

The Tooth Times

From *De La Warr Dental*

July 2015 Issue

Something To Make You Smile About

Where In
The World...

Our Special
Offer For July

Foods That Turn
Up The Heat In
Your Life!

6 Of The Most
Dangerous
Places In The
World

Happy Birthday
Sofia Vergara



Sofia Vergara

Sofia Margarita Vergara Vergara (born July 10, 1972) is a Colombian-American actress, comedian, producer, television host, model and businesswoman.

In 2012 and 2013, she was the top-earning actress on US television. Vergara received a star on the Hollywood Walk of Fame on May 7, 2015

Vergara stars on the ABC series *Modern Family* as Gloria Delgado-Pritchett, for which she has been nominated for four Golden Globe Awards, four Primetime Emmy Awards, and seven Screen Actors Guild Awards. In 2014, she was ranked as the 32nd most powerful woman in the world by *Forbes*.

Vergara was born to a Roman Catholic family in Barranquilla, Colombia, to Margarita Vergara Dávila de Vergara, a homemaker, and Julio Enrique Vergara Robayo, a cattle producer for the meat industry. She was called the nickname Toti by her five brothers and sisters and many cousins.

Vergara initially studied *dentistry* at a university in Colombia, but left two semesters shy of her degree to pursue opportunities in modeling and show business. She subsequently moved to Miami, leaving behind unrest in Colombia, where her older brother Rafael was murdered in 1998 during an attempt to kidnap him. Her cousin and adopted sister, Sandra, is also a television actress in the United States.

During her December 2014 appearance on *Jimmy Kimmel Live!* Vergara revealed that she had become a United States citizen after getting 100% on her citizenship test.

Vergara was married at the age of 18 to her high-school sweetheart, Joe Gonzalez. She gave birth to their son Manolo in September 1992. They divorced in 1993.

In July 2014, it was reported that Vergara began dating *True Blood* star Joe Manganiello. The pair became engaged on Christmas Day 2014 after six months of dating.



Where In The World

Guess Where in the World this famous landmark is and win a [free meal for two](#) courtesy of [Di Paola's Restaurant in Bexhill](#).

The first person to bring in this newsletter with the correct answer will be the Winner!

Mojito Perfecto

Ingredients

6 mint leaves
4 teaspoons of white sugar
1 lime, cut into 6 wedges
2 (1.5 fluid ounces) Bacardi White rum
1 cup ice cubes, or as needed

Directions

Put 3 mint leaves and 2 teaspoons of sugar into each of 2 glass tumblers

Vigorously stir the sugar and mint together, crushing the mint with the back of the spoon to release oils.

Add 3 lime wedges to each glass, again stir vigorously to release some lime juice.

Pour 1 Bacardi rum into each glass.

Fill glasses with ice cubes and top with carbonated water, stir.



5 Of The Most Dangerous Places In The World

Izu Islands, Japan - Ever been to a souvenir shop and noticed that the most sold item is a gas mask? No, me neither. But souvenir shops on the island of Miyakejima, one of Japan's Izu Islands, keep them in stock, and for good reason. Miyakejima is a volcanic island, but that's the least of anyone's worries. The volcanic activity sends poisonous gasses up from the ground, forcing the residents and visiting tourists to wear gas masks

Alnwick Poison Gardens, England - Located in the town of Alnwick, Northumberland, England, next to Alnwick Castle, the garden is home to some of the most poisonous plants known to man: Nux vomica (the source of strychnine), hemlock, ricinus communis (source of harmless castor oil but also deadly ricin), foxglove, atropa belladonna, brugmansia, and laburnum. There are even specimens of cannabis and coca plants specially protected from the public, and for which they have a special license.

Chernobyl, Ukraine - the worst thing that can befall the unsuspecting tourist is radiation poisoning from the Chernobyl Nuclear Power Plant. The 1986 nuclear disaster at the plant forced Soviet authorities to evacuate the towns of Chernobyl, Pripyat and the neighboring communities, leaving the area virtually uninhabited and a wasteland. Some former residents have returned and there are guided tours of the area, even though the area is still brimming with radioactivity.

Bolton Strid, England - The Bolton Strid, a continuation of the River Wharfe in Yorkshire, is a picturesque river typical of the idyllic English countryside, but with one huge blemish. Everyone, absolutely everybody, who has swum in its waters has perished. The Strid itself looks harmless, quaint and even inviting, but its depth and strong undercurrent make this brook-like body of water, the deadliest river. Worst still, few bodies were ever recovered. A word to the wise: Don't go fly fishing here.

