

# The Tooth Times

Something To Make You Smile About May 2015 Issue

**Kids  
Zone**

**Cancer  
Fighting Herbs**

**Eton Mess  
Recipe**

**You Could Be  
A Winner!**

**Where In The  
World**

**6 Weight  
Loss**

**Exercises**

*Happy Birthday*

**Olly Murs**

## Olly Murs

Oliver Stanley "Olly" Murs was born 14 May 1984, he is an English singer-songwriter, musician, and television presenter. He rose to fame after finishing as the runner-up in the sixth series of The X Factor in 2009.



Murs was born in Witham, Essex, the son of Vicki-Lynn and Pete

Murs. He has a twin brother, Ben Murs, and a sister, Fay Murs. Two of his paternal great-grandparents were Latvian.

He played semi-professional football for Isthmian Division One North side Witham Town between 2006 and 2008. He excelled for the club's reserve team during the 2006/07 season, scoring 12 goals in 13 appearances and winning the Ridgeons Reserve Teams Cup. He made three first team appearances in the following season, scoring once, but was forced to give up his football career following an injury. Prior to *The X Factor*, Murs worked as a recruitment consultant at Prime Appointments in Witham, and performed as part of a covers band called the Small Town Beggars with a friend, Jon Goodey. He also appeared on the game show Deal or No Deal in 2007, where he won £10; he returned for a celebrity version of the show in 2012, which made him the only person to appear on it twice. Murs lives in Essex. He lived with his parents until Easter 2012 where he moved into a house of his own in Toot Hill. He is a supporter of Manchester United, and is good friends with his former Xtra Factor co-host Caroline Flack and with singers Robbie Williams, Gary Barlow, Michael Bublé, Niall Horan, group of three brothers Next of Kin, and the group Rizzle Kicks. He also has a twin brother named Ben, who has been estranged from the family since 2009. Murs stated on The Jonathan Ross Show in March 2015 that Ben was also estranged from their parents, and that the incident stemmed from him not being able to attend his brother's wedding because of X Factor commitments.



## Where in the World

**You Could Be The Winner of a Free Meal for 2**

The first person to bring in this newsletter with the correct answer to the name of this famous landmark and the country it is in wins a **Free meal for 2 at Di Paola's Restaurant in Bexhill**

## May's Fantastic Cinema Giveaway



During the month of May if you book an appointment for yourself and your partner we will give you 2 cinema tickets to the local cinema for a film of your choice

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

WHAT A DIFFERENCE YOU CAN MAKE WITH YOUR SMILE.....

## May Day Rites And Celebrations

Traditional British May Day rites and celebrations include Morris dancing, crowning a May Queen and celebrations involving a Maypole. Much of these tradition derive from the pagan Anglo-Saxon.

May Day has been a traditional day of festivities throughout the centuries. May Day is most associated with towns and villages celebrating springtime fertility and revelry with village fetes and community gatherings.



Perhaps the most significant of the traditions is the Maypole, around which traditional dancers circle with ribbons.

It is the time of year when warmer weather begins and flowers and trees start to blossom. It is said to be a time of love and romance. It is when people celebrate the coming of summer with lots of different customs that are expressions of joy and hope after a long winter.

## Eton Mess Scones

### Ingredients



- 400g self-raising flour, plus extra for dusting
- ¼ tsp salt
- 1 tsp baking powder
- 100g butter, cut into cubes
- 3 tbsp caster sugar, plus extra for sprinkling
- 200ml buttermilk
- 1 tsp vanilla extract
- 5 tbsp milk, plus extra for brushing
- good handful small strawberries, halved
- small jar good strawberry jam
- 2 meringue nests, crumbled into chunks
- 200ml tub clotted cream

### Method

1. Heat oven to 220C/200C fan/gas 7. Mix the flour, salt and baking powder together in a large bowl. Rub in the butter or whizz the lot in a food processor to fine crumbs, then stir in the sugar.
2. Warm the buttermilk, vanilla and milk to hand temperature, then quickly stir it into the flour mixture with a knife. Using your hands, bring the dough together, being careful not to overwork the mix.
3. Turn dough out onto a lightly floured work surface and pat out to a 2.5cm thick round. Stamp out 12 x 5cm rounds, dusting the cutter with flour as you stamp – you'll need to re-pat trimmings to make 12. Put the rounds onto floured baking sheets, brush the tops with milk and sprinkle with a little more sugar. Bake for 12-15 mins until golden.
4. To serve, lightly mash the strawberries with the jam, and fold the meringues into the clotted cream. Dollop some strawberry mixture onto each split scone, and top with a dollop of meringue cream.



Thank you to our wonderful patients for all your referrals.

We really appreciate it!

## 6 Of The Best Exercises For Weight Loss



### 1. Walking

Walking is an ideal exercise for weight loss: It doesn't require any equipment, other than a decent pair of walking shoes, and you don't need a gym membership to do it. It's a low-impact exercise, which means it won't blow out your knees or cause other stress injuries that can leave you on the sidelines for weeks or even months.

### 2. Swimming

Vigorous swimming can burn anywhere from 400 to 700 calories an hour. All types of swimming are effective for helping you shed pounds, from a front crawl to a breast stroke or even the dog paddle.

Swimming is a highly effective exercise for weight loss and toning. It's one of the lowest-impact exercises out there, and it strengthens, tones and conditions your whole body.

### 3. Elliptical Trainer

The elliptical trainer at home or at the gym enables you to get a low-impact, full body workout. Easier on the joints than a treadmill, the elliptical trainer also has movable handles that enable you to get a good upper-body workout in addition to working your lower body.

