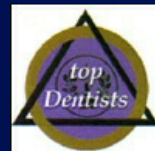




Dr. Foster Smiles

1230 Johnson Ferry Place
Suite C-10
Marietta, GA 30068
770-971-5119

Smilesbydrbob.com



January 2023



*Wishing You a Healthy,
Wonderful, and
Prosperous New Year!*



Need a New Year Resolution? Well, Smile!

It's a new year!! It's time to make a new Resolution. This habit will keep you cheerful through all the trying times--like those ever-present political ads! So let's smile through 2023!

After all, it's easier to smile than frown. It takes far fewer muscles--43 muscles to frown-- but only 17 to smile. I'm for less energy output. How 'bout you?



Time to practice

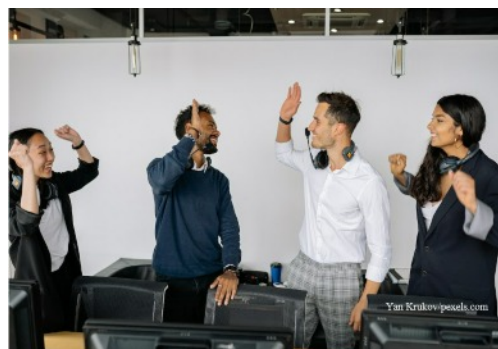
Stop what you are doing. Now, Smile. Put a sincere big, warm smile on your face- a genuine smile. Think

of you and your best friend relaxing and talking and laughing together. Are you still smiling?

Now, think of something negative but keep that smile on your face. Smiling helps increase happiness and decrease negativity. Who would have thought that?

How It Works

When you force a smile and activate a specific set of smiling facial muscles, even if your thoughts are negative, these muscles are closely connected to the emotions of happiness and joy. So, by smiling, you



signal your brain's emotional centers to tell them everything is good. And Voila, you feel better!

Smiling is the Secret to Success

People who smile a lot are pretty popular with everyone. Further, happy people are more attractive to the opposite sex. Your boss likes smiling employees. So friends, when we have so many benefits of smiling, why not smile and make your day fabulous?



*Dress? \$203.
Hat? \$187
Smile? Priceless*

You can have the smile you always wanted.

Call today for your FREE smile consultation.

Smilesbydrbob.com

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We Welcome New Patients!

There is Always Room for Nice Patients Like You!



We are Preferred Providers with several insurance companies.

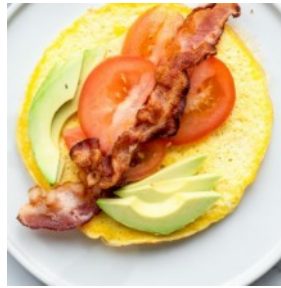
See the complete list on our website:
Smilesbydrbob.com

IF YOU SEE SOMEONE WITHOUT A SMILE,



GIVE THEM ONE OF YOURS

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Keto Low Carb Egg "Wraps"

2 Eggs

1 Tbsp Milk (I used almond)

Salt/pepper

2 Strips Bacon (cooked)

1/2 Avocado, sliced

1/2 A small tomato, sliced

1/4 Cup Reduced- fat cheddar cheese, Grated (optional)

Instructions

To make the egg "tortilla"

Spray a small pan (mine is 8 inches) with cooking spray and heat to low heat

In a small bowl, lightly beat the eggs, milk and a pinch of salt and pepper.

Slowly pour half the egg mixture (about 1/4 cup) into the preheated pan. Cover and cook until the top looks set and slightly bubbles, about 1- 3 minutes.

Flip and cook an additional minute on the other side. Repeat with remaining egg. Cover and set aside.

Place 1 slice of bacon along the center of each egg "tortilla," followed by the sliced tomatoes, avocados and then as much grated cheese as your heart desires.

Roll up and DEVOUR!

Thank you Taylor from
foodfaithfitness.com