

Annandale Smiles

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

“I’d Rather Have a Another Baby than a Root Canal!”

It’s funny (maybe even alarming) how often we hear middle aged (and older) women proclaim their preference for suffering through childbirth with no pain meds over ever facing the need for a root canal.

I distinctly remember when I was growing up, a kid in the early 1960’s, hearing family members *scary stories* about their experiences with the “Dreaded Root Canal!”

Root Canal Myth Busters

Root Canals tend to be the Rodney Dangerfields of dental care. They “Just don’t get no respect!” Fact is there are many *myths*

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“This Time Do it Right”

By Dr. Cliff Sheats

Keep in mind that every dieter who makes a resolution to lose weight faces a 95% chance of failing.

Why? Because all dieters are following the disastrous guidelines of low calorie dieting.

- Their metabolism will be negatively impacted significantly.
- Up to half of the weight loss will be muscle, water and glycogen.

What’s more, the dieter will GAIN back more fat to muscle than before starting the DIET!

Furthermore, an individual who follows the trendy diet that comes along tends to blame elements around them for their problems.

They may have “great intentions,” yet lack the tools that lead to long term fat loss and real

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



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associated with Root Canals. We're going to clear a couple of them up right here and now. It's really important for you to have a "fair and just" view. Why? 'Cause there's a chance you may need one some day, and it'd be a shame if you delayed getting necessary care based upon Urban Legend or mythology!

Root Canal Myth #1

"It's the most painful thing you'll ever endure... avoid them any way you can!"

It's often said the myths and rumors are borne of some inkling of truth. Some Fact. Unfortunately that *is* the case when it comes to root canals of yesteryear. Decades ago, if you were in need of a root canal, there was a fair chance that your experience may involve a "memorable" dose of discomfort.

Why? There are a couple of reasons for some patients' "stories" of problematic, uncomfort-

able Root Canals from days gone by.

First, anesthetic technique has improved dramatically over the last couple decades. Second, our ability to diagnose earlier (*even PRIOR to ANY symptoms*) has improved both with technology, *and* with the advent of the majority of today's patients recognizing the advantages of regularly scheduled dental examinations.

More on the advantages of early detection in just a moment.

Root Canal Myth #2

"Root Canal? I guess that's when they remove the whole root or something!"

Not at all. It's really quite simple. Inside each root there are spaces or "canals" inside which your tooth's nerve and central blood supply live. During a "Root Canal" procedure, we numb up

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Thank You from Dr Johnson

Dr Johnson would like to tell everyone "Thank You" for all of your thoughts, prayers, flowers, cards, and warm condolences.

His most sincere appreciation goes out to all of his patients and staff in this difficult time.

"I'd Rather Have Another Baby Than a Root Canal!"

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your tooth just the same as if we were going to place a new filling. Then we remove the nerve and central blood supply, and seal off the canal.

The tooth still has blood supply coming in from all around the root surfaces, along with thousands of tiny little ligaments which hold the tooth in place.

Delaying Dental Care Can (& likely will) Escalate the Need for More Expensive and Extensive Treatment

The vast majority of today's Root Canal treatments are truly comfortable procedures. The rare cases where more extensive methods of anesthesia may be required are typically those in which treatment was delayed for one reason or another.

The bacteria that cause tooth decay and gum disease can fester deep under an old no longer functional filling. New decay or cavities can burrow deep within a tooth and up into the nerve as well. In some cases we see pain subside over a period of time, even without treatment.

Unfortunately when there has been pain there was likely a problem... *even* if it seems better today, having us check on the cause today, may save you *significant* time and expense tomorrow. In other cases bacteria can invade the nerve canal or even the bone deep below the tip of your roots... without ever causing pain, swelling, or *any* symptoms to alert you to call us