

The Tooth Times

Something To Make You Smile About March 2015 Issue

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Happy Birthday
will-i-am

will.i.am

William Adams, born March 15, 1975, known by his stage name **will.i.am**, is an American rapper, songwriter, entrepreneur, actor, DJ, record producer, and philanthropist. He is best known as a founding member of the hip hop/pop band The Black Eyed Peas

Will.i.am is also a music producer. He has produced with other artists including Michael Jackson, David Guetta, Lady Gaga, to name just a few. He is also a coach on The Voice



William James Adams, Jr. was born in Eastside, Los Angeles in the Boyle Heights neighbourhood, where he and his family were among the few African Americans living in a predominantly Hispanic community. He never met his father, William Adams, and grew up with his mother, Debra (née Cain), who encouraged him to be unique and to avoid conforming to the tendencies of the other youth in his neighbourhood on the east side of Los Angeles. **She encouraged him to begin working on his musical career by sending him to public schools in affluent West Los Angeles.** Will-i-am became best friends with Allan Pineda, stage name apl.de.ap, who was also a future member of The Black Eyed Peas.

On 25 October 2011, it was reported that will.i.am would be joining The Voice Uk as a coach. In preparation for the role he asked Friend and The X Factor Judge Cheryl Cole for advice. **Will.i.am is the founder of i.am angel, a non-profit organisation dedicated to transforming lives through education, opportunity and inspiration.** In an interview, the performer said "I hope none of the kids I send to school only want to do music. The world doesn't need another musician. They need another Bill Gates. will.i.am says he suffers from **tinnitus**, a disorder which is common among musicians who have been exposed to loud music for prolonged



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**

5 Fitness Trends to Try in 2015



1. Body weight training. According to a survey of more than 3,000 fitness professionals worldwide, body weight training is predicted to be the next big thing. You can expect to see it continue to expand in all movement experiences including both group and personal training. Look for the comprehensive incorporation of gymnastics, adult jungle gyms, workout spaces that are uncluttered with weight machines and open for training, greater suspension training options, primal movements, and more programming that is less focused on standard weight lifting protocols. In other words, those tried and true exercises that don't require equipment—like lunges, squats, push-ups, and burpees—are here to stay, so embrace them.

2. High-intensity interval training (HIIT). HIIT did take a hit over the past year dropping from the number one spot on the 2013 ACSM survey to number two this year. But be assured that this technique, which alternates intense bursts of exercise with short, sometimes active, recovery periods, isn't going anywhere. The reason: It's super effective. People are exercising in shorter bursts and they are still seeing results, and this should be no surprise, though. After all, who wants to slave away at the gym for hours each day when you can blast fat in as little as 20 minutes? Exactly.

3. Treadmill training. Boutique studios that specialize in one specific fitness genre—be it underwater cycling or trampoline workouts—will continue to rise in popularity. However, within this group fitness sector, indoor group running has been steadily gaining momentum. Treadmill-based training is poised to become the new "it" workout. Yes, many view this piece of machinery as a torture device but these classes are truly beneficial, helping to improve your running through speed, incline, and interval-based drills.

4. Recovery efforts. Don't you just love a super intense workout? The way it pushes you to your limits, leaving behind a reminder, i.e. sore muscles, of all the hard work you put in. Here's the deal, though, too much intense training can throw your body out of whack, leaving it open for potential injuries, which is why recovery is essential. Weak muscles will fatigue quickly, and you over train muscles that are already strong. The compensation and overuse of muscles and not the work brings the need for recovery. This is why "we will continue to see the rapid expansion of group formats that include self-care protocols for self myofascial release (SMR), such as foam rolling and therapy balls .

5. Digital engagement. In our tech-obsessed world, this one seems like a no-brainer. Just take Nike, for example: last november 9 million women downloaded the Nike Running app and 16 million women have downloaded the Nike Training (NTC) app. And that's just Nike—think about all of the other fitness apps and cool trackers out there that put a wealth of health info at your fingertips. The reason we're still obsessed with these modalities is because "they provide inspiration, guidance and coaching," there will continue to be an even greater level of engagement of the use of multiple devices to track and log movement, nutrition, sleep and all aspects of activity.

