



The “Centre Piece”

News you and your family can use, from The Centre for Dentistry at Haddon -

January 2015

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Special points of interest:

- Free One Month Gym Membership Courtesy of Dr. Markus at KoKoFit Club of Cherry Hill
- Changing your health
- Do One Thing, by Julia Scalise
- Saving Money

Introduction.

I have traditionally sent out our monthly newsletter using the same service that we use to confirm appointments, SmileReminder. Last month, they cut back on the size of what I could publish, and I always have so much information for you to learn from. I have decided to try it a different way, using MS Publisher. Let me know what you think. Email me at docmarkus@cent4dent.com

As always, we ask that you share the newsletter with friends and family. Especially when you read something that you know will influence someone's life, please forward them a link to the [newsletter page of our website](#). So it is my intention to focus on

New Years' Resolutions in this Issue.

I began searching for something exemplary to say about resolutions, and found this on Huffington Post:

This is the year you're going to crush your resolutions. You're going to exercise five days a week, cut back on greasy foods, and save more -- a lot more -- money. You're going to feel motivated the whole time, so it will be simple. It's just a matter of adhering to your mission. Mind over matter. Right? Wrong!



SMILE REJUVENATION OUR SPECIALTY

Around 45 percent of Americans make New Year's resolutions, according to a University of Scranton survey published in the Journal of Clinical Psychology, and yet just 8 percent achieve them.

The first two weeks of the year are the easiest to stay committed, with 75 percent of people maintaining their resolution through the first week and 71 percent through the second.

But after that, their commitment starts to taper off. By February, only 64 percent of people are still sticking to the goals they set out to achieve. Six months into the year, that number drops to less than half.

The problem? It takes 66 days on average to form a habit, let alone achieve a goal. By bailing after week two, resolvers aren't giving themselves adequate time to integrate their new behavior into their routine.

In this issue:

New Years Resolutions 1

Changing your Habits 2

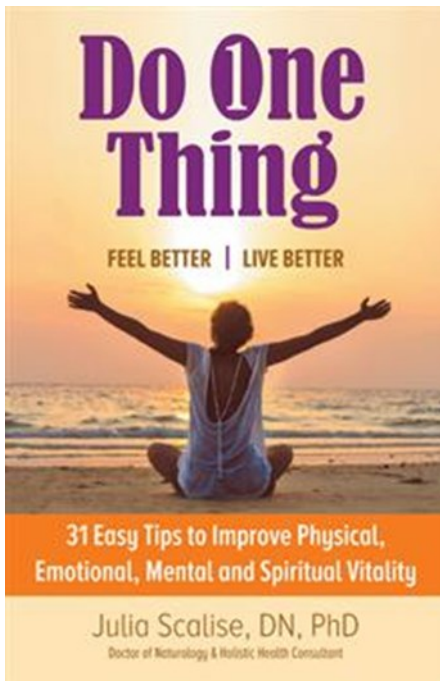
The Best Gym I've Ever Belonged to 4

The History of Laughing Gas 4

So this year, don't make resolutions -- create habits. They can be daily habits, like flossing, or longer-term goals, like going to the dentist twice a year.

Now, do that with your money.

By focusing on habits, you will adopt simple, sustainable behaviors that will put you on the path to achieving bigger and better goals in 2015 and beyond. [Read more](#)



Sjm comments: By the way, those words about flossing and visiting the dentist twice a year were the author's words, not mine, but it couldn't have synched better to what the message of this newsletter is going to be!

As a Regular Contributor to My Newsletter, Dr. Julia Scalise has written about a myriad of topics, but nothing as astute as her recent book which focuses the individual on mastering one item at a time. It can be ordered on Amazon for less money than a package of cigarettes! [Click here to order](#). And so, I asked Julia to write a few introductory words and offered her the opportunity to promote her oeuvre.

“.....“ I hate to exercise”

How many times have you said this, thought this, or heard this? I hear that phrase a lot in my practice. But a reason many clients give for not exercising or engaging in physical activity is that they pick activities they really do not like. If you don't enjoy going to a gym, it makes preparing, finding time, and doing a workout that much more stressful.”.....

