

# Lakewood Ranch Dental



## NEWSLETTER

September 2015



## Some of the Best and Worst Foods for your Teeth!

An excellent mood, the right weight and high-quality health we owe to a correct diet. The same is true about the health of your teeth. Looking after your teeth is an important factor since unhealthy teeth can become the cause of serious disorders: dental abscess, heart disease, illness of the skin, inflammation of the inner ear, and the list goes on.

Sugar may taste amazing but the truth is that it is the teeth's enemy. It serves as a great fuel for the bacteria that produce enamel destroying acids and leading to dentist caries. We are not saying you can never have foods with sugar .... just limit the weekly intake and brush and floss right after.

Vitamin-rich foods containing calcium such as cheese, almonds, leafy greens and foods that are high in phosphorus such as eggs, meat, and fish can help keep tooth enamel strong and healthy – According to the American Dental Association.

Chewing crunchy foods such as apples, carrots, and cucumbers may help disturb dental plaque and serve as a cleansing mechanism. Having a salad is also great. Chewing all of

those leafy greens is like running your mouth through a car wash- all that chewing generates saliva, and the food itself physically scrubs your teeth as it is mashed up into little pieces. Leafy greens also are high in fiber which promotes good digestion and healthy cholesterol levels.

Citrus fruit is indeed healthy and a good source of nutrients and vitamin C; however, citrus fruit is acidic and not a healthy choice for teeth. Eating foods that are highly acidic can erode tooth enamel over time. Make sure after you eat an amazingly sweet grapefruit that you brush and floss after.

The stickier the candy, the worse it can be for your teeth. Extra chewy candies tend to stick to teeth for a long time, allowing bacteria to feast slowly on the deposited sugar. Also, avoid hard candies. They may not stick to your teeth; however, they can't be chewed quickly. Hard candy dissolves slowly, giving bacteria more time to produce harmful acid.

A smile is the best accessory one can wear; of course, you want to keep it amazing! We hope this information helps.

***"Teeth and gums are a mirror to what is going on in the rest of your body."***





Great Recipe for Breakfast!

## Kaleberry Smile Booster Smoothie Recipe! ☺

### Ingredients:

- 8 ounces brewed green tea (plain, chilled)
- 4 ice cubes
- 1/4 cup Greek yogurt
- 4 kale leaves
- 1 banana
- 1/2 cup frozen blueberries
- 1/2 cup frozen strawberries
- 1 teaspoon xylitol (can be bought in most health food stores, such as Whole Foods, and is available online)

### Directions:

Brew green tea and chill. In a blender, add ice, green tea, Greek yogurt and kale. Blend until no large pieces of kale are visible. Add all other ingredients (1 banana, 1/2 cup frozen blueberries, 1/2 cup frozen strawberries, and 1 tsp of xylitol).

## Employee Spotlight: EMILY



### Fun Facts about Emily:

She was born in Sarasota, FL.

Played basketball and volleyball in high school.

Enjoys baking & LOVES Cupcakes~

Fan of Country music. Loves to watch NFL- (Peyton Manning is her Favorite!) Her dream is to own a house on the water someday.

Emily has been with Lakewood Ranch Dental for almost a year. We are so happy she joined our team. She brings so much positive energy. Emily likes working for Lakewood Ranch Dental because "everyone is so fun and highly trained." She has a "passion for dental assisting and loves to see how happy patients are when we give them a new smile." Emily is truly amazing and constantly goes out of her way to provide all patients with the best dental experience.

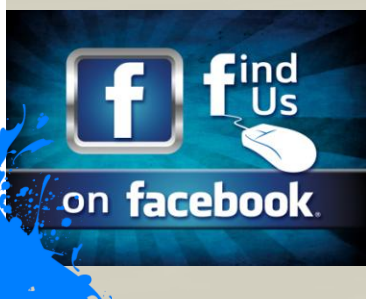


EMILY: Dental Assistant



For those who haven't liked our Facebook page..... Please do ☺ It's a fun way that allows people to stay connected. Make sure you like us and continue to follow as we have free giveaways! We also post important dental education material, dental facts, funny content, and much more. We love involving ourselves in community affairs and enjoy sharing the latest update about our office on Facebook.

**We are easy to find just search: Lakewood Ranch Dental**



## Around the Community!

Just recently we were at Lakewood Ranch YMCA's Splash Bash! It was wonderful meeting so many new faces and seeing so many familiar faces! It was such a fun even with water slides, music, and much more! We enjoyed handing out cotton candy and tooth brush bags!



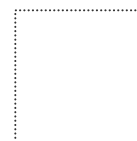
**Congratulations to our August/September Contest winners!**

**Isabella M.** – Won a \$20.00 gift card to Chick-fil-A

**Mary H.** : Won an In-Office Zoom Whitening Treatment (Value \$400.00)



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Friend's Name  
Street Address  
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