

Annandale Smiles

*A little newsletter with
Expert advice on Health, Wealth and Happiness*

The Crew Member of the Month

Our February ‘Crew Member of the
Month’ is Mrs. Eve Ryder!

Eve first started
her hygiene career
in 1978 when she
began the dental
hygiene program
at University of
Maryland. After
graduation in
1982, she received
her associates in
dental hygiene
from NOVA. Since graduation from
NOVA in 1984, she has been work-



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“A Healthy & Strong Immune System”

By Dr. Cliff Sheats

Your immune system is a complex network of various types of cells and organs that work to fight disease, from the common colds to deadly cancers. Proper nutrition is the most powerful way to keep your immune system strong. And a strong immune system is your fortress against disease.

What can you do to modulate your immune system? First, it’s vital to follow a diet which contains adequate complete protein requirements and is rich in natural carbohydrates and essential fatty acids. Furthermore, "anti-oxidant" supplements play a major role in fortifying your immune system.

Anti-oxidants are a special class of nutrients that fight “free radicals”, a group of cells that damage otherwise healthy cells. Free radicals are cellular aberrations, formed when mole-

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Courtesy of **Steven R. Johnson, D.D.S. & Associates**



Dentists

Steven R. Johnson, D.D.S.
Soudabeh Dehghani, D.D.S

Team Members

Robin, Paulette, Ruthie,
Linda, Rosalie, Eve, Julie,
Rose, Ralph, Giannina,
Missy, Penny, Gina,
Christina, Hue, Diana,
Shawn

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ing as a full time dental hygienist.

She became a member of Dr Johnson's crew in March of 2002 and is still one of our three full time hygienists. She cares deeply for all of her patients and is a wonderful, devoted member of our staff.

Outside of work, Eve has many hobbies and a wonderful family. She has been married to Mr. Tom Ryder for 25 years now and together they have three girls; Carolyn, and twins Amanda and Melissa. She loves spending time with her husband, as they usually take walks after long days of work and spend most week-ends touring historical areas and sites.

Eve is also an avid swimmer. Beginning in her youth as a competitive swimmer, she still finds herself swimming seven days a week, usually before coming to work in the morning. She finds it helps her to relax and prepare for the rest of a busy day. Eve also enjoys playing piano and has been taking lessons for 10 years now.

All of us here at Dr Johnson's office want to say 'Thank You' to Eve for your friendship and hard work. We appreciate all that you do and want you to know how special you are to us. We love you, Eve!

An EASY to KEEP Resolution to Brighten Your Smile at Our

“FEBRUARY WHITE SALE”

**Save \$275
on in-office whitening**

Normally \$500
You pay just \$225

We know keeping New Year's resolutions can be hard.
So we've come up with a plan to help you keep that promise to
look better and feel more confident with a beautiful, dazzling smile.

Just schedule a visit for any time before this
offer ends on March 31, 2009

Not to be combined with any other offer

Wedding Talk Is In the Air

Dr Soudabeh Dehghani is getting married! All of our staff is so very excited for her and we wanted all of our patients to know the good news!

Soudy has been a doctor here at Steven R Johnson, DDS & Associates since July of 2006. She has been a wonderful addition to our practice and a great friend to the staff here. Her new engagement has brought much excitement and many smiles into our office lately!



She has been having so much fun with all of the planning in her free time (which, as a doctor, doesn't seem to be much!) Her fiancé, Ali, shares her busy schedule as he is an ER Doctor, but helps her with the planning when he can.

The wedding is to take place in Washington, DC on September 26, 2009. We all wish her the very best with her future marriage and hope that you will do the same next time you see her.

We all love you, Soudy! Congratulations!

**“RID YOURSELF OF FEAR OF THE DENTIST INSTANTLY,
AND HAVE THE SMILE OF YOUR DREAMS FOR LIFE
WITHOUT FEAR OF PAIN OR NEEDLES!”**

*FDA Approved Little White Pill Is Changing Lives!
Finally A Solution That Has Been Used By Over 1,239,000 People In
North America in 2008 Alone and You Won't Believe How Easy It Is!*

Schedule your visit for treatment with one of our Doctor's
And receive FREE sedation!

**Normally a \$450 value
Yours Absolutely FREE!**

*Call our office for more details!
Restrictions may apply.*

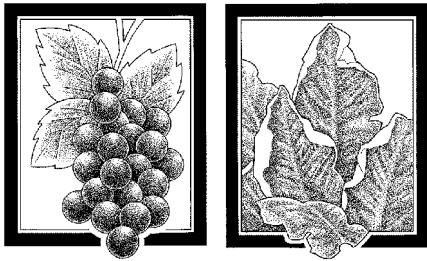
“A Healthy & Strong Immune System”

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cules come up with an odd number of electrons. These cells work at destroying healthy cells by stealing oxygen. In turn this weakens the immune system.

