

DID YOU KNOW THAT PEOPLE WITH HEALTHY MOUTHS CAN EXTEND THEIR LIVES 6.4 YEARS?

Almost 15 years ago, we designed a section of our original website (now archived in Cyberspace as www.cent4dentClassic.com) entitled [Floss or Die](#). Because, I'm told, so many people have still not gotten the message about the connections between poor dental hygiene and the links to risks of heart attack, stroke, diabetes, premature birth and spontaneous abortion, every month for the next year, I am going to lead off the newsletter with a link to a current article on this subject.

To begin your exploration of this important topic, please visit <http://www.oralsystemicconnection.com/>. If you've never developed the habit of flossing your teeth, now is the time. For decades I have been recommending that everyone keep a roll of floss in the shower. Make a personal rule: If you haven't flossed in 24 hours, be sure to floss before you leave the shower. And the best part is: No Dirty Mirrors!

Did you know that flossing daily can increase your life expectancy by as much as 6.4 years? [Read this link](#) from my colleague Kent Smith down in Texas.

FEBRUARY CASE OF THE MONTH

Now for something completely different. When I first started in 1976, I set up next door to Dr. Marchesani, a pediatrician. I loved working on children because I have always prided myself on my ability to handle the fearful. As cosmetic dentistry evolved, and my artistic side came out, I had gotten away from treating children. Lacey's case reaffirmed to me the true passion I have for what I do, because I was faced with a double challenge: Put Lacey back together, and do it in a manner that would make the experience one that would make her want to come back, rather than one that could potentially make every dental visit fear evoking.

[Read Lacey's story here](#). In fact, we thought the information we have to convey was so important we are in the process of creating a KidsSmilesOfNJ.com website which may be ready by the time this newsletter goes out.

THE ANTI-AGING EFFECTS OF ANTI-OXIDANTS THROWN INTO QUESTION

Over the years, I have incorporated articles from the Scientific American into our patient education process because it represents unbiased scientific reporting. When I read the headline, I was quite taken aback. [You can read the article here](#). I called one of my colleagues, and patients, Dr. Julia Scalise for her comments on it, and am pleased to announce a new aspect of our website. Every month, Dr. Scalise will be covering a topic of nutritional interest here, in Julia's Corner!

JULIA'S CORNER

- 1) I agree that people overuse vitamins and supplements and they should be knowledgeable before "overdosing" on same
- 2) Unless under a specific protocol for a known issue, I have most of my clients rotating supplements, even multivitamins only 2-3 days per week and that is dependent on their lifestyle and nutrition intake
- 3) As we have found out, overuse of antibiotics have weakened immune systems (anti-bacterial everything today from soap, et. al.) and not letting mild fevers run their course is not the healthiest way to go
- 4) As I always say, if a little of something is good, it does not mean that more is better- Likewise if a lot of something is bad, it does not mean that none is optimal

5) The studies on the beta carotene and vitamin E - I believe they used synthetic forms of the vitamins and this created the problem with increased lung cancer rates or that is what I remember reading a while back.

Bottom line- it's the Goldilocks Rule with me- you don't want your porridge too hot or too cold- but just right. And that is determined by the unique constitution and function of the individual. Medicine and Dentistry or any of the healing arts should not be considered a cookie cutter science. There are common denominators I admit, but I agree that people overuse and overdose on "supplements". Also, some practitioners recommend too many supplements. Instead of "slapping Band-Aids on bleeding arteries" (symptom chasing), address underlying cause(s) first.

If using supplements or vitamins, use brands that are not synthetic (drugstore names, One a Day, etc) and that are toxin and filler free.

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Holistic Health Practitioner
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Julia is available for telephone consultations about your health-related issues.

THE TEN WONDERS OF THE WORLD, AND MORE

I am very pleased to introduce Geoffrey Seiler, a photographer and new member of our family of patients. [We have added a new wing](#) to our photographic on-line art gallery. Please be sure to send us feedback about what you like best about our newsletter by emailing sjmdmd@comcast.net.

DIET SODA HEALTH RISKS

Years ago, we reported to you in our newsletter that diet sodas didn't lower your risk of developing tooth decay considerably. [\(Check out page 12 of our September 2007 Newsletter\)](#) Besides the acidity, the reason may be explained by the fact that they increase your craving for sweets. This has been over-reported in the news this past month, but if you missed it, there's a [great summary in Huffington Post](#) which not only explains the risks, but discusses how to break the addiction to artificial sweeteners. There is a higher level of Type II Diabetes and Obesity in artificial sweetener users, and helps explain why diet soda drinkers have a difficult time losing weight. [Dr. Mercola explains it all here.](#)

ONLY IN NEW JERSEY

An old Italian gentleman lived alone in New Jersey. He wanted to plant his annual tomato garden, but it was very difficult work, as the ground was hard. His only son, Vincent, who used to help him, was in prison. The old man wrote a letter to his son and described his predicament:

Dear Vincent, I am feeling pretty sad because it looks like I won't be able to plant my tomato garden this year. I'm just getting too old to be digging up a garden plot. I know if you were here my troubles would be over. I know you would be happy to dig the plot for me, like in the old days, Papa.

A few days later he received a letter from his son.

Dear Papa, Don't dig up that garden. That's where the bodies are buried. Love Vinnie

At 4AM the next morning, FBI agents and local police arrived and dug up the entire area without finding any bodies. They apologized to the old man, and left. That same day the old man received another letter from his son:

Dear Pap, Go ahead and plant the tomatoes now. That's the best I could do under the circumstances.
Love you, Vinnie

A BRAIN STUDY – COMPLEMENTS OF RUSS BENTMAN

If you can read this OUT LOUD you have a strong mind.
And better than that: Alzheimer's is a long, long, ways down the road before it ever gets anywhere near you.

To my "selected" strange-minded friends:
If you can read the following paragraph, forward it on to your friends and the person that sent it to you with 'yes' in the subject line. Only very good minds can read this. This is weird, but interesting!

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HOW OUR M1ND5 C4N
DO 4M4Z1NG 7H1NG5!
1MPR3551V3 7H1NG5!
1N 7H3 B3G1NN1NG
17 WA5 H4RD BU7
NOW, ON 7H15 LIN3
YOUR M1ND 1S
R34D1NG 17
4U70M471C4LLY
W17H 0U7 3V3N
7H1NK1NG 4BOU7 17,
B3 PROUD! ONLY
C3R741N P30PL3 C4N
R3AD 7H15.
PL3453 FORW4RD 1F
U C4N R34D 7H15.

If you can read this, you have a strange mind, too. Only 55 people out of 100 can.

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FORWARD ONLY IF YOU CAN READ IT
Forward it & put 'YES' in the Subject Line
Even if you are not old, you will find this interesting...

AN AMAZING MAGICIAN – ALSO SENT BY RUSS BENTMAN

<http://biertijd.com/mediaplayer/?itemid=25540>

If you have an interesting piece for our monthly newsletter, please send it to me at simdmd@comcast.net. If you found any articles in this newsletter worthy of forwarding to friends, please help us expand our circulation by doing so. If you have received this newsletter and you are not already our patient, there are two ways you can get it:

1. The easiest way is to become our patient.
2. Send me an email at the address above, with the words “subscribe dental newsletter” in the subject.