



// Holistic Dental Goes Mobile



We are going to be available wherever you have your smart phone now! We are re launching our website to provide you with more information and resources at your fingertips. In addition to the newly created look of our website we have created a mobile website that you can visit easily on your phone www.holisticdentist.com.au.

To access our mobile site on your phone you can scan the image below. As part of our relaunch we are offering you "Holistic Dental Dollars" simply by clicking "like us" on Facebook. Holistic Dental Dollars is our way of saying thank you. It is a courtesy discount of \$10 credited to your account at your next treatment! (Valid for 12 months) The mobile site to our Facebook page can be found by scanning the image below with your smart phone.



What is a QR Code?

It stands for 'Quick Response' and is a mobile phone readable barcode that allows you to view online content easily, simply by taking a picture of the code with your mobile Smartphone handset.

1. Download QR reader from your mobile device www.spargcode.com/scanner
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// 2012 research shows visiting your Dentist helps you stay out of the ER!



Getting your regular dental check ups and cleanings can keep you out of the emergency room. A researchers report in the January 2012 issue of the *Journal of the American Dental Association* stated "patients with diabetes were one third less likely to visit an emergency department or be

hospitalized for the disease when they got regular dental care".

The researchers identified 537 patients with diabetes who received 2 or more prophylactic treatments, periodontal treatments, or both each year for the calendar years 2005, 2006, and 2007. They compared these patients with 747 patients with diabetes who had no dental care visits during these 3 years. The 2 populations were similar

// Have you ever dreamt of a better night's sleep? Part II



In our last newsletter we discussed good daily habits you can do that will help you sleep better at night. In this article we highlight ways you can create a relaxing environment to improve your sleep and things you may be doing that are counterproductive.

In bed

- Reserve the bed for sleep and sex. A bit of light reading may help you fall asleep, but if it doesn't, do your reading elsewhere in the house. Avoid watching TV in bed.
- Be sure your bed is big enough to stretch out comfortably, especially if you have a sleep partner.

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// Holiday Haven



Each year Charlotte treats her staff to a top secret Christmas party, this year she hired Sarah French to coordinate a day of leisure and hands on fine dining. Sarah French Boutique Catering and Events pride themselves on their ability to tailor their services to the ever changing needs of clients. Sarah arranged for us to spend the morning at *Esstudio Galleria* in Chippendale...

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in age, sex, hospital admission, and emergency department use during 2005; Charlson comorbidity scores (a measurement of the risk for death) in 2005; primary care use from 2005 through 2007; and periodontal risk factors (diabetes and smoking) in 2005. The patients who did not get dental care were less likely to have good control of hemoglobin A1c (HbA1c) values in 2005, and they had a higher body mass index in 2005.

It adds to the message that dental professionals really do provide a whole body health benefit to their patients, which supports our philosophy here at St Leonards Holistic Dental Care "Together we help people get well and stay healthy"!

// Holiday Haven

...where we each experienced a wonderful facial, back massage and a separate head & hand massage. In-between the 3 spa treatments we were able to indulge in delicious treats such as gluten free brownies, lamingtons and sultana scones, all made fresh by Sarah.

Following the pampering experience at Estudio Galleria, Sarah drove us to a restaurant called Lanzafame Trattoria in Darlinghurst. There we met chef John Lanzafame who has been well recognised for his culinary talents of the 2008 Australian Culinary Olympic Team, and the 2005 world pizza champion in New York. John gave us an hour lesson on how to make a variety of pasta noodles and pasta sauces from scratch. He wowed us with his skills and advised us to take notes.

After our lesson we understood why it was important to take notes. Sarah then took us to Bronte beach where her Boutique Catering company had set up tables for us to cook and make our own pasta & sauces with the knowledge shared by Chef John Lanzafame. Everything we could have possibly imagined to cook with was there along with all the proper kitchen utensils and a well-presented table set for a king and queen to dine.

For the very special clients of St Leonards Holistic Dental Care, Sarah French Boutique Catering and Events are offering a complimentary bottle of Moet & Chandon for all bookings! Contact Sarah 0404056393 or sarah@sarahfrench.com.au. We hope you enjoy it as much as we did.

For more information about Sarah French, Estudio Galleria & John Lanzafame [click here](#).

// Have you ever dreamt of a better night's

- Use earplugs or sleep in a different room if your partner's snoring keeps you awake. If you notice that your partner is snoring when sleeping on his or her back, turn them on their side. This may help your partner stop snoring. You may also want to encourage them to see a doctor to find out what may be causing the snoring.
- Reduce the noise in the house, or mask it with a steady low noise, such as a fan on slow speed or a radio tuned to static. Use comfortable earplugs if you need them.
- Keep the room cool and dark. If you can't darken the room, use a sleep mask.
- If watching the clock makes you anxious about sleep, turn the clock so you can't see it, or put it in a drawer.
- Use a pillow and mattress that are comfortable for you.
- Consider making your bed off-limits to your children and your pets. Their sleep patterns may be different from your own and may affect your sleep.

Things to avoid

- Taking naps during the day.
- Tobacco, especially near bedtime and if you wake up during the night. Nicotine is a stimulant, which can keep you awake.
- Lying in bed awake for too long. If you can't fall asleep, or if you wake up in the middle of the night and can't get back to sleep within 15 minutes or so, get out of bed and go to another room until you feel sleepy.
- Watching TV or using the computer late at night.

In our next newsletter will provide you with guidance on what foods can help and hinder your sleep based on information from Nutritionist Fiona Workman, of Sydney Nutrition.



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