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## Giving Thanks -

You all know I put my heart and soul into my abilities, training, practice, and this newsletter. There are many people who help make my profession, my passion, starting with the great team of experienced and quality-oriented people who pull the team together at "The Centre". Without the dedication of Michele, Melissa, Gloria, Adrienne, Laura, Sue, and Doctors Scott, Phillips and Lu it couldn't all happen.

My thanks go out to all of them, who help make it easy for me to go to work each day, and for the assistance of my mentors who enable me to find the balance in my life to get all of this done. This especially goes to my wife of 42 years, and sounding board Gail.

Without the great patients who make up this practice, I doubt my enjoyment level would be where it is. I thoroughly relish catching up, even if it is only 5 minutes, twice a year, with patients who've become friends over the 38 years I've been in practice. My family of patients, and the great friends whom they've referred help sustain us through these interesting times.

I would be remiss without mentioning the names of several of the great lab technicians I work with, who have instilled such faith that everything they design in porcelain, with their amazing hands, will look and fit great! Thanks go out to Steve Killian, in Southern California, Juan Olivier in Utah, and Laura Kelly up above San Francisco. They are all craftsmen.

## תודה רבה

That's how one says Thank You Very Much, in Hebrew. Without the way all of the things I cherish, and work hard, at come together, Gail and I would never have been



able to take the trip of a lifetime, last month. We had always wanted to go to Israel, but the time never seemed right. When we got to Israel, we learned that the time never seemed right because of the evening news. It was the safer than you could ever imagine.

In fact, Israelis call CNN "Creates the News, Nightly". I am planning to put an evening together *for my family of patients*, sometime in the near future, to show you some of the amazing sights and sounds, and memories of a place where the history goes back 4000 years.

In fact, among the many things I will show you is a town, Megiddo, that has been destroyed by conqueror or quake 25 times, and each new civilization has been built atop the rubble of the one that was demolished. Descending to the lowest level takes you down a staircase five times deeper than the NYC subway system, and back 4000 years in time. If you would like to attend, please send an email with the subject "Israel" to [docmarkus@cent4dent.com](mailto:docmarkus@cent4dent.com) and give me the numbers of friends or family you will be tentatively be bringing with you. Once I have a headcount I will determine a date and venue.

**DON'T WASTE PAPER** - The reason this is sent electronically

Another way to "Waste Paper" is to not maximize your dental benefits. You are given a certain amount to spend on dental care, every year. But if you

leave that money on the table, you give the insurance companies what they are hoping for, and what enhances their bottom line every year (unused benefit dollars). Don't waste time, the end of the year gets very busy with patients who are all trying to strategize this way.



## **DREAMING OF A WHITE CHRISTMAS?**

A great holiday gift for the someone who has everything is the gift of Zoom Whitening. Simply call the office, give us the name of the person getting the gift, and we'll mail you a certificate for a Zoom Whitening session, complete with Touch Up Trays, for only \$333 + tax. Learn more about Zoom Whitening by [clicking here](#).

## **SO WHAT ELSE IS NEW?**

We are seeing amazing results with a new gum treatment protocol I have formulated, involving the healing effects of lasers combined with the use of [Oral Probiotics](#).

One of the reasons there may be so much pneumonia in hospitals after surgery is that pathologic bacteria from the mouth may be transferred down into the lungs when the anesthesiologist intubates the patient. Consider the use of probiotics, coupled with a thorough rinse with Chlorhexidine, or Listerine, before being wheeled down to surgery

I learned about a rare form of autism, or savantism called synesthesia. I have an esteemed colleague on the West Coast, who has this, and reading about it is nothing short of fascinating. [Click here](#).

December's newsletter - All About Kid's Teeth and Fluoride Toxicity Issues

Please forward this on, to friends and family who might be interested. Don't take a flu shot without checking our October and September Newsletters, online at <http://www.cent4dent.com/newsletter.html>

Forward your questions and comments to [docmarkus@cent4dent.com](mailto:docmarkus@cent4dent.com)