The Corryvreckan Maelstrom, Scotland - Scotland's most dangerous tourist attraction is only for the brave. The whirlpool lies between the isles of Jura and Scarba in the Inner Hebrides and is considered to be unnavigable by the Royal Navy, though some have tried it. An underwater mountain creates the whirlpool, the third largest in the world, and causes water to rush in towards a 200m pinnacle of rock in the narrow Jura strait, the peak of which sits only 30m from the surface, creating the violent phenomenon. George Orwell once tried to test its reputation and barely made it out alive.



Special Offer This July



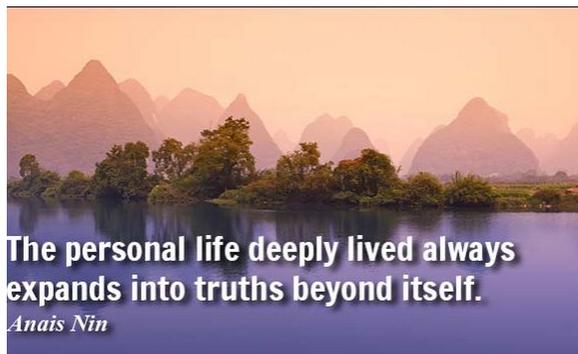
Throughout the month of July if you book a treatment for Tooth Whitening we will give you 15% off.

Offer available from 1st to 31st July!

Call **01424 730827** today to book your appointment



With Whiter Teeth



The personal life deeply lived always expands into truths beyond itself.
Anais Nin

Films To See In July

Magic Mike XXL – from July 1st
Terminator: Genisys - from July 1st
Minions – from July 10th
What We Did On Our Holiday – from July 10th
Trainwreck – from July 17th
Mr Holmes – from July 17th
Pixels – from July 24th
Vacation – from July 29th
Mission Impossible: Rogue Nation – from July 31st
Self/Less – from July 31st



6 Foods That Turn Up the Heat In Your Life!

Humans have been searching for items that will get them in the mood or increase their sexual performance for thousands of years. There are many stories told about certain foods or herbs and how they will increase sexual desire, but finding ones, well that's another story

For those of you who still insist on putting a little more kick into your love life, keep reading for the top 6 foods and herbs that will turn up the heat in your bedroom.

1. Cinnamon

This spice has been used in “love potions” since medieval times. This spice does warm up the body, improves circulation and is, in general, a mild stimulant. Try some cinnamon in a cup of coffee for a double whammy effect about 30 minutes before bed.

2. Coffee

As we mentioned above, coffee is another natural libido booster. In studies done with animals, coffee has been shown to contain a stimulant that seems to put females in the mood for love. So make up a pot of Joe, add a bit of cinnamon to it, and get ready for a night of love!

3. Chili Peppers

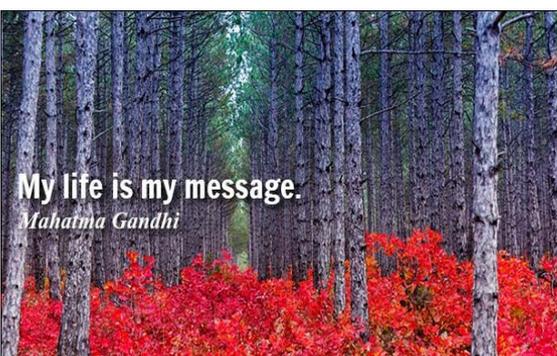
Perhaps that old saying about “Latin Lovers” being the hottest around is because Latin Americans tend to eat a great deal of chili peppers. Chilis don't just overexcite your taste buds or your sinuses, they literally make you feel hot, all over.

4. Blackberries

Blackberries are a photochemical rich fruit that increases both sexual endurance as well as the libido. Scientists say that you should consume at least 10 berries, or one tablespoon of seeds, about two hours before you plan on making your move to the bedroom.

5. Avocados

Talk about a perfect food! Avocados are super healthy for you, with plenty of vitamin E, potassium, B6, and antioxidants, but they can help prevent or delay heart disease. They are also great for improving circulation with their super healthy monounsaturated fats. Any food that helps your heart and circulation can improve your libido, and therefore your sex life, as the improve blood flow to the genitals.



6. Dark Chocolate

Ever wonder why men like to give, and women love to receive, chocolates on Valentine's Day? Dark chocolate contains a compound called Phenylethylamine. This compound releases those same endorphins that are released via good sex. Scientists have found that just one cube (about one ounce) of dark chocolate each day could be a sweet and easy answer to improving sexual function.