

THE CENTRE FOR DENTISTRY



at Haddon

The perfect blend of art and science.



What to Do About the Flu Vaccine in 2013

September 25, 2013

Welcome!

In this issue:

Valuable information about the flu vaccine

Instant Orthodontics with Porcelain Crowns and Veneers

Follow-up: Keeping Dementia at Bay

INTRODUCTION

If this is the first newsletter you're getting from us, it means you're new to our practice, or to our email distribution list. I try to publish these 8-10 times a year, and it's a labor of love. If you'd like to see back issues of the newsletter I invite you to [click here](#). My newsletters generally aren't about dentistry, other than from the standpoint that an unhealthy mouth can lead to a lot of other health issues. For more information on how gum disease (the underlying cause of bad breath) can lead to heart attack, stroke, diabetes, miscarriages and premature birth [click here](#).

I share recent articles I have found important for dissemination to my family of patients, and encourage you to forward this information to those you love. To save space, I provide links to the articles you want to bookmark, or read now.

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COSMETIC CASE OF THE MONTH

This outstanding result, done with just four all ceramic crowns on the upper front teeth was a starting point for our patient whose self-assurance has jumped remarkably and she smiles all the time now!

Notice a few things: 1) how the one front tooth was rotated about 90 degrees, and was plumping her lip out in that area 2) all the decay caused by the crowding 3) the natural results that our ceramist, Juan Olivier achieved by layering [translucency into the edges](#) of the teeth.

Follow the link in preceding sentence to learn how edge detail is what truly separates great results, from just average-looking teeth.



You might think this patient needed braces to straighten this smile, but it was truly a result achieved by our vision that was blueprinted for just four crowns. If you know someone who might benefit from 30 years of cosmetic experience, please refer them to our [Before and After gallery](#). Around 30 years ago, I coined the term "[Instant Orthodontics](#)".

I think you'll agree that 3 weeks, start to finish on this lovely lady, was an Instant Orthodontic Miracle. To learn more about **Blueprinting the Smile**, click on "Our Proven Technique" at my website [The Edge Smiles](#).

Speaking of Galleries

Did you know our website has a [photographic gallery](#) of a lot of my artwork, as well as that of many accomplished photographers who are friends of mine, and patients of the practice. If you have photos you'd like to display in our gallery, contact me please!

WHAT TO DO ABOUT THE FLU VACCINE, IN 2013.



Personally, I haven't taken a flu shot since 1976. My reasons then had to do with the outbreak of Guillian-Barre' Syndrome from the flu vaccine, and, history repeated itself in recent years. [Learn more.](#)

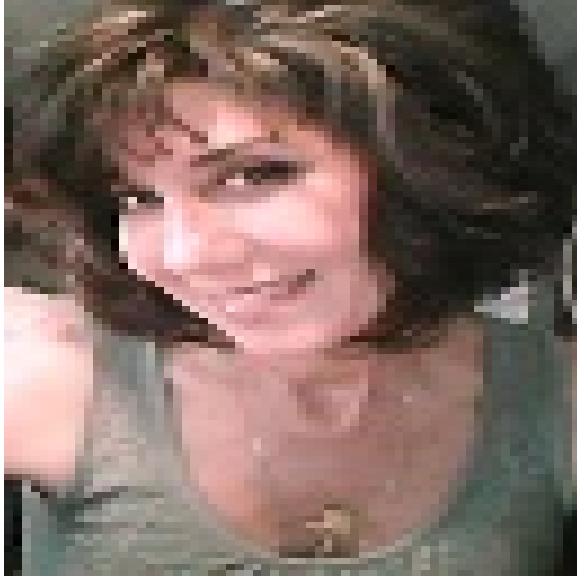
[Dr. Sherri Tenpenny](#), whose lectures I've attended, has recently put up a short video on YouTube that explains how vaccines are supposed to work. She emphasizes that for most, Vitamin D supplementation will be as effective as flu shots. [Learn more.](#)

I really didn't know as much in 1976, as I do now. Something just didn't sit right with me about vaccination. I encourage you to learn more, and don't let your physicians, or the clerk at the drug store railroad you into a decision that might have life-long repercussions. I will refer you back to something I've printed more than once in our newsletters. [Click here](#)

This year, one also needs to be concerned about the new Genetically Modified Vaccines. Do your research before deciding to get vaccinated with these antigens. [Learn more.](#)

As you know, if you've been reading these newsletters, Monsanto is behind the whole GMO debacle. They are pushing many farmers into bankruptcy in the US. What is significant about this is the fact that Monsanto, and its GMO's have been banned throughout the world. Learn more about this issue [starting here.](#)

JULIA'S CORNER



If you have been reading this newsletter in the recent months, you are familiar with my stand on flu vaccinations and a protocol I and my clients use annually. However, despite immune boosting protocols and flu prevention protocols, it's still possible to contract viral or bacterial illnesses. I am sharing an article that will soon be posted on my new website, soon to be launched.

GARLIC SOUP FOR COLD AND FLU SEASON

As cold and flu season approaches, it's always advisable to be prepared to combat whatever pathogens you may encounter. For the past 15 years, I've been using and sharing a recipe I came across in a health magazine.

Not only does it help for the standard types of infections that are spread annually, but has also been known to work on antibiotic resistant pneumonia. I have firsthand experience regarding the benefits of this soup on resistant strains of pneumonia. My father was hospitalized with antibiotic resistant pneumonia. After 10 days of simultaneous use of 4 of the strongest antibiotics available, nothing would quell the infection. However, after giving him 1 cup of this broth, within 2 hours the fever broke and the pneumonia began to clear. My clients have also touted the benefits of this soup.

[Please visit the Cent4dent Blog for the recipe and the continuation of this article.](#)

Wishing you health,

Julia Scalise, DN, PhD

Phone Consultations About Your Health:

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If you're a fan of The Daily Show, as I am, you might also like getting some [further feedback](#) on this here. To learn how our government is protecting Monsanto, where other governments have prosecuted them for crimes against humanity [click here](#).

The last issue was about keeping Dementia at Bay.

To continue in that vein, I cite two articles you might find interesting

Healthy Diet, Exercise, Stress Reduction can reduce aging. [click here](#)

Another recently published article about keeping your brain healthy was in the latest issue of the [AARP Newsletter](#).

Have a great day!

The Centre for Dentistry



Recognized as Top Dentists over the past five years by Philadelphia, Philadelphia Style, SJ Magazine, South Jersey Magazine, Girlfriendz Magazine, and Jersey Man

Magazine.

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