



Dr. Foster Smiles

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Smilesbydrbob.com



You Can Do It!



This year you may have many resolutions,

just like all your friends and family. Most of us want to lose weight, eat healthier, quit smoking, exercise more or learn a new skill. Maybe you want to Brush, Floss, and Rinse daily. All are good resolutions, some easier to attain than others.

It takes 30 days before an activity becomes a habit. So, try it. But, wait until February before you decide the resolution was a failure. You can do it!

No Insurance ? No Problem!



This "in office" benefit plan is perfect for those who have terrible insurance or non at all.

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

There is no deductible, no missing tooth clause, no plan limitations and no yearly maximums.

Contact us for more information at 770-971-5119 or visit our website at smilesbydrbob.com



Resolve to Take the First Step to a Great Smile

Since your teeth are the central feature of your face, they reflect your deepest emotions instantly, without giving any notice. It is a privilege to be able to express feelings without restraint or concern for how your teeth appear. A "throw your head back in laughter wide-open" smile is a stress

reliever. Laughing like this can only come from the confidence of your smile.

Don't Waste Time on Whitening DIY on You-Tube

Some patients don't like the color of their teeth. As we age and eat more foods that stain, such as wine, coffee, and tea, teeth can become yellowed. Skip the DIY methods like using charcoal or oil pulling. See a previous blog on this website at <https://smilesbydrbob.com/does-natural-diy-whitening-work/>. The best time to whiten your teeth is following a professional cleaning. At this time, your teeth take in the professional solution more efficiently.

Most Efficient and Safest Way to Whiten Teeth

The most direct method is an in-office whitening process. We barricade your teeth and apply a combination of chemicals that both whiten and help any sensitivity that may be caused by the procedure. We can schedule this appointment shortly after your professional cleaning.

Pre-Loaded Whitening Trays

For those who would rather not spend the time or investment in the in-office procedure, we offer a product called Opalescence GO preloaded whitening trays. These trays are quite adequate, and most of the time, whitening is achieved after one or two applications. Furthermore, if you have already had custom whitening trays made, we also offer refills of whitening solutions.



Existing Restorations Will Not Whiten

Materials used to enhance smiles like acrylics and porcelains used for cosmetic bonding, crowns, and removable partial dentures will not change color. Whitening will allow us to know what shade to pick for any cosmetic treatment you may desire in the future.



Hearty Lentil Soup

Recipe By: Bob Cody

"Hearty lentil soup, chock full of veggies and very yummy. Serve with warm cornbread."

Ingredients

- 1 onion, chopped
- 1/4 cup olive oil
- 2 carrots, diced
- 2 stalks celery, chopped
- 2 cloves garlic, minced
- 1 teaspoon dried oregano
- 1 bay leaf
- 1 teaspoon dried basil
- 1 (14.5 ounce) can crushed tomatoes
- 2 cups dry lentils
- 8 cups water
- 1/2 cup spinach, rinsed and thinly sliced
- 2 tablespoons vinegar
- salt to taste
- ground black pepper to taste

Directions:

In a large soup pot, heat oil over medium heat. Add onions, carrots, and celery; cook and stir until onion is tender. Stir in garlic, bay leaf, oregano, and basil; cook for 2 minutes.

Stir in lentils, and add water and tomatoes. Bring to a boil. Reduce heat, and simmer for at least 1 hour. When ready to serve stir in spinach, and cook until it wilts. Stir in vinegar, and season to taste with salt and pepper.

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We are accepting new patients



Please refer your friends and family. It is through your kind and generous recommendations that our practice continues to grow. Thank you.



Did You Know?

The Times Square ball is the largest crystal geosphere in the world.

The 12 foot-diameter ball weighs about 12,000 lb. and is covered by 2600 Crystal triangles that vary in size. Some of the crystal triangles are changed every year.

The 32,256 Philips Luxeon Rebel LEDs make it possible to produce more than 16 million colors and billions of patterns.

The ball will be raised into place starting at 6:00 p.m. ET on New Year's Eve as more than one million revelers gather in Times Square and it is dropped at 11:59p.m. to ring in the new year.

Stephanie Rooney



The smallest step in the right direction can turn out to be the biggest step of your life.

This bubbly lady is one of our "can't wait to see" patients. We have known her since she was a nine-year-old little girl. She has grown up before our very eyes and now

is the proud mama of two; Ryan is 14, and Taylor is 7. They have been our patients their entire lives.

Being a Neo-Natal ICU nurse is Stephanie's passion because she loves infants. Her schedule is more flexible now that she has become a home nurse of medically fragile children, but her love will forever be a Neo-Natal ICU type nurse.

In her spare time, if she has any, she is a DIY crafter. She peruses Pinterest to an obsessive level, listens to music, especially Pat Benatar, and watches the Braves and Gymnastics. She also manages to read and draw as much as possible.

One interesting fact that we didn't know is that Stephanie is the older sister of her Irish Twin. Irish twins are siblings that are less than one year apart. Stephanie is older than her sister, Britoni, by eleven months.

Congratulations, Stephanie. We are glad that you feel like family because that is how we think of you.