

Dr. Foster Smiles

Smilesbydrbob.com

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The Secret to a Healthy Mouth

As I mature, I try to keep my mind open to any ideas that could refute those I once thought were facts. Like for instance, when I was a dental student I was taught to prevent periodontal disease, you had to be diligent in the removal of plaque on and between your teeth. That part is partially correct, but it is an outright myth to think that brushing and flossing alone will guarantee a healthy mouth. The secret is discovering what is a myth and what is a reality. The key to a healthy mouth is proper nutrition, an active lifestyle, and a healthy gut. These factors can drastically affect your oral health.

Fat makes you fat: Carbohydrates make you fat because of excess insulin production. But, healthy fats are satisfying and provide energy. It's the lack of physical exercise that can make you obese.

You MUST run 5 miles a day: This is a myth. Chronic exercise does not allow your body enough time to recover, so it produces oxidative stress which is unhealthy for your heart. Try running less, and instead, lift weights a couple of times a week and sprint every ten days. Add a few days of aerobic exercise spaced out during the week and active movement during the day. The change may serve you better and be healthier for your body.

Breakfast is the healthiest meal: Untrue. Eat when you are hungry. But, when you do eat, try to have more than half the plate with non-starchy vegetables, less than a quarter should be meat (preferably free range) and less than a quarter could be nuts, seeds, or fruit, or a small starchy vegetable.

Whole grains have more nutrients: Not really. Grains have elements that can irritate the gut. Even though grains entered the diet over 10,000 years ago, our bodies have not developed enzymes for digestion.

Artificial Sweeteners are good for you: Actually, these fake sugars are toxic to the body. Besides, when the body tastes sweetness, it triggers the production of insulin. These products may cause you to gain weight.

To summarize, keep your whole body healthy, brush and floss religiously, visit us 2 times a year and your mouth will be healthy. Exerpts from Alvin Danenberg, DDS and Dr. Bicuspid

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where no one
else has gone
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No Insurance? No Problem!

Brought back by popular demand, this non-insurance benefit plan is perfect for those who have terrible insurance or none at all.

The plan covers diagnostic and preventive at 100% and all other procedures are discounted by 20%.

There is no deductible, no missing tooth clauses, no predeterminations required, and no yearly maximums.

**Dr. Bob's
Dental Smile
Plan**

Contact us for more information.
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Watermelon Juice

Ingredients

- 1/2 seedless watermelon, peeled, coarsely chopped
- 2 teaspoons finely grated ginger
- 2 tablespoons lemon juice
- Mint leaves, to serve
- Ice cubes, to serve

Step 1

Place watermelon, ginger and lemon juice in the jug of a blender and blend until smooth. Add sugar, if desired.

Step 2

Strain through a fine sieve into a serving jug. Add mint and ice cubes and stir to combine. Serve immediately.

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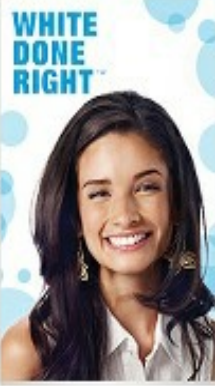
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"We're all ignorant, only on different subjects"
Will Rogers

Meet Ed Churney

We have had the great pleasure of knowing Ed for about 30 years. He says he is proud to say that he "has all his teeth."

On his honeymoon, Ed and his bride hitchhiked through Europe from Istanbul to the Arctic Circle in Norway. Of course, that has given him many beautiful memories. As a favorite trip otherwise, would be the fifteen-day cruise to Hawaii. Wow! He must have liked it; he wanted his picture in front of our new painting of Kauai.

Since retired, Ed likes to read more than ever. As he said, "Reading can take you anywhere." And, we agree here at Dr. Bob's. We even have a library. We urge our patients to take and share a book at Dr. Bob's Book Nook.

Being an eclectic listener, Ed loves all music depending upon his mood. He likes classical, jazz, 60's, but his very favorite is the Trans-Siberian Orchestra.

Ed has a great sense of humor: "I grew up in a home with six sisters and no brothers. I've had my beard since high school so that you can tell us apart."

We love Ed. He is quite a personality and very interesting.