SJM note—you're going to find this hard to believe, but before she even wrote this, I had planned to tell you about the gym I belong to, and to offer my patients the opportunity to join the only gym I've ever belonged to (and I've belonged to a lot of them) that I truly enjoy going to—more on KoKoFit Club later.....



This excerpt from my book “*Do One Thing Feel Better/Live Better*” is taken from the chapter on Exercise/Physical Activity. The benefits of being physi-

cally active are well known for weight management, cardiovascular health, help with Diabetes Type II issues, and brain cognition and mood. However, so many people soon fall off track when they make this annual resolution to start an exercise program for fitness because very few people will stay motivated to do something they dislike doing.

The statistics, according to [a survey on the top resolutions for 2014](#), getting healthy and fit is only 5th in popularity. Losing weight is number 1 on the list. But if you consider incorporating physical activity / exercise into your lifestyle, 2 of the top 5 common resolution goals can be accomplished.

The secret to being successful with this goal is to remain motivated to do so. Motivation comes from enjoyment. So the best plan is to first find something you love to do and then do it as often and as consistently as you can.

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When I conduct an initial consultation with my clients, I ask what physical activities they do on a formal and regular basis. Many say “I try to go to the gym” and then give a number of times a week. Yet on further questioning, in reality, they very often don’t go or actually they don’t like going. On the flip side, there are many who want to go to the gym, but don’t have the time or finances to incorporate it in their lifestyle.

So here is a suggestion for getting healthier and fit in the New Year, and as a side benefit, lose some weight or at least improve muscle tone.

Make a list of 5 physical activities you **enjoy**, whether or not you do them or have done them anytime recently, even if it’s been decades

If any are seasonal, try to organize the activities so that you have options for any season

Determine which options are available to you (either in finances, time constraints, physical ability, health restrictions, or season)

Make a schedule of what, when, where and how you will participate (even if you only have 1 option for 1 day a week- something is better than nothing) Start!!!!!!!

It is never too late to get started. I know of women and men who began taking ballroom dance lessons in their late 70’s to early 80’s and danced for many years. Age is not an obstacle to being physically fit as evidenced by [Tao Porchon-Lynch](#). She is the world’s oldest yoga instructor at 96 years of age and does not allow age to be an excuse for avoiding physical fitness.

If you do something you really enjoy, are as consistent as you can be, schedule it with the same priority you would any other important personal or professional commitment, and get started, your goals to be healthier and fit in 2015 will become your reality.

If you would like further tips on improving your physical, emotional, mental or spiritual vitality, read my book

If you are interested in working with me as my client, contact me through my website: www.JuliaScalise.com

All consultations are by phone, so distance is not a factor.

Wishing you health and living your best life.

Julia Scalise, DN, PhD

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IMPROVING YOUR FINANCES IN 2015—

After having practiced in this area for almost 40 years, there are certain observations I’ve made about the human condition, and why some people are able to have discretionary income, and others go from paycheck to paycheck. What has happened to you, or your finances as the price of utilities, gasoline, food have skyrocketed over the past years? You’ve found a way to make ends meet, but still, your savings haven’t grown much, and you’re five years closer to retirement.



Figure out how many miles you drive your car every week. Figure out what your gas mileage is (if you don’t know, next time you fill up, set your odometer to zero, and then see how many miles you drive until the next fill up). For example, if you drove 200 miles and your car took 10 gallons of gas to refill, your mileage is 200miles divided by 10 gallons or 20 miles per gallon. If you drive your car 300 miles a week, and at the current low low price of \$2.30 per gallon, you’re saving at least \$1.00 on every gallon. You should therefore force yourself to **save** \$30 a week.

One of the things I’ve noticed over the years, is that more smokers have no savings than you would ever imagine. Why? Because their discretionary income is going up in smoke. Read Julia’s book about stopping bad habits, and force yourself to put aside the money you save.

Another human frailty is overspending beyond their means at Christmas time. There’s nothing wrong with wrapping a bow around a new Lexus every Christmas, if you earn that kind of money. But you need to establish a reasonable budget for gifts, and not get carried so far away, that you’re working the first six months of the new year just to pay off your credit card bills. Make agreements with your loved ones that 2015 is the year you’re going to start setting limits on spending, rather than flushing all that money (and interest) down the drain.

