

The Tooth Times

From *De La Warr Dental*

August 2015 Issue

Something To Make You Smile About

Where In
The World...

Our August
Special Offer

Lazy Persons
Guide To Losing
Weight!

Curried Chicken
Salad Recipe

*Happy Birthday
Matthew Perry*



Matthew Perry

Matthew Langford Perry (born August 19, 1969) is a Canadian-American actor and writer. He is mostly known for his role as Chandler Bing on the long-running NBC television sitcom *Friends*. Along with starring in the short-lived television series *Studio 60 on the Sunset Strip*, Perry has appeared in a number of films, including *Fools Rush In* (1997), *The Whole Nine Yards* (2000), and *17 Again* (2009). In 2010, he expanded his résumé to include both video games and voiceover work when he voiced Benny in the role-playing game *Fallout: New Vegas*.

Matthew Perry was born in Williamstown, Massachusetts, but was raised by his mother in Ottawa, Ontario. His mother, Suzanne Marie (née Langford), is a Canadian journalist and former press secretary to Canadian Prime Minister Pierre Trudeau, and his father, John Bennett Perry, is an American actor and former model. His parents divorced before his first birthday and his mother subsequently married Keith Morrison, a broadcast journalist. He holds dual American and Canadian citizenship. While growing up, he took a keen interest in tennis and became a top-ranked junior player.

Perry moved from Ottawa to Los Angeles to pursue acting and attended The Buckley School in Sherman Oaks. In his senior year, director Tim Hillman had planned a production of "The Elephant Man" specifically to feature Perry as John Merrick along with Vanessa Smith, and future *Les Misérables* star Lisa Capps. He then got his professional break at age 18. On being cast in *A Night in the Life of Jimmy Reardon* with River Phoenix, Perry withdrew from *Elephant Man* and ended his high school acting career. Perry also pursued improv comedy at the LA Connection in Sherman Oaks while still in high school, quickly becoming a featured performer.

After some guest appearances in mid-1980s television, it was his intention to enroll at the University of Southern California before he was offered the lead role of Chazz Russell in *Second Chance*, and became noticed on the acting scene. In 1991, he made a guest appearance on *Beverly Hills, 90210* as Roger Azarian. Perry landed his next TV starring role on the ABC sitcom *Home Free*, which aired only 11 episodes in the spring of 1993. By then, Perry was making his mark, and was instantly cast in a new dramatic pilot titled *LAX 2194*. The project was slow to take off, so as a back-up option, he attempted to secure an audition for the pilot *Six of One*, later to be known as *Friends*. However, because of previous commitments to the pilot *LAX 2194*, he was not initially considered for an audition. When he did eventually get a reading, he landed the part he is best known for, the role of Chandler Bing.



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!

Curried Chicken Salad

Ingredients

3 whole chicken breasts, skin on, bone-in
Olive Oil
13 Tablespoons good mayonnaise
80ml dry white wine
3 tablespoons chutney
3 tablespoons curry powder
100mg medium-diced celery
2 spring onions, chopped
150g raisins
1 cup whole roasted, salted cashews
Salt and freshly ground black pepper

Directions

Preheat the oven to 350°F or 175°C, Gas mark 4
Place the chicken breasts on a sheet pan and rub the skin with olive oil. Sprinkle liberally with salt and pepper.

Roast for 35 to 40 minutes, until chicken is just cooked. Set aside until cool enough to handle. Remove the meat from the bones, discard the skin and dice the chicken into large bite-size pieces.

For the dressing, combine the mayonnaise, wine, chutney, curry powder and 1 1/2 teaspoons salt in the bowl of a food processor fitted with the steel blade (or similar) and process until smooth.

Combine the chicken with enough dressing to moisten well. Add the celery, spring onions and raisins and mix well.

Refrigerate for a few hours to allow the flavours to blend. Add the cashews and serve at room temperature



10 Mind Blowing Uses for Two Things You Throw Away All The Time

Two things most people simply chuck in the trash and never think twice about: eggshells and egg cartons. There are a surprising number of things you can do with both of these.

1. **Garden Pest Control**—Although bugs come in all shapes and sizes, if it crawls on the ground, you can convince it to go elsewhere by putting crushed up eggshells (just crush some in your hands, it shouldn't be powder) around your plants. When bugs crawl over the eggshells, the sharp edges cut into their bodies. They will either die or make a hasty retreat.
2. **Better Tasting Coffee**— If you have ever brewed some coffee and realized that it's rather bitter, you can save some cash by adding eggshells to your coffee filter. Rather than throw out some bitter beans, simply crush some eggshells and place them in the bottom of your coffee filter, usually about one eggshell for every 5 or 6 cups of coffee. You don't need a lot, just a fine layer to cover the bottom of the filter. The eggshells will absorb some of the bitter acids in the coffee but will leave all of the smooth flavour behind.
3. **Drain Cleaner**—Although you normally would never want to put food anywhere except for the garbage disposal, you can use eggshells to clean out a slow running drain. Crush up your eggshells into some small pieces and wash them down the sink with plenty of water. Eggshells will not only capture large particles of gunk and remove them, they also scrape old soap and grease from the sides of the drain. Don't use pieces that are too big, as they might get caught as well.
4. **Natural Laundry Whitener**— If you are out of bleach or vinegar, you can still get that load of whites super white without making a trip to the store. Put some broken up eggshells in a cheesecloth bag along with a sliced up lemon. Tie the bag tight and add it to your clothes. This will keep your whites from becoming dingy grey or yellowish.
5. **Face Mask**—You don't need an expensive spa treatment for a super face treatment; all you need are a few eggshells. Mix up some finely ground eggshells with one egg white for a super face tightening mask. You can also add a bit of honey or turmeric if you want to add some extra oomph to your mask.
6. **Itchy Skin Relief**—Grind up some eggshells and place them in a cup of apple cider vinegar. Stir well, and then apply this mixture to those itchy spots on your skin for almost instant relief. Works great for bug bites too!
7. **Make Your Own Holiday Ornaments**—You can use both eggshells and egg cartons to make your own creative and unique Christmas, Easter, Valentines, or Halloween projects. This is a good project for kids on a rainy afternoon.
8. **Organizers**—You can use egg cartons to organize your junk drawer, sewing supplies, craft supplies, or even screws, nuts and bolts in the garage. Any small items that you want to keep neat and organised can be kept in an old egg carton.
9. **Freeze Ice**—Planning a party and need more ice cube trays? No problem! Whip out those plastic egg carton containers and fill them with water. Works well in a pinch and makes for interesting shapes!
10. **Store Christmas Ornaments**— You can store smaller Christmas ornaments inside egg cartons to cushion them and keep them separated so they don't get scratched, chipped, or broken. If the ornaments are a bit large and the lid won't close all the way, simply cover the ornaments with a paper towel and seal the lid with a rubber band.