Top Fashion Faux Pas

A black bra under a white tank?

Hello, fashion blunder! Here are some important reminders when it comes to picking appropriate undergarments: White underwear paired with white pants or shorts will actually show through the clothing. Instead, opt for seamless underwear that matches your own skin color as closely as possible.

Sandals with socks—Your dad does it, the mailman does it, and the weird neighbour guy does it, too. What is it with men wearing sandals with socks?! Believe it or not, women are offenders, too! Recently actress Chloe Sevigny was spotted donning socks with sandals at a music festival. It may be comfy, but it's an eyesore we could definitely do without.

Corporate Wear with Sneakers—We get it. You need to break the rules every now and then and step into your sneakers on the way to or from work. But don't make a habit of it! There's something about bright white sneakers paired with wool trousers that makes our toes curl. Keep your sneakers on hand for workouts and play, and stick to heels and loafers for business.

Visible Panty Line (VPL) - I spy a VPL! For those of you unfamiliar with the term, a VPL is a visible panty line. And for many fashionistas, a VPL scores at the top of the worst fashion blunders. To avoid this fashion calamity, opt for seamless nude underwear or thongs.

Too-Tight Clothing—Nobody likes to admit they're outgrown their favorite pair of jeans from college. But, alas, it's time to face the music and donate clothes that haven't fit you in the past year. Stop trying to squeeze yourself into sentimental favorites and hit the shops for appropriately-sized threads.

Exposed Thong Underwear—Does "The Thong Song" play behind you everywhere you go? Then it's time to fix your thong dilemma. Nix the low-rise denim and select mid-rise or high-rise pants to help your undies stay private. Add a belt for extra security, and choose longer shirts or camis to cover your mid-section.

Muffin Top—Ready for the ultimate fashion faux pas? We introduce...the muffin top! Avoid this fashion no-no by finding a mid-rise pair of jeans that properly fit your body. Pair them with a longer tee, and layer with a cardigan to hide -- not highlight -- any problem areas.



Thank you to our wonderful patients for all your referrals.

We really appreciate it!

Tips for Healthy Teeth



1. Grip your toothbrush like a pencil

Does your toothbrush look as if it's been used to clean the car? If so, you're probably brushing too hard. Contrary to what some scrub-happy people think, **brushing with force is not the best way to remove plaque.** The best way is to place your toothbrush at a 45 degree angle against your gums and gently move it in a circular motion, rather than a back-and-forth motion. Grip the toothbrush like a pencil so you won't scrub too hard.

2. Change your brush—Throw away your toothbrush or change the head of your electric toothbrush at least every **two to three months.** Otherwise, you're just transferring bacteria to your mouth.

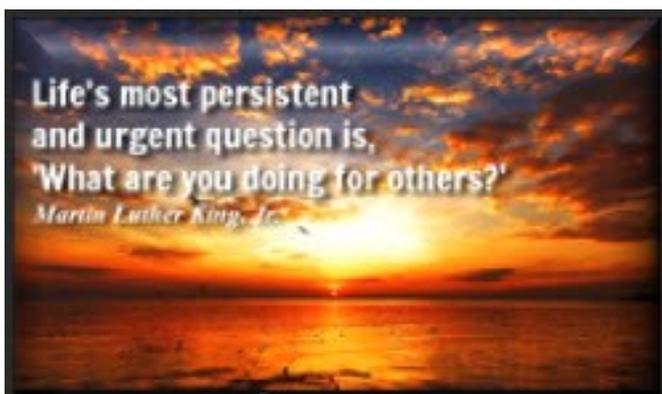
3. Use alcohol-free mouthwash to rinse away bacteria—Most over-the-counter mouthwashes have too much alcohol, which can dry out the tissues in your mouth, making them more susceptible to bacteria. Some studies even suggest a link between mouthwashes containing alcohol and an increased risk of oral cancer. To be safe, **be a teetotaler when it comes to choosing a mouthwash.**

4. Clean your tongue—Clean your tongue with a tongue scraper every morning to remove tongue plaque and freshen your breath. A major cause of bad breath is the build-up of bacteria on the tongue, which a daily tongue scraping will help to banish. **Using a tongue scraper is more effective than brushing your tongue with a toothbrush.**

5. Cut back on sugar—Even if you're an adult, **avoid sugary foods.** Sugar plus bacteria equals oral plaque. Plaque then leads to bleeding gums, tooth decay and cavities. Plus, the acid in refined sugars and carbonated beverages dissolves tooth enamel.

