



# TheWhole Tooth



Smile Style Dental Care Centre

December 2011

## IT'S CHRISTMAS!!!!



### Special Treatment Offer Designed Especially for Your Christmas Party!

If you are attending a party this Christmas, let us help you dazzle with the Christmas Lights! We will help you get your teeth White as Snow by offering you 25% off our Teeth Whitening systems.

Call Alison or Maureen NOW to make the most of this Very Special Christmas Offer

01785 225505

# thank you.

Sharon W  
Ruth B  
Anna S  
Michael C

Referral Contest



The Draw will take place this week to see which one of our lucky patients has won a Luxury Spa Day for two at **Hoar Cross Hall!**

We'll be uploading the draw to our facebook page Smile Style Dental Care Centre



## BOOKING APPOINTMENTS NOW



REGISTERED  
OSTEOPATH

PETER NOON  
01543 462928

[www.peternoonosteopath.co.uk](http://www.peternoonosteopath.co.uk)



Osteopathy is a gentle treatment for pain related to muscles, joints, discs and nerves.

**GET IT NOW!**

Buy One Get One Free on  
Whitening Top up Gels.



Only £35 for two Syringes

Call us on 01785 225505 to reserve  
your top up!

## John Lennon's Tooth Fetches Nearly £20,000 At Auction



A tooth formerly belonging to John Lennon has fetched nearly £20,000 at an auction in the UK.

The Beatles legend's molar was put up for sale at the **Omega Auction House in Stockport** and was eventually sold for £19,000 – almost double its listed reserve price of £10,000.

The tooth was originally given to Lennon's housekeeper Dorothy Jarlet, who worked for the singer at his home in Weybridge between 1964 and 1968.

According to Rolling Stone, the winning bidder was a dentist from Canada, although the Omega Auction House have not yet given any official verification or released the winner's identity.



### Richard Rants Dec 2011

As a real foodie and lover of festive fayre December is one of my favourite times. The team started the party season in style with a Vegas night, dancing to Elvis while supporting Katherine House Hospice, it was a great night.

Enjoyment of food is linked to taste and being able to chew your food which comes full circle to having teeth that are not painful and function well. More and more research has shown that eating a healthy diet is tied to our health and for this reason maintaining natural teeth is imperative. Many studies show denture wearers suffer increased number of gastric problems including bowel cancer.

As a parent I am always trying to give my kids great experiences and help them to develop confidence so they are ready for an ever changing world, My daughter Evie has her GCSE mocks in December and I remember my Mum saying to me she did all the worrying when I was doing my exams, well it's my turn now! One thing I don't have to concern myself with is she blessed with a great smile. We believe people with a nice smile are smarter and are also more likely to be hired. A good smile gives you confidence, and self confidence can change your life whoever you are. This may be important in our culture but my recent trip to help poor children of Morocco reminds me that all they want is teeth they can chew on.

Have a Merry Christmas.

*Richard*

## Is your skin SAD this winter?

During the winter months skin is subject to more damage, dehydration and stress than you realise. The harsh British weather combined with central heating and even winter sun damage on unprotected skin, can be devastating to the health of your skin if you don't look after it properly.

The symptoms of 'SAD' skin are commonly dry, flaky, dull and itchy skin. Anyone can be affected, not just those with more sensitive skin or existing skin problems, although as we age and skin becomes thinner and holds less moisture the symptoms can be exacerbated.

Stress is also common at this time of year, especially with the approach to Christmas, but it is very important that you take time to relax and keep stress levels at bay. Not only does stress have a negative impact on your general health, but also shows on your skin, as it slows down the rate of cell turnover making skin look lifeless and dull.

***BUT DON'T DESPAIR!!***

## Help is at hand at SkinEssence.....

- Make an appointment for a comprehensive skin assessment and try out the Cosmedix Skin Correction Programme.
- Treat yourself or someone special to a therapeutic medi-facial in preparation for the party season
- Treat your skin to daily moisturizing UV Protection – still essential even in the winter months
- Replenish your body with SKINutrition – medical skin care dietary supplements to detox and bring balance to your diet.

Call to make an appointment with Jeni and enjoy the party season!

Email your name and address into a prize draw and win a free Cosmedix Today Peel worth £150

Email [jenihowarth@gmail.com](mailto:jenihowarth@gmail.com) by 31/12/11



**Skin Essence**  
 Botox • Facial Fillers • CosMedix  
 • Facial Peels & Treatments  
 email - [myskinessence@gmail.com](mailto:myskinessence@gmail.com)  
 FREE 'Am I Suitable?' Assessment • Call 07932 420282

## How You Can Feel Like A Million Dollars For the Holidays!

**Give Yourself a Christmas Present This Year, You're Worth It!**



Are You Unhappy With Your Smile? Do You Have Crooked Teeth? Are You *Afraid* To Smile?

Call Now Before 31<sup>st</sup> December and we will give you 10% off our Clear step Invisible Brace System on all consultations booked before Christmas.

Call Now to book your appointment on  
01785 225505

## What is a Dentist's Favourite Game?

Fill in the answers to the questions and all will be revealed in the shaded boxes


\_\_\_\_\_ or false

Opposite of close

Precious milky coloured stone

Measured in minutes and hours

Party giver


Opposite of under

Speed contest


Forest animal

Old

Wetness from the sky


Not difficult





- Remove snow from evergreen shrubs to prevent the branches from breaking. Tap the branches gently.
- Place Christmas trees away from fireplaces, radiators, heat vents and anything else that could dry the needles. Keep your Christmas tree well watered from the time it is brought home until it is discarded.
- Minimize traffic on a frozen lawn to reduce winter damage.
- A common complaint in growing rubber plants indoors is yellowing leaves with dead spots on the edges. This is usually caused by overwatering. Bottom drainage helps remove surplus water.
- House plants with large leaves and smooth foliage such as philodendrons, dracaena and rubber plant, benefit if their leaves are washed with a damp cloth to remove dust.
- Check belts and spark plugs, change the oil, sharpen the blades and clean off dirt so equipment will be ready to go when you need it next spring.
- Drain the fuel tank of the lawn mower or tiller before putting the machine away for the winter.
- Clean and sharpen lawn and garden tools and store them in a dry storage area.
- After Christmas, your live tree can be moved outside and be redecorated for the birds. Anchor the tree in a bucket full of damp sand. Put on strings of popcorn and cranberries. Apples, oranges, leftover breads and pine cones covered with peanut butter then dipped in birdseed can also be added. For best results, push the edible ornaments well into the tree.
- Start reviewing and expanding your garden notes to help with next year's plans.
- Check fruits, vegetables, corms and tubers that you have in storage. Sort out any that show signs of disease and dispose of them.

## December Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16 Holly & Tracies' Birthdays	17
18	19	20	21	22 Shortest Day	23	24 Christmas Eve
25 Merry Christmas ! 	26 Boxing Day	27 Practice Closed	28 Practice Open 9am until 12pm	29 Practice Closed	30 Practice Closed	31 New Year Eve 