

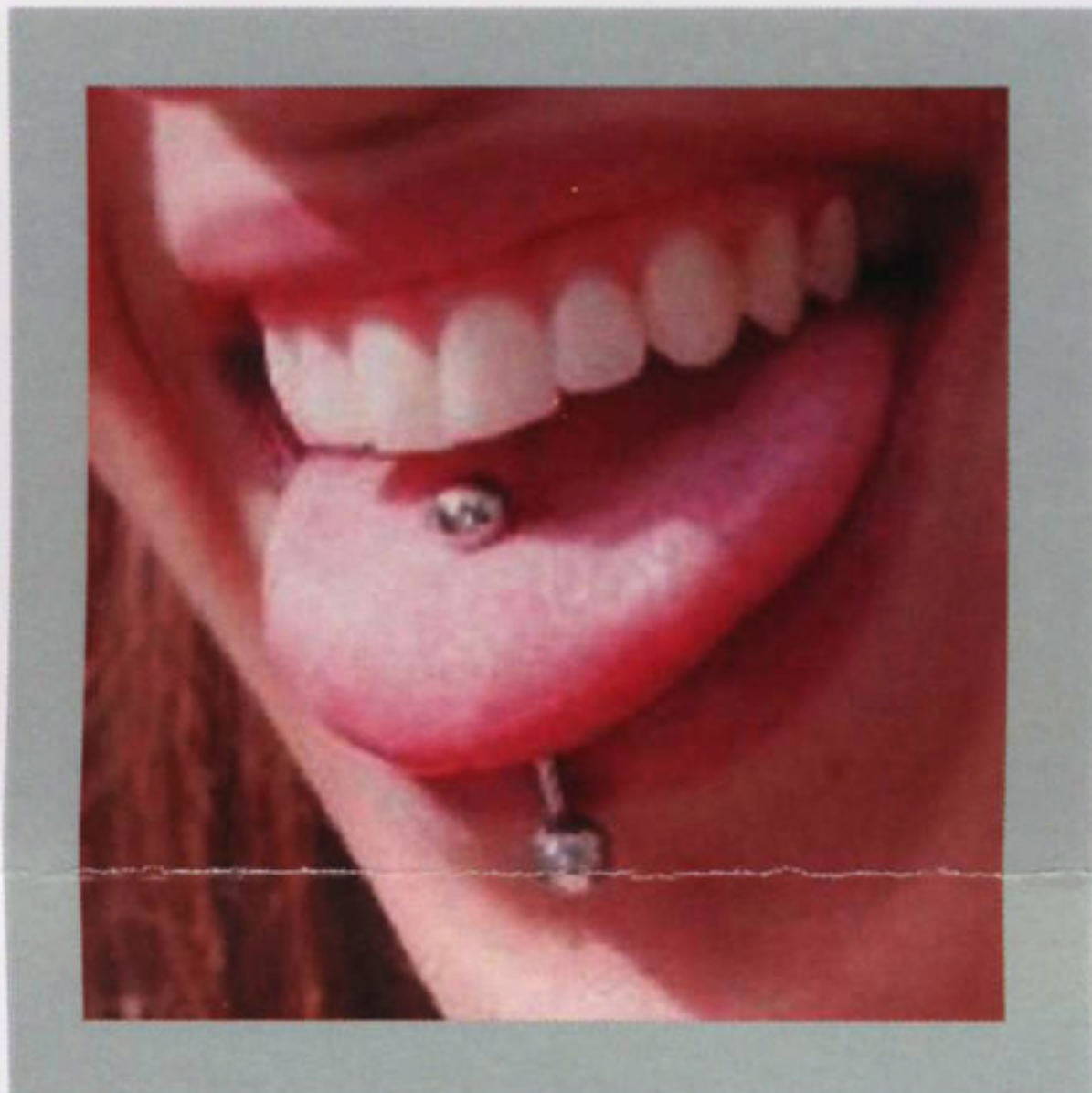
September quarter 2010

# st leonards **holistic** dental care

Level 2, Suite 208, 69 Christie St, St Leonards NSW 2065 Phone: 02 9439 2090



## // Talking Point.



Tongue piercing may be bad for teeth. Tongue piercing can lead to a damaging habit that causes a gap to appear between the upper front teeth, which could cost thousands of dollars to correct.

