

# Dr. Foster Smiles

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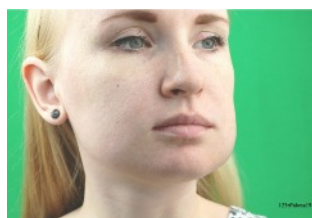
## It's Back to School—Already!

It's hard to believe, but the summer is almost over, and school will be starting soon. We know that you are busy getting all the traditional items needed for the school year, like a new backpack, school supplies, and new school clothes.

However, have you made your child's dental checkup? This would be a great way to aid your little one's self-esteem by starting the year with a bright smile and a clean bill of dental health. Dr. Bob wants his young patients to have a great school year filled with happy times, good friends, and successful learning. Fortunately, dental problems don't fit into this equation.

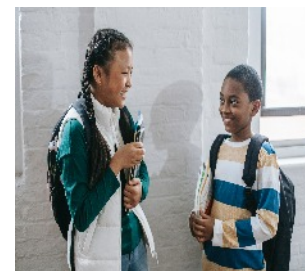


It has been shown that dental decay is the number one illness of children and accounts for much of the absences noted in schools. Dr. Bob doesn't want his young patients suffering from a toothache. Instead, he wants parents to be diligent in scheduling routine dental exams for their children so that he can take care of minor dental issues early to prevent that absence from school.



We all know that having good dental health is directly related to overall good health. Untreated tooth decay in children can lead to stomach aches (from insufficient chewing), malnutrition, and infections. As a result, pain from these diseases can make it challenging to manage schoolwork and after-school activities.

So, if you haven't scheduled the needed checkup appointment, call today so your child can start the school year with a clean slate of good dental health.



## Remember: Dentistry is Not Expensive



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### 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



## Peanut Butter Yogurt Dip

(makes 1 cup )



### Ingredients:

- 1 cup plain greek yogurt
- 2 tablespoons peanut, almond or sunflower butter
- 1 tablespoon honey

### Preparation:

1. In a bowl, combine all ingredients and stir to thoroughly combine.
2. Serve with fruit, pretzels, crackers, toast, or fruits..

Thank you: [WEELICIOUS.COM](http://WEELICIOUS.COM)

How is your smile?

Smiles Are  
Always in  
Style.

## Tooth Strengthening Foods



What to feed the hungry brood for lunches or snacks has been a problem forever.

However, I am sure the women of cavemen's time didn't have as hard a problem because there were no refined sugars at that time. Below is a group of foods that are easy to incorporate into your kiddos' lunches or snacks.

**Eggs:** Eggs provide the body with Vitamin D, which is needed to absorb calcium and phosphate. These minerals build and protect tooth enamel. Egg yolks are richer in Vitamin D than are egg whites.

**Raw & Crunchy Veggies:** Aside from being healthy, veggies naturally help scrub plaque off teeth. Choose carrot, celery, or broccoli as a midday snack to naturally help keep kids' teeth plaque-free.

**Milk, Yogurt & Cheese:** These foods contain tons of calcium, vitamin D, and phosphate, which are all, as we have learned, things that strengthen teeth.



**Water:** Not food, we know.

Hydration, thus, water, is essential for everyone, especially kids. Water's benefit is sometimes overlooked, but saliva is 95 percent water and is a necessary element that loosens the plaque, keeps the mouth and gums moist, and increases antibodies in the mouth.



**Sugarless Gum:** What? Is gum good? Well, actually, sugarless gum is great for anyone's dental health. Chewing gum initiates a saliva flow that is beneficial for removing plaque, much like crunchy vegetables. In addition, some sugarless gum contains Xylitol, a natural sweetener that helps fight bacteria in kids' teeth, which is an added benefit.

Feeding your kid's these foods while avoiding the sugary snacks keep your kid's teeth healthy and their smile bright.