



# The Whole Tooth



February 2011



## New Valentine Whitening Bar-

Feeling miserable with bad weather? Not smiling as much as would like?  
What better way to brighten up the end of your week with a confident whiter smile!

From the 1<sup>st</sup> to 28<sup>th</sup> February we are offering you 25% discount on **Keep Your Smile Clean Wizzard** to the first 10 patients who book an appointment!

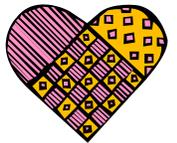
Just **call 01424 730827** today and book an appointment in February for this very special Valentine's offer.

We are looking forward to cheering up Winter with you !



Thanks to all the loyal patients who referred us new patients during the month of January.  
It keeps us in business. Thanks for your support and trust.

*Valentine's Day  
Is a wonderful way  
To make "I love you"  
Easy to say.*



## Childrens Corner



What did the boy sheep say to the girl sheep on Valentine's Day?  
*I Love Ewe!*

What did the stamp say to the envelope on Valentine's Day?  
*I'm stuck on you!*

Knock knock!  
Who's there?  
Howard  
Howard who?  
*Howard you like a big kiss?*

## Find your true passion and do what you love to do



"Sometimes life hits you in the head with a brick. Don't lose faith. I'm convinced that the only thing that kept me going was that I loved what I did. You've got to find what you love. And that is as true for your work as it is for your lovers.

Your work is going to fill a large part of your life, and the only way to be truly satisfied is to do what you believe is great work. And the only way to do great work is to love what you do.

If you haven't found it yet, keep looking. Don't settle.

As with all matters of the heart, you'll know when you find it. And, like any great relationship, it just gets better and better as the years roll on. So keep looking until you find it. Don't settle."

## Health Tip: Caught a Cold?



'Tis the season for a runny nose, cough, sore throat and other symptoms of the common cold.

You shouldn't treat a cold -- always caused by a virus -- with antibiotics, since these medicines are meant to treat bacterial infections. But there are things you can do to feel better while the cold runs its course.

- Try over-the-counter medications, such as an antihistamine, decongestant or cough medicine.
- Get plenty of sleep.
- Increase the amount of fluids you drink.
- Take a pain reliever to control headache and fever.
- Soothe a sore throat by gargling with warm salt water.
- Apply petroleum jelly to sore, dry skin around the nose and lips.
- Use a warm steam to ease congestion.

## Treat your valentine to a delicious breakfast



### Quick and Easy Eggs Benedict

## Ingredients

- 4 slices bacon or parma ham
- 5 ml white vinegar
- 4 eggs
- 225 g butter
- 3 egg yolks
- 15 ml heavy cream
- 1 dash ground cayenne pepper
- 3 g salt
- 15 ml lemon juice
- 4 English muffins, split and toasted

## Directions

1. In a skillet over medium-high heat, fry the bacon on each side until evenly browned.
2. Fill a large saucepan with about 3 inches water, and bring to a simmer. Pour in the vinegar. Carefully break the 4 eggs into the water, and cook 2 to 3 minutes, until whites are set but yolks are still soft. Remove eggs with a slotted spoon.
3. Meanwhile, melt the butter until bubbly in a small pan or in the microwave. Remove from heat before butter browns.
4. In a blender or large food processor, blend the egg yolks, heavy cream, cayenne pepper, and salt until smooth. Add half of the hot butter in a thin steady stream, slow enough so that it blends in at least as fast as you are pouring it in. Blend in the lemon juice using the same method, then the remaining butter.
5. Place open English muffins onto serving plates. Top with 1 slice bacon and 1 poached egg. Drizzle with the cream sauce, and serve at once.

## Nutritional Information

Amount Per Serving **Calories: 690** | **Total Fat:**

**58g** | **Cholesterol: 501mg**

Powered by ESHA Nutrient Database

## February Gardening Tips



Place a heating mat under your seed trays and begin planting your seeds indoors now. Keeping the soil warm will assist with faster germination and plants will develop a stronger root system.

Start Hoeing or pulling weeds now to avoid a rush later. Pulling weeds is easier while the ground is wet but be careful not to compact and damage your soil. Place a board along the area in which you are working to walk along while weeding.

Start feeding your houseplants again once they begin to show signs of new growth.

### Tips for bulbs

Enjoy the first blooms of Narcissus, mid to late February.

You can find a fantastic selection of colorful varieties of bulbs in catalogues at this time of the year.

Get rid of any stored bulbs that are starting to rot. (This can occur if moisture gets into storage area.)

## February Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 Run For Fun 6:30pm Call 214541	3	4	5
6	7 Jazz&Swing Workshop 7:30pm@ Hotshots Harley Shute	8	9	10	11	12
13	14 Valentines Day 	15	16	17	18	19
20	21 Salas Dance Manor Barn Bexhill 7:30 pm	22	23	24	25	26
27	28					