



On the
Bright
Side



Brighter
Days
Ahead
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March 2009

The Benefits of Smiling



Every dentist wants you to have a healthy smile but today I'm going to tell you about how your smile can make you a healthier person! And I'll sprinkle in some inspirational sayings about what may be your most valuable asset – your pearly white green.

---A smile is something you can't give away; it always comes back to you.
~Author Unknown

Recent studies have shown that not only is smiling a good thing, it's also quite good for you. There's a theory in psychology called the "Facial Feedback" hypothesis. The gist of the hypothesis is that your facial movements can influence your emotions. Sounds fairly commonsensical right, if you're grumpy you frown but does that frown cause your grumpiness?

Turns out that a number of studies have been done to check out this idea and it appears to hold true. In one study people were asked to make a certain face (happy, angry, confused...) and as it turns out they experienced biological changes that were nearly the equivalent of a person in the state they were trying to mimic with their expression.

(Continued on page 2) ▶



Make Salads Your Friend

Now, before you roll your eyes – salads don't have to be tasteless, uninteresting meals that leave you hungry for more. Salads can be thoroughly enjoyable and satisfying. To start, the bed of lettuce provides a very low-cal and bulky base to a meal that is often water and nutrient rich. Then top that bed of lettuce with some filling, lean protein such as chicken, salmon, or shrimp and some tasty, healthy fats in the form of cheeses and oils. Think of it like this; the greens of the salad replace the pasta or rice that you would otherwise be piling your chicken and sauces onto. The bonus is that because the "base" of this meal is so low calorie, you have the freedom to enjoy tastier choices on top of the salad.

Here are a few ideas to persuade you to befriend the salad:

- Sass up your salads with exotic vegetables and fruits
- Try out some new salads at restaurants (research the nutritional contents as some salads can hide big calories)
- Try inventing your own salads there are no rules!
- Buy bags of prewashed, precut lettuce to increase the likelihood of your making salads regularly
- Try out new, tasty no-fat or low-fat dressings.

Research has shown that total volume, not calories, determines how full someone feels after a meal, so eating high-bulk, (filling) low-calorie foods WILL help you cut calories. Along with your low-calorie foods, however, be sure that your meal includes some source of protein, whether it is meat, poultry, fish, dairy or vegetarian. Otherwise, within a few hours, you'll be ready to eat again, and your calorie savings may be wiped out.

(The Benefits of Smiling continued, pg. 1)

---Most smiles are started by another smile.
~Author Unknown

Another study was conducted with subjects who were instructed on how to hold a pencil in their mouth. Some were allowed to hold it with their teeth and some were instructed to hold it with their lips. All of them were then shown a series of humorous cartoons; now guess which group found the cartoons to be funnier. If you guessed the group with the pencil in their teeth you are correct! Why would that be? Because that group could still smile while the group that had to hold the pencil in their mouth was unable to smile without dropping the pencil.

So, we should not only smile when we're happy or amused, we should smile if we WANT to be happy or amused! Forcing a smile may just make your day go better than it would if you spent it frowning!

---People seldom notice old clothes if you wear a big smile. ~Lee Mildon

I know that seems rather simplistic but it's true. There are other reasons to smile as well, here are just a few:

Smiling makes us feel more attractive and, in fact, makes people more attracted to us.

Smiling releases endorphins and serotonin, nature's natural mood enhancers.



Smiling makes you look younger (it's like a mini face lift!)

Smiling is contagious (and it's one of the few things you'd actually like to catch from people you don't know!)

Smiling makes you seem more confident and competent (that's why politicians are always smiling!)

So there you have it – all kinds of reasons to smile! And we'll leave you with one of our favorite smile quotes:

---A smile costs nothing but gives much. It enriches those who receive without making poorer those who give. It takes but a moment, but the memory of it sometimes lasts forever. None is so rich or mighty that he cannot get along without it and none is so poor that he cannot be made rich by it. Yet a smile cannot be bought, begged, borrowed, or stolen, for it is something that is of no value to anyone until it is given away. Some people are too tired to give you a smile. Give them one of yours, as none needs a smile so much as he who has no more to give. ~Author Unknown

See you next month and keep on smiling!

Welcome New Patients!

Wajee M.	Jennifer N.
Jaden B.	Lynn G.
Meredith B.	Maria R.
Renee M.	Sandy I.
Jennifer C.	Loiuse S.
Keesha M.	Kevin L.
Jenna D.	Christina S.
Christopher B.	

Thank You For Your Referrals

Edwina K.	Todd C.
Maria D.	Joseph S.
Debra S.	Joann S.