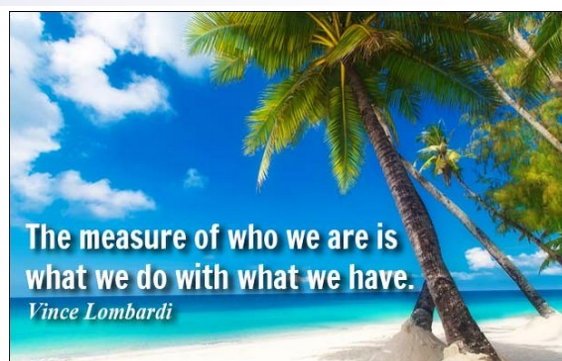


August Offer

During the month of August we are offering you a FREE
"Smile Audit"

with [Retha](#)

Call [01424 730827](tel:01424730827) today to book
your appointment



Thank You!

Thank you to our wonderful patients
for all your referrals.

We really appreciate it!



Lazy Persons Guide To Losing Weight!

Everyone who has a few pounds to lose knows what they have to do to reach their ideal weight, but for some of us, well, that just seems like a whole lot of work! Not that we have a problem with work, but that's exactly the problem. We work all day, sometimes late into the night, we need to pay bills, take care of the kids, take care of the house, take care of the dog, so when it comes to thinking about cooking from scratch or heading back out to the gym for an hour...well, you can just forget it. Below are some tips on how to lose weight without all the effort.

1. **Water**—Sometimes we think we are hungry, when the truth is we are actually only thirsty. Behaviour showed that at least 60 percent of the time, we are mistaking our body's signals for thirst as hunger. So for beginners, the next time you think you are hungry, before you eat anything, drink an 8 ounce glass of water. That's it. Wait for about 10 minutes and if you still feel hungry, you can eat that snack, but chances are that you are going to pass on that cookie. If you want to take it a step further, try drinking one glass of water before each meal.
2. **Jazz It Up With Jeans**— Wear jeans and tennis shoes every chance you get. Studies show that when people were allowed to wear more casual clothing, rather than suits, skirts, uniforms, and high heels, they greatly increased their physical activity.
3. **Take a Nap**—Isn't this just the best piece of weight loss advice you have ever read? We mean it! Getting enough quality sleep is vital for losing weight. In fact, getting less than 6 hours a night could undermine your weight loss efforts by as much as 55 percent! Getting broken sleep or insufficient amounts of sleep throw your hormones out of whack, including the ones that tell you when to eat, and tell your body when to store fat. Sometimes the best weight loss move is to move to the sofa and take a nap.
4. **Don't Run a Marathon**—That's right. We are officially giving you permission to NOT run a marathon if you don't want to. Nothing kills the desire to exercise more than doing something you don't want to do. However, you do need to implement some exercise into your routine. There are lots of ways to do this. First, do something you love. Even if it's just playing soccer ever Sunday with your kids or your friends, that's a great start. You can dance in your living room or take a nice walk with your neighbour every afternoon. Whatever it is, make it something you like to do.
5. **Don't Weigh Yourself**— If you want to get discouraged, weighing yourself every day, or even every week, is a sure way to do it. You should focus more on eating more healthy foods and moving as much as you can, not on that number on the scale. Really.
6. **Try New Get Togethers**—Ever notice how many of our get-togethers with friends or dates involve food? We go out to dinner, or have appetizers and drinks or go out for ice cream or coffee and cake? Why not try to do something different? Instead of going out to dinner with your friends, why not invite them to go for a walk? Or to come over to your house for a game of Twister? Instead of coffee and cake, you could go to a yoga class or even just go to the park for a walk then watch the kids play on the swings? Take your dogs to the dog park or play on the playground equipment yourself! Anything that keeps you from mindlessly eating and/or gets you moving is a great plan!
7. **Think Positive**— If you think you can't do it, you won't, that's the truth. Our subconscious minds have a funny way of listening to (and believing) everything that we say. If you say that you will never lose weight, that you will always be fat, or that you gain back every pound you lose within a few months, all those things will come true. So start thinking that this IS possible, because it is. You aren't lying to yourself, you are stating a fact. If you were locked in a room with only water and no food, you would lose weight after a while, so it's not that you can't lose weight, it's that you *believe* that you can't lose weight. When you think you can't lose weight, you sabotage yourself so that this comes true. You stop exercising because "it doesn't work for you," you start eating potato chips rather than grapes because "you could gain weight drinking water." Stop all that negative self-talk and talk to yourself the way you would talk to a good friend.

