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Annandale Smiles

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

"Never Take a Job In a Chocolate Factory"

Do you *love* chocolate?

If your answer is YES, then here's the #1 paradox of the Universe... *IF* you *love* chocolate, then the *LAST* place on Earth you'd want to work is a chocolate factory! Why?

Olfactory desensitization. There's this truly amazing neat system comprised of your nose, your olfactory (sense of smell) nerve, and your brain...

The Mean Trick Played by Your Brain

You adore chocolate. Everything about it, from the way it melts in your mouth, to the rich aroma wafting its way over from the oven. You can literally experience the "taste"

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Crew Member of the Month

The June Crew Member of the Month is none other than our favorite engaged dentist, Ms. Soudabeh Dehghani! We are so proud to have Soudy on our crew; she is such a great addition to Dr. Johnson's office.



Soudy was born in Shiraz, Iran but her family moved her to Boston

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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.
Brittany McCarthy, D.M.D.

Team Members

Robin, Ruthie, Linda,
Rosalie, Julie,
Rose, Ralph, Giannina,
Missy, Penny, Gina,
Christina, Hue, Diana,
Shawn, Jimmy, Monica,
Nidia

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long before you enjoy the pleasure of your very first mouthful.

Enter "desensitization." In short, this "trick" means that for better or worse, within a very short time after you've been exposed to one particular smell, you can no longer *sense* that smell. You'd literally have to *exit* that environment, *cease* the exposure, and allow your nose and brain some time to refresh (oddly enough, it's not at all unlike your computer going hay-wire, freezing up, and requiring that you *reboot* for things to work again!).

For Better or for Worse

For the chocolate lover this means never being able to accept a position in the chocolate factory unless willing to sacrifice one of their favorite pleasures. Seems a cruel joke life has played upon us here.

On the other hand, there are times when desensitization works (big time) in our favor. You

enter a fairly close environment with an odor which at first seems intolerable (perhaps the lady in the theatre seat next to you is wearing Chanel No. 5,000). Though it may not appear to vanish entirely, your ability to sense the odor may in relatively short order be sufficiently diminished to allow you to remain seated and enjoy the rest of the show!

The Unfortunate Negative Social Consequences of Olfactory Desensitization

Have you ever worked in close proximity, car pooled, or maybe been on an elevator with someone who had offensive body odor? Ever wonder why on Earth they don't *do* something about it? The unfortunate truth is that for the most part, the person likely doesn't *realize* the extent (or perhaps even the *existence*) of the problem. They literally can't smell their own odor due to the phenomena of "olfactory desensitization."

The Unfortunate Truth About

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"GET YOUR SPRING CLEANING"

\$99 Cleaning, Exam,
and Bitewings
(\$165 value)

Call Now because the
Offer expires July 31, 2009

Restrictions Apply.
Call our office for details.

"Never Take a Job in a Chocolate Factory"

(Continued from page 2)

YOUR Oral Malodor (Bad Breath!)

Although 99% of adults would *swear* they were certain they couldn't possibly have a problem with bad breath, the unfortunate truth is that *many* are simply unaware.

There are two reasons that *so* many of us have a significant problem with bad breath yet remain *totally* unaware:

1. Olfactory Desensitization

As I described above, you simply *cannot* smell your own bad breath, body odor, or *any* other scent, smell or fragrance you've been exposed to for an extended period of time... most often we need someone *else* to alert us to the problem.

2. It's Socially Unacceptable to Tell You About Your Breath Problem!

It's seen as bad manners, no matter how politely you try to put it, to ask another person if they are aware of their bad breath problem.

Ask Us to Check Your Gums

A periodontal (gum) screening exam is quick, and easy. 90% of malodor is caused by gum disease. Gum disease in its early (even middle stages) often exists without symptoms, other than bad breath).

The best news is that it's not only easy to detect a gum infection often long before it has any symptoms, but the *treatment* (if caught in time) is straightforward, comfortable, and *effective!*

FATHER'S DAY IS UPON US! GIVE DAD THE SMILE OF HIS DREAMS!

Bring him in for
\$199 In-Office ZOOM Whitening
(\$500 value)

or

Get \$200 OFF
DEEP BLEACHING
(the most powerful whitening on the market)

(any Dad of a patient is welcome,
whether he's a patient or not)

Offer good until
July 31, 2009.

Not to be combined with any other offer.
Restrictions may apply.



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"Mrs. Hammond! I'd know you anywhere from
little Billy's portrait of you."

“Crew Member of the Month

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about 14 years ago. She decided that she wanted to become a dentist so she enrolled at Indiana University which she graduated from in 2005. She finished her residency at St. Luke’s Hospital in Pennsylvania and then became a part of our wonderful team about 3 years ago.

As many of you already know, Soudy is getting married to Dr. Ali in September of this year. We are all so very excited for her! Much of her spare time is spent on the plans for the wedding, but she still finds time to shop, bake and swim!

When asked what she really wanted to do most in life, her answer was of course to be an accomplished dentist! Just teasing! Soudy would love to travel all over the world!

Thank you so very much, Soudabeh, for being such an awesome member of our team! We all greatly appreciate you and couldn’t thank you enough for all of the wonderful work that you do!

“Are You Winning Against Inflammation?”

By Dr. Cliff Sheats

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A - High cup of quality natural Green Tea contains about 1/2 the amount of Caffeine as found in 1 cup of coffee.

Q - Is the Caffeine in Green Tea going to make me feel jittery and nervous?

A - Green Tea does not affect your body the same way as Coffee. Green Tea contains less Caffeine than Coffee.

What's more, Green Tea contains "Theanine." Theanine produces a calming effect and has shown to enhance concentration.

