions are recommended, try using smaller plates for a larger presentation.

Sit down to family dinners. Studies show that families that eat together have better nutrition and children tend to avoid getting into trouble as teenagers.

Don't label food as "good" or "bad". Instead link it to something the child likes. Protein helps you have energy for sports. The antioxidants in fruit and vegetables give luster to the skin and hair.

Most of all, don't use food as a reward. Instead, perhaps plan a trip to the zoo or park or play a favorite game with them.

Outside of the home, everyone is trying to make kids overweight. There are people trying to make them eat too much and serving them too much.

The food smarts your children will learn from you can protect them for a lifetime.