Free radicals are not a problem if they are captured by the body's arsenal of anti-oxidants. Problems arise when free radicals outnumber the anti-oxidants ... a situation that results from aging and exposure to pollutants and toxins.

Unchecked, free radicals roam the body, scavenging for oxygen and ultimately creating the type of cell damage associated with arthritis, cancer, heart disease, and other degenerative diseases.



A Healthy Gut is a Healthy YOU!

Most people are not aware of a VERY important fact. Approximately 70% of our immune system is located in our gut.

We come into this world with a wonderfully healthy gut. The proper balance of friendly bacteria resides throughout the gut and very few pathogens are present.

However, as we age and eat the typical American diet... we change the balance of our gut chemistry and start the road to poor gut health.

Various other factors negatively impact our gut. For example, antibiotics are needed from time to time to help us overcome various infections along the way. But, antibiotics also strip away the good bacteria inside our gut.

Also, chlorinated water has proven to strip away vital friendly gut bacteria.

What's more, eating processed, refined, nutrient deficient foods negatively impact our gut. In some cases, we can even develop an over proliferation of yeast inside our gut. This causes a whole other set of problems for the immune system.

I've spent years researching the available literature in science that deals with gut health. Two opposing words describe if your gut is "healthy" or "unhealthy."

A healthy gut is in great working order with the proper balance of live friendly bacteria and minimal pathogen impact. This "balanced" gut is referred to as "orthobiosis."

On the other hand, an unhealthy gut that is in disarray with too few friendly bacteria and too many pathogens is an unbalanced gut. This unhealthy gut chemistry is referred to as "dysbiosis" of the gut.

This unhealthy gut negatively impacts our immune system. In my Clinic I do Advanced Nutritional Laboratory Analyses to ascertain your gut health providing the protocol to correct your gut issues and modulate your immune system.

Dr. Cliff Sheats is a National Best Selling Author, Board Certified Clinical Nutritionist with a Ph.D. in Health Sciences.

*For more information go to www.VERYBESTYEARS.com and learn how to **TURN BACK Your Biological Age 10 - 15 Years in 12 Weeks!***

*“Shoot for the moon.
Even if you miss, you'll land among the stars.”*

-- Les Brown

“Have You Made Your New Year's Financial Resolutions Yet?”

By Ron Caruthers

During the holidays, many people binge on food, drink, AND spending. Then, once January rolls around, they make resolutions that deal with their diet and exercise programs, but not necessarily with the money.

Especially with how crazy 2008 was from a financial standpoint, let's take a look at some things you can do to make 2009 your least stressful money year ever.

Keep track

First, spend less than you make. I know, this is an obvious one, but when I counsel families individually, most have no clue where their money actually goes. They just know that they never seem to have enough.

If this is you, then start by getting a small notebook, and tracking every single dollar you spend. Don't cheat, either. You do NOT need fancy computer software or spreadsheets to do this. But very quickly, you will get an idea of where your money is actually going, and you will find areas you can save money on that you won't miss. For instance, instead of going out every day for an expensive designer coffee, you might go a few times a week.

Build an emergency fund

Next, begin to save at least 10% of your income in something that is no more aggressive than a savings account at your local bank, until you have at least six months of living expenses set aside in cash. This is the number one financial mistake that most people make. They may be contributing to their company 401k, but have no emergency fund. I tell my clients that until they have at least 6 months cash set aside, they haven't earned the right to contribute to a retirement account, no matter what the tax savings are. Hopefully, you'll never need this

money, but if you do, you'll be eternally grateful that you followed this advice.

Ditch the debt

Pay down credit debt, but only *after* your emergency fund is built up. I know, this is an obvious one also....much like telling you to diet and exercise if you want to lose weight. On the other hand, if you're not doing it, the reminder is helpful. And, it helps to know exactly what order to do things in.

So, once your cash reserve is built up, then you can begin to pay down any high interest credit card debt that you might have, which will allow you to save even more money in the future, once you've eliminated those payments as well.

Contribute to an IRA or 401k, but only after you've done the previous steps. Now, you've earned the right to begin to

think longer-term, because you've taken care of your short-term finances.