Referrals are the highest honor and compliment we can receive. The trust and confidence you show when you refer your friends and family to our office is always appreciated!

MARCH EVENTS

March is the month that we begin to see the last of winter for another year as spring begins. It is a month that teases many of us with increased sunshine, longer days, and warmer temperatures. Below are some of the observances that fall during the month of March:

Month Long Observances:

Kidney Month	Women's History Month
National Noodle Month	National Peanut Month
National Nutrition Month	

Day Long Observances:

Mar 1	Ash Wednesday
Mar 2	Eastern Orthodox Lent Begins
Mar 2	Read Across America Day
Mar 3	National Anthem Day
Mar 8	International Women's Day
Mar 8	Daylight Savings Begins (USA)
Mar 12	Employee Day
Mar 17	St. Patrick's Day
Mar 19	March Madness Begins (NCAA)
Mar 20	Vernal Equinox (1st day of spring)
Mar 30	Doctor's Day

SMILES FOR LIFE IS BACK!

Now is the perfect time to take advantage of our **Professional Whitening System!**

From March 1 through June 30th we are running our annual **Smiles For Life Campaign.**

For more than **50% OFF** the regular price of \$565, you can get a whiter brighter **SMILE!** 100% of the fee goes toward local children's charities. Your donation is tax deductible for 2009.

Call our office at **(732) 356-9120** and speak to Josie or Kris for more information.

Don't Delay, Your New Smile Awaits!

**Professional
Whitening System**

ONLY \$250

*This offer does not include our chair side whitening system

*Expires 6/30/09

WHAT IS FLUORIDE & HOW DOES IT WORK?

Fluoride is a natural element, which is found universally throughout nature in water, soil, air and in most of the foods we eat. There are two forms of receiving the benefits of Fluoride: Systemic and Topical.

Systemic Fluoride - fluoride that is ingested when added to public and private water supplies, soft drinks and teas (is also available in dietary supplement form). Systemic Fluoride is absorbed via the gastrointestinal tract and your blood supply distributes it throughout your entire body. Most fluoride that is not excreted is deposited in bones and hard tissues like your teeth.

Topical Fluoride - fluoride that is applied to the outside of the enamel - makes the crystals that form your tooth enamel more durable. Tooth enamel crystals that have fluoride are much more resistant to acid. They are less likely to breakdown and cause the surface of your teeth to become porous and will help make the crystals in your tooth enamel stronger.

*If we recommend a fluoride treatment during your next dental visit, you will be receiving topical protection. As a rule, we remind you to always brush at least 2 times per day with a Fluoride toothpaste.

PUT YOUR THINKING
CAPS BACK ON!!
WE HAVE A NEW
BRAINTEASER TO TEST
YOUR TRIVIA KNOWLEDGE.

Trivia

What Is It?

What comes once in a minute, twice in a moment, but never in a thousand years?

Congratulations to **April C. of Kendall Park**. She was the winner of last month's trivia question.

Last Month's Trivia:

While walking across a bridge I saw a boat full of people. Yet on the boat there wasn't a single person. Why? **The were all married**

Please continue to try so we can send you a **\$25 American Express** gift card. You must be the 1st person to answer it correctly. Your answers can be submitted by phone (732-356-9120), fax (732-356-0870), or email (reillydmd@aol.com). **GOOD LUCK!**

Brighter Days Are Ahead...

A beautiful smile can brighten your life every day, professionally and socially. And unlike plastic surgery, cosmetic dentistry isn't a major operation. Imagine coming in for a single appointment or two with Dr. Reilly, and **emerging with the smile you've always wanted...**no pain, no strain, no time taken away from your busy life. The results are immediate and dramatic.

Brighten teeth that have lost their sparkle

Dr. Reilly can treat **discolored, stained or aging teeth** with our state-of-the-art whitening process. The treatment can be completed in just over an hour in our office, or you can choose at-home treatments. A dazzling smile isn't just for celebrities any more. It's for you, because you're worth it.

Cover problem teeth with ultra-thin porcelain veneers

Think of this treatment as a manicure for your smile. Veneers are thin shells of porcelain that are custom fitted over your natural teeth. Dr. Reilly can change the shape, color and length of your teeth in only two visits. It looks so good you'll wonder why you waited so long.

There are many ways we can give you a youthful, attractive, natural looking smile! Come to **Advanced Dentistry** for a **FREE** consultation.

Call To Schedule Today! (732) 356-9120

FREE
Smile Makeover Consultation
Expires 3/31/09

Advanced Dentistry