Every year I see evidence of damage caused by tongue studs and lip rings. Some times the problem is caught early and no extensive damage is done, but recently I saw a long lady with a lip piercing that had caused so much gum recession that if she had continued to wear the piercing she was about to lose her upper left canine tooth, and she is only 22 years old. A dental friend of mine told me about a patient who fell and caught her tongue stud between her front teeth shattering the edge of her four front teeth. These teeth required \$6000 of

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## // Charlotte's News.



Win an I-Phone 4 from Holistic Dental Care. During September and October when you recommend friends or family to see us you could win an I-Phone 4.

During the months of September and October every time you recommend

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## // Techniques.



Charlotte has been very busy this quarter writing the content of our 3 new websites. The sites are aimed at making it easier for clients and non-clients to find the answers to their health questions and understand what techniques Holistic Dental Care offers. Because there are so many areas of health where a holistic dentist can help with insight and solutions Charlotte thought it was time to create specialised sites for 3 important topics. The first is about mercury amalgam detoxification of

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## // Lifestyle.

It is always a joy to hear one of our clients recognised in the media for their work, so seeing a familiar name in the AFR last weekend prompted a



call Merryl Naughton's new book "How to get a payrise" has more than just a catchy title, it's got some great advice and life coaching tips in it as well! So I caught up with Merryl to ask her how she came

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Win an I-Phone and a pay rise. Win yourself a copy of Merryl's book or an I-phone or an I-Pod. Both competitions close Oct 31



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veneer work to restore them. In USA today in July this year I saw an article from Journalist Robert Preidt. It was a case study from the orthodontic department of the University at Buffalo. The patient was a 26 year old woman who came to the clinic because a large space had developed between her upper front teeth. She had a tongue piercing that held a barbell-shaped stud. The woman did not have a gap in her teeth before she had her tongue pierced seven years before. But she developed a habit in which she repeatedly pushed the stud against her upper front teeth, which created the gap. "It makes perfect sense that constant pushing of the stud against the teeth every day, with no break will move them or drive them apart" study author Sawsan Tabbaa, an Assistant Professor of Orthodontics, said. The woman was treated with braces to close the gap between her front teeth. My comments on this is therefore that if you are considering a lip piercing or a tongue piercing please be aware that the cost of repairing the damage may run into thousands of dollars, if repair is possible. And finally there is always the question of how much time will be spent at the dentist to repair your smile.

## // Charlotte's News.

friends, family or colleagues to see Charlotte for a new patient examination your name will be entered in our draw to win an I-Phone 4. Charlotte only sees 6 new patients per week so you've got a great chance. To make that I-Phone 4 your the more times you recommend us the better your chances. Second and Third prize winner will receive an I-Pod Nano. New clients can contact us at 9439 2090 or at [info@holisticdentist.com.au](mailto:info@holisticdentist.com.au) (Patients seeking a consultation only do not qualify for the draw)

## // Techniques.

mercury. The site shows how Holistic Dental Care follows the correct protocol to safely remove mercury amalgam fillings. It also shows how we work in conjunction with our nutritionist, Fiona Workman to create a detox programme customised for each person. The site is [www.dentalnutrition.com.au](http://www.dentalnutrition.com.au) . If you have family or friends considering amalgam removal please make sure they review this site to ensure that their amalgams are going to be removed safely. The second site shows how a dentist can help resolve chronic headaches, neck and back pain. Many people are unaware of how the jaw joint may be the initiating factor in their pain. Holistic Dental Care offers a simple stepwise programme to stabilise and rehabilitate an injured jaw joint, thereby reducing pain. [www.nomoreheadaches.com.au](http://www.nomoreheadaches.com.au) . The third site aims to provide information about sleep and sleep disorders, as it relates to breathing and snoring. [www.restfulsleep.com.au](http://www.restfulsleep.com.au) shows the approach we use to provide real sleep solutions.

## // Lifestyle.

to find herself a published Author. "It was always on my bucket list" said Merryl. "I come from a background in the corporate world where I found myself in a mentoring role many times and I ran a recruitment agency in the 90's . The book not only offers ways to get a payrise it also encompasses confidence coaching and ways people can take a step forward in all areas of life. Sometimes the knock backs are an opportunity to find out what is missing and make some changes" What next, I asked? "Speaking engagements: now we would like to run seminars to help coach people. Firstly in Australia then USA and UK". Visit [www.howtogetapayrise.com.au](http://www.howtogetapayrise.com.au)

Win 1 of 5 copies of Merryl's book. Just email [Merryl@howtogetapayrise.com.au](mailto:Merryl@howtogetapayrise.com.au) Tell her your story about asking for a pay rise!