



// Invisible Dentistry



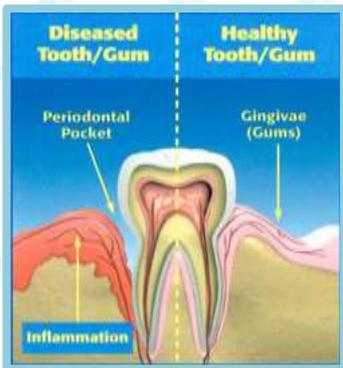
Does the appearance of your front teeth dishearten you? Do you find it difficult to floss your crowded lower front teeth, or does plaque seem to accumulate very quickly?

New technology is now making it possible for us to straighten your

teeth without anyone else knowing. "Social 6 braces" is a new treatment I have recently made available at Holistic Dental Care which uses the latest technique in braces and a special high technology wire all of which can all be placed on the inside of your lower front teeth. This means no one else knows you are straightening your teeth. The appliances are also custom made for you, so treatment time is reduced and the number of visits are less. This means the costs are less than conventional metal braces.

If you would like to know if this treatment would work for you please call Valerie to book a complementary consultation time or ask us when you are in for your next cleaning appointment.

// Gum disease-Not something to smile about



In the first quarter of this year there was a rise in advanced gum disease cases being presented in the news and medical literature. In a news article from California, USA, Dr. Mahnaz Rashti stated gum diseases can lead to tooth loss and it interferes with other systems of the body possibly leading to a stroke, diabetes, or preterm

pregnancies. A recent British-American study concluded that there is a 4% increase in the risk of developing cancer and cardiovascular diseases for dental patients with moderate forms of gum disease.

At any given time there are at least 20 different forms of bacteria in the human mouth. Gum disease occurs when there is an imbalance between the bacteria in your mouth and the ability of your immune system to keep them in check. Once gum disease starts oral toxins can enter your blood stream just through the simple act of brushing your teeth while your gums are infected. Indicators to gum infection are redness, swollen or inflamed gums, pain or sensitivity. Some people may experience bleeding from their gums when brushing their teeth.

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

Over the next 2 newsletters we will be talking about what simple techniques are available to improve the quality of our sleep. I suggest that you chose one thing at a time to change and monitor the results. Keeping a sleep diary is a very good way to monitor the differences and help decide if that change was a good change for you.



Over time as you implement these changes you should be experiencing better, deeper and more restful sleep. If you are waking during the night or if you are waking in the morning feeling tired then please discuss this with your doctor. Sleep is an essential part of good health and sleep problems must be addressed professionally to help you find the solutions. This month's newsletter focuses on what you do during the day that can affect what happens when you sleep.

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// Healthy Indulgence

We all love to indulge in something gourmet from time to time and we have been inspired by yet another of our clients writing a book. Suzanne Blythin's book called Gourmet Sandwiches was just released in February this year.



Rather than stopping by the bakery for a cupcake or mini pizza when you're hungry, Suzanne suggests picking up some fresh Rye bread, Turkish bread, panini rolls, open baguettes or sliced wraps to create a lovely healthy sandwich. Her book brings you the best of picnics, parties, entertaining and high tea ideas using a range of ingredients.

Putting a gourmet sandwich together lets you tap into your inner creative side and allows your tastebuds to explore new combinations. Suzanne's book lists everything you need to start eating healthier little treats. Her book is available for purchased at your local bookshop or online at borders.com.au for just under \$25, published by New Holland.

September 2011

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// Gum disease-Not something to smile about

There are many steps you can take to prevent having gum disease and the other associated risks. The simplest thing you can do to maintain good gum health is to brush your teeth twice a day and floss once a day.

For guidance on proper techniques please ask Shayan, our hygienist at your next visit. Holistic Dental Care recommends always using a soft toothbrush and replacing it every 3-4 months to help maintain the health of your gums. Additionally, eating a healthy diet and avoiding sugary foods will help to keep the bacteria in check.

Disease prevention is always the best approach and there are many simple things we can show you which reduce your risk and help you keep your teeth for life. If you have concerns that you may be at risk for gum disease or if you have signs of gum disease already happening in your mouth, please call us to arrange your appointment for an examination and cleaning.

// Charlotte's News

Here at Holistic Dental Care we are always looking for ways to improve your health. While searching for solutions for a better nights sleep, Charlotte met Andrew Macfarlane who is the designer/owner of a company called 'Made to Measure Pillows'.

Andrew travelled the world in search of a pillow that would provide the perfect combination of support and comfort. After testing out numerous materials and styles he decided the only way to achieve this was to take all the knowledge he gained from his search and created a pillow that could be custom made to each individual. Andrew discovered there is actually a ratio between your head and shoulders that when combined with knowing your bed type makes sleeping a restful experience.

Upon learning all this Charlotte purchased a pillow for herself and has been raving about it ever since. She has now become a registered practitioner with their company to be able to provide you with this service. Charlotte highly recommends 'Made to Measure Pillows' and suggests you check out their website www.pillowsmtom.com.au and speak with her at your next visit about how a custom made pillow can truly improve the quality of your sleep.

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

What are the good daily habits that will help me get better sleep?

- Maintain the same bedtime every night. Having a sleep routine is very important.
- Set your alarm for the same time each day, including weekends, even if you haven't slept well.
- Exercise is important. Keep the exercise time during the day rather than within 3 to 4 hours of bedtime, because the activity can make it hard to get to sleep.
- Expose your skin to a short amount of sunlight in the outdoors, especially early in the morning and late in the afternoon. There is plenty of research showing how exposure to the wavelength of light that is abundant in early morning and late afternoon sunlight assists in setting your body clock. This is also a great way to recover from jetlag.
- Set aside time for problem solving earlier in the day so that you don't carry anxious thoughts to bed. Keep a notepad by your bed to write down any thoughts or worries that may keep you up or wake you up during the night.
- Do something relaxing before bedtime. Try deep breathing exercises, yoga, meditation, or tai chi. Take a warm bath. Burn a little lavender oil (1-2 drops maximum in an oil burner). Play a quiet game, or read a book.

What do I eat or drink that may be contributing to poor sleep? Limit caffeine (coffee, tea, soft drinks) during the day, avoid any for at least 4 to 6 hours before bedtime. In a study by Harvard Medical School they found many peoples sleep was affected by coffee they drank at 9am!

- Avoid alcohol late in the evening. It may seem like you fall asleep more easily, however drinking alcohol before bed can wake you up later in the night. Otherwise, drink in moderation. Try to limit alcohol to 2 drinks a day for men and 1 drink a day for women.
- Chose lighter meals close to bedtime. Carbohydrates will make it easier to sleep for example.
- Stay hydrated, however not so close to bed time that you have to get up often to urinate during the night.

We hope you find this helpful.