You'll find that a cup of Green Tea will provide mental alertness and a slight stimulatory... yet overall calming sense of well being.

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

Time to Share Some Treats

Our recipe of the month winner for this month actually presented us with her delicious recipe in April when she brought her tasty treats in for everyone to try! They were such a hit that we begged her to let us use her recipe for June’s contest. She agreed and now I have the privilege of sharing her scrumptious dessert with everyone!

Here is the June recipe:

Oreo Balls

Ingredients:

1 package Oreo cookies

1 8oz package cream cheese

1 bag of semi-sweet or bitter-sweet chocolate chips

Crush Oreo cookies into a dust; you can use a food processor if you have it.

Mix with cream cheese until combined and smooth.

Form into a ball in the bowl and refrigerate for 30 minutes to 1 hour. Remove from fridge and roll into 1 inch balls; put in freezer for 30 minutes to 1 hour.

Melt chocolate in double broiler or microwave.

Place balls one at a time into chocolate until covered; remove and place on wax paper.

(DO NOT pierce balls with fork or they will fall apart)

Return balls to fridge until hard and enjoy!

Our June Recipe of the Month winner is: Pauline Ransone
Congratulations Pauline!

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.

“The best thing about the future is that it comes one day at a time.”
— Abraham Lincoln

“Are You Winning Against Inflammation?”

By Dr. Cliff Sheats

It's been called a "ticking time bomb," "a silent killer" and the "hidden portion of the iceberg." Inflammation is a major contributor to ill health in many areas such as: heart disease, stroke, arthritis, diabetes, obesity, cancer, brain health and biological aging. The list goes on and on.

The most significant weapons against inflammation are the following:

A Hormonal Eating Plan: this eating plan combines on the plate “clean lean proteins, natural carbohydrates and essential fatty acids. This combination balances the insulin/glucagon axis, which sets up a hormonal cascade that drives down inflammation all over the body dramatically.

Of course, the Lean Bodies Eating Program fits this model ideally.

2. Omega 3 Fish Oils have demonstrated to significantly lower inflammation and blood viscosity supporting brain health, cardiovascular health, joint health and immune health.

3. Nattokinase has been identified as a tremendously fibrinolytic (blood clot breakdown) agent. It has demonstrated a heightened ability to breakdown blood clots and exhibited in one study to decrease blood pressure.

It is available in supplement form. You can call the Lean Bodies clinic to receive more information about this enzyme.

The insidious symptoms of systemic inflammation creep into our lives over a period of time. We lightly refer to these as "just getting older."

These so called "symptoms" of getting older are in reality "manifestations" of nutrient imbalances and metabolic blocks in our bodies.

“Your Body Is Craving GREEN TEA!”



Q - What are the benefits of Green Tea?

A - I really enjoy Green Tea. Its a great source of polyphenols that provide full spectrum antioxidant protection.

Its high in EGCG (epigallocatechin gallate), which is an bioactive polyphenol.

Green Tea has proven effectiveness in the areas of weight loss, heart health, insulin sensitivity and even protection against cancer.

Q - How does Green Tea help weight loss?

A - Multiple studies have demonstrated weight loss with regular ingestion of Green Tea.

The mechanisms of Green Tea that act on weight loss center around the constituents contained in it. These bioactive components yield a significant "thermic effect" on metabolism.

Participants in the studies received weight loss benefits only through regular daily usage of Green Tea.

Q - How much Caffeine is contained in Green Tea?

“Orthopedic Surgeons Weigh in on Pool Safety”

Fractures, sprains and strains result from ignoring common-sense precautions, group says

Most people love a dip in the pool to cool off during the summer swelter, but don't let that refreshing feeling make you forget basic safety rules.

According to the U.S. Consumer Product Safety Commission, medical professionals in 2007 treated almost 172,000 swimming-related injuries, including fractures, strains, sprains and contusions.

With a bit of common sense, many of these injuries can be prevented.

"One must remember to exercise caution while swimming, especially before diving or jumping into unknown depths of water, where many head, neck and back injuries can occur," says orthopedic surgeon Joseph Weistroffer, a member of the American Academy of Orthopaedic Surgeons Leadership Fellows Program.

The AAOS offers these other tips to increase swimming safety:

- Never swim alone or allow others to swim alone.
- Supervise children at all times. Anyone watching children near water should know CPR and be able to rescue a child.
- Swim only in supervised areas where life-guards are present.
- Never swim if you feel tired, cold or overheated.

- Always inspect the depth of the water to make sure it is deep enough for diving. Never dive into shallow water.

When swimming in open water, such as the ocean or a lake:

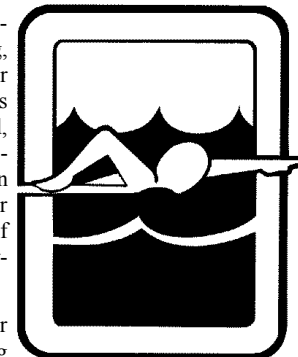
- Carefully monitor the weather. Avoid being in the water during storms, fog or high winds.

- Do not swim after a storm, if the water seems to be rising or if there is flooding.

- Never enter waves head first.
- Avoid body surfing, as this activity results in many cervical spine injuries, shoulder dislocations and broken arms..

Safety rules for diving boards include:

- Only one person at a time on the board.
- Dive only off the end of the



board.

- Walk, don't run on the board.
- Do not try to dive far out or bounce more than once.
- Make room for the next diver by swimming away from the board immediately afterward hitting the water.

For More information

The U.S. Centers for Disease Control and Prevention has more about water safety.

“Don't judge each day by the harvest you reap but by the seeds that you plant.”

— Robert Louis Stevenson