Young children and grandchildren don’t love you more because you spent \$500 on a birthday gift. Set a limit, say \$50, and put the other \$450 into a 529 College Plan. Teach them to save their money. Go to www.NJBest.com and establish accounts which, at college age could add up to a year or more of college.

In the book, [The Millionaire Next Door](#), one of the common attributes of people who’ve accumulated wealth is the fact that they don’t lease cars, they own them, and own them for a long time. Upkeep is essential. The average car on the road in the US today has over 120,000 miles on it. I’m not embarrassed to tell you that both of my boys are in the automotive business and Gail and I are driving around in 2001 Acuras. The new car depreciates so much the minute you drive it out of the showroom. Buy yourself something dependable and when you need another car: [Autolenders](#)



For more information about improving your bottom line in 2015, visit the [Huffington article](#) Items 1 through 5.

I would encourage everyone to have a financial planner. If you haven't been able to establish a budget, and adhere to it, you can use their help.

I would be happy to recommend the names of several successful and reputable financial consultants I know.

You need to plan for your \$UCCE\$\$.

Just as saving money, losing weight, flossing daily takes effort, nothing, IMHO takes more effort than dragging this tired body out of bed in the morning and going to the gym. About 3 years ago, I joined Koko FitClub (which is on Rt 70 right near where Cherry Hill and Marlton meet) and I can honestly tell you, I love going to the gym. At Koko FitClub you are being "pushed" by a virtual trainer. There's no bailing out on your work out because you have other things to do. The actual human trainers there are helping you keep your form correct, but the virtual trainer is keeping you on pace to get stronger, energized, and toned.



I have made special arrangements with the owners, Joe and Karen Keegan, for my patients to experience Koko FitClub for a month FOR FREE! See the back page.

It's our way of saying thank you for being our customer. Koko is the world's only digital gym offering personal training through Koko technology. Simple, Fast, Effective and Affordable!

LOG INTO this page, and be sure to tell them Steve Markus sent you.



IN MEMORIUM

Per Ingmar Branemarck—

In the fifties, Dr. Branemarck sought to find a way to watch how bone healed after having been broken. He devised a titanium screw that had a glass window in it, that he could put at the interface of there the healing was occurring, and could place a microscope there to watch. When the study was over, they would remove the titanium screws, except the bone had grown into the titanium, and so began his research into dental implants.



After 20-25 years of research, he revealed his discovery to the world, and it has, as most of you are aware, changed the way dentistry is practiced across the globe. To learn more about this pioneer, who is now gone, you may read his obituary by [clicking here](#).



As I Warned You on These Pages in the Fall:

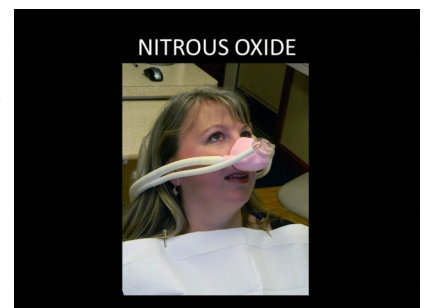
The flu vaccine is contrived about 12 months in advance. It is based upon scientists' best guess as to what virus strains will plague mankind in the following year.

Well, it turns out that they weren't even half right for this year. But mark my words, come the end of January, as it happens every year, there will be news stories creating a bit of last minute panic

because the CDC and Big Pharma needs to move every last milliliter of vaccine off the shelves to make year for next years' debacle. It is the end of December as I write this, and there are tremendous flu outbreaks that the vaccine won't come close to handling. Nonetheless, TV news will be trying to hook you, or should I say STICK YOU. [Watch this](#).

Laughing Gas Investigated in the Treatment of

Depression - we've safely been using this to quell patients' anxiety since opening our office in 1976. We thought you might enjoy reading about the [discovery of the effectiveness of laughing gas](#), and the current thinking about its [use to fight depression](#)





Click on the picture to watch the video