NOW focus on the future

Review your wills and trusts to make sure they're up to date. For this one, you don't have to wait until you've paid everything else down. But it is worth noting that many families die 'intestate', which is without any will or trust whatsoever, and many others have a tragedy with a will so outdated as to render it useless leaving their family and loved ones in the lurch. These tips will get you started in the right direction of 'fiscal fitness'. So make it your resolution to stick with this for all of 2009, not just the first few months.

Ron Caruthers is the host of The Ron Caruthers Show and the author of 'What Your Guidance Counselor Isn't Telling You.' He can be found online at www.RonCaruthers.com

“No one can make you feel inferior without you consent.”

— Eleanor Roosevelt



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"I need some short-term economic stimulus."

“Not Just for Breakfast Any More”

By Florence Markoff

Last month we looked at some of the more familiar ways eggs have made their way into our everyday speech in phrases like “nest egg,” “good egg,” “egghead” and “egg on one’s face.”

But eggs have also made their way into some rather unexpected – even mysterious -- places.

For example, have you ever wondered why, when there’s no score in tennis it’s called “love”? If so, you’re not alone.

Scholars looked for the reason for this unusual word, too, and finally came up with an explanation.

“Love” it seems, came into tennis when the English imported the game from France. In that country, no score was called “L’oeuf,” the French word for egg because a zero resembles an egg.

When the English began playing tennis, players stumbled over — and routinely mispronounced — the unfamiliar word.

Eventually they simply gave up and transformed “L’oeuf” into “Love.” And when tennis crossed the Atlantic Ocean to us Americans, we

adopted the English term and used “love” to indicate no score at all.

The egg in the slang expression “to lay an egg” — meaning to fail badly — also has nothing to do with the output of a hen.

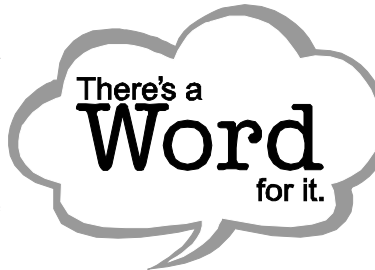
Instead, like “love” it comes from the world of sports.

In the British game of cricket, a score of zero is called “a duck’s egg,” again because of the shape.

When we Americans picked up the idea for our national pass-time, we called those zeros “goose eggs” and said that when a

team failed to score, they had laid an egg on the scoreboard. The phrase caught on and, today, when someone fails at anything — whether on the field or off -- it’s often described as “laying an egg.”

Of course, if you’re a fan the last thing you want is for your team to lay one of those eggs, so you probably do your best to “egg” them on. But if you do, you won’t really be talking about eggs at all, because that phrase comes from a totally different source. It’s a corruption of the old expression to “edge” someone on, meaning to encourage them.



Time to Share Some Treats

WE NEED MORE RECIPES! We did not receive any recipes in the month of January so we decided to choose a recipe from December. Please continue to send in your recipes so that we can continue our Recipe of the Month Contest. We have been having so much fun with the contest and we feel that everyone else enjoys sharing in the recipe making, but if we don’t get any recipes, we will have none to share. Therefore, PLEASE bring or send them in to us so that you can be our next Recipe of the Month Winner!

This month’s winner submitted their recipe for the December contest, but we thought it was a great recipe, so we decided to use it this month! Thank you to Amy, for her wonderful new cake recipe to add to our book of tasties! Here is the February recipe:

Orange Marmalade Cake

CAKE

1 C sugar
1 ¼ C vegetable oil
3 eggs at room temp
½ tsp. orange extract
2 ½ C all-purpose flour
2 tsp. ground cinnamon
½ tsp. ground cloves
½ tsp. ground nutmeg
1 ½ tsp. baking soda
1 tbs. baking powder
½ tsp. salt
1 C buttermilk
1 ¾ C orange marmalade

Preheat oven to 350°. Grease and flour two 9” round cake pans or one 9”x13” cake pan. Combine sugar, oil, eggs, and extract. Mix until blended. Stir together flour, cinnamon, cloves, nutmeg, baking soda, baking powder, and salt. Stir well then add sugar to mixture. Combine the two mixtures until well blended. Add buttermilk and mix until blended. Stir in orange marmalade. Bake about 30 minutes if using round cake pans or about 40 minutes if using 9”x13” cake pan, until cake tests done. Cool and frost (recipe below).

FROSTING

8 oz. cream cheese, softened
1 tbs. orange zest
2 tbs. orange juice
16 oz. box or bag of powdered sugar

Our February Recipe of the Month winner is: Amy Ballano
Congratulations Amy!

Please bring your recipes to the office at your next visit, or email them to gina.johnsonassociates@gmail.com with the subject of “recipe.”

Or fax it to (703) 913-9736.