### 4. Step Aerobics

Developed and made popular in the late eighties by workout guru Gin Miller, step aerobics is a low-impact workout with excellent cardio and calorie burning benefits. A 45-minute step aerobics workout will burn about 550 calories while targeting the muscles in the legs, hips, and bum, as well as work out the core muscles and improve coordination.

### 5. Yard Work

If you're one of the many people who think exercise is about as pleasant as a hot poker in the eye, keep in mind that you don't have to do traditional exercises to build muscle and burn fat. There are a number of activities that burn calories at a high rate, and yard work is one of them. Raking, sacking yard waste, and planting burn about 300 calories per hour, while mowing with a power mower burns about 330. An hour of mowing with a manual mower burns about 400 calories per hour, and pulling weeds for an hour burns about 350.

### 6. TV Commercial Workout

The TV commercial workout is ideal for couch potatoes who dread lacing up the running shoes or hitting the gym. Instead of getting up for another bowl of ice cream during commercials, get up off the couch and do some simple exercises to burn calories, improve strength and rev up your metabolism.

An hour-long TV show contains about 18 minutes of commercials. If you watch just two shows a day, this workout can give you 36 minutes' worth of exercise to help you lose weight and improve muscle tone.

During just one hour long TV show, you can burn 92 calories by doing jumping jacks or crunches during the commercials, or you can burn 205 calories by jumping rope during the ads. You can also perform pushups, crunches or squats.

## Cancer Fighting Spices and Herbs

### Rosemary

Rosemary is a hearty, woody Mediterranean herb that has needlelike leaves and is a good source of antioxidants. Rosemary may help with detoxification; taste changes; indigestion, flatulence, and other digestive problems; and loss of appetite



### Turmeric

Turmeric is an herb in the ginger family; it's one of the ingredients that make many curries yellow and gives it its distinctive flavor. Curcumin appears to be the active compound in turmeric. This compound has demonstrated antioxidant and anti-inflammatory properties, potentially protecting against cancer development.

### Chile peppers

Chile peppers contain capsaicin, a compound that can relieve pain. When capsaicin is applied topically to the skin, it causes the release of a chemical called *substance P*. Upon continued use, the amount of substance P eventually produced in that area decreases, reducing pain in the area. But this doesn't mean you should go rubbing chile peppers where you have pain. Chile peppers need to be handled very carefully, because they can cause burns if they come in contact with the skin.

### Garlic

Garlic belongs to the *Allium* class of bulb-shaped plants, which also includes chives, leeks, onions, shallots, and scallions. Garlic has a high sulfur content and is also a good source of arginine, oligosaccharides, flavonoids, and selenium, all of which may be beneficial to health. Garlic's active compound, called *allicin*, gives it its characteristic odor and is produced when garlic bulbs are chopped, crushed, or otherwise damaged. Several studies suggest that increased garlic intake reduces the risk of cancers of the stomach, colon, esophagus, pancreas, and breast.

### Peppermint

Peppermint is a natural hybrid cross between water mint and spearmint. It has been used for thousands of years as a digestive aid to relieve gas, indigestion, cramps, and diarrhea. It may also help with symptoms of irritable bowel syndrome and food poisoning. Peppermint appears to calm the muscles of the stomach and improve the flow of bile, enabling food to pass through the stomach more quickly.

### Chamomile

Chamomile mouthwash has also been studied for preventing and treating mouth sores from chemotherapy and radiation therapy. Although the results are mixed, there is no harm in giving it a try, provided your oncologist is not opposed.

## Horoscopes

In ancient Greek mythology, Gemini's ruler - Mercury, was the light-footed messenger of the gods who darted back and forth across the heavens delivering news - which might explain why those born under the sign of the 'Twins' are always on the move; thirsty for knowledge and new experiences. Terminally curious and sometimes even mischievous, Geminis are multifaceted souls who enjoy knowing a little bit of everything but generally not too much about one particular subject. It's just that variety is the spice of their lives!

## Backyard Balloon Volleyball



Get the kids active but without creating chaos during your next party or gathering with a game of balloon volleyball. This twist on an all-time favourite beach volleyball game is fun and easy to play inside or out.

### Number of players:

6+

### What you need:

- String
- 20cm inflated balloon

### Activity:

Set up the "volleyball court" by running a piece of string across the playing space, about 40cm off the ground.

Divide the players into two teams.

The two teams must lie on their backs with their feet in the air on each side of the string.

Decide who goes first. The first player must kick the balloon over the string.

The teams must kick the balloon back and forth over the string using only their feet and hands while lying on their backs.

If the balloon touches the floor, the team who missed it allows the other team to gain one point.

The first team to reach 15 points wins.



And, to quote Oscar Wilde, "there's one thing worse than people talking about you, that's people not talking about you." Whether Geminis like it or not, people are usually "talking about them".

Together with Scorpio and Virgo, they are a sign that is often discussed, dissected and sometimes even put down by the other signs of the zodiac. Sometimes this is a subtle form of jealousy by others, because Geminis do lead very unique and unusual lives. The Gemini personality can appear mysterious or detached to others and therefore they are often misunderstood and unappreciated for the talents they offer to the world at large. The horoscope foretells that your health will become stronger during the last week of the month as the effect of Saturn will be absent. You will have abundant energy and vitality to accomplish your goals in life.

Geminis have also gained the reputation of being the incessant talkers of the zodiac. Those Twins that don't have the 'gift of the gab' are usually talented writers or have a special interest in foreign languages. In love, they look for a partner who can keep up with them mentally and physically!