6. Eat tooth-cleaning foods—Foods that are firm or crisp help to clean the teeth as they're eaten. Apples have already been mentioned; other choices include raw carrots, celery and (unsweetened) popcorn. For best results, **make "detergent" foods the final food you eat in your meal if you know you can't brush your teeth □ straight after eating.**

7. Check your breath—To check the freshness of your breath, **lick your palm and smell it while it's still wet.** If you smell something, it's time for a sugar-free breath mint or to brush your teeth.



Scallops and Bacon With Spring Onion Mash



Ingredients for 2 people

400g chopped potatoes

Finely chopped spring onions

4 slices streaky bacon, chopped

10 scallops

Chopped fresh flatleaf parsley

Lemon wedges, to squeeze over

Method

1. Cook the potatoes in a pan of boiling water until tender, then drain, mash and mix in a knob of butter and the spring onions.
2. Meanwhile, heat a large frying pan and add a large knob of butter and a dash of oil. Add the streaky bacon. Cook until crisp.
3. Remove, reheat the pan, add the scallops and cook over a high heat for 1 minute each side.
4. Sprinkle with chopped fresh flatleaf parsley. Scatter with the bacon, serve with the mash and lemon wedges to squeeze over.

Treat yourself to some good-quality Bordeaux white.



Go Fish

Ages 4 to 10

The Rules—The dealer completes the cut and deals the cards clockwise one at a time, face down, beginning with the player to his left. If two or three people are playing, each player receives seven cards. If four or five people are playing, each receives five cards. The remainder of the pack is placed face down on the table to form the stock.

Object of the Game—The goal is to win the most "books" of cards. A book is any four of a kind, such as four kings, four aces, and so on.

The Play—The player to the left of the dealer looks directly at any opponent and says, for example, "Give me your kings," usually addressing the opponent by name and specifying the rank he wants, from ace down to two.



The player who is "fishing" must have at least one card of the rank he asked for in his hand.

The player who is addressed must hand over all the cards requested. If he has none, he says, "Go fish!" and the player who made the request draws the top card of the stock and places it in his hand.

If a player gets one or more cards of the named rank he asked for, he is entitled to ask the same or another player for a card. He can ask for the same card or a different one. So long as he succeeds in getting cards (makes a catch), his turn continues.

When a player makes a catch, he must reveal the card so that the catch is verified. If a player gets the fourth card of a book, he shows all four cards, places them on the table face up in front of him, and plays again. If the player goes fishing without "making a catch" (does not receive a card he asked for), the turn passes to his left.

The game ends when all thirteen books have been won.

The winner is the player with the most books. During the game, if a player is left without cards, he may (when it's his turn to play), draw from the stock and then ask for cards of that rank. If there are no cards left in the stock, he is out of the game.

Horoscopes

Pisces March 2015 Horoscope predictions foretell that you should be aggressive and independent in the pursuit of your targets. You have the power of the divine forces behind you which will help you overcome all obstacles.

In March 2015, the Pisceans might be bothered by family and domestic issues combined with emotional stability taking precedence over career. Your outlook towards life undergoes a major change during this period and you have a strong urge to be free from all your attachments.

Pisces Career March 2015 Horoscope:

The March 2015 Pisces monthly astrology predictions indicate that your diligence will be recognized and you will be financially rewarded generously. You may change your job for better prospects and you will have your way at the work place. Business will be prosperous with excellent returns.

Pisces March 2015 Astrology Forecasts For Finance:

The Pisces March 2015 financial horoscope predicts a favourable period after the 21st. Money will come from all sources through career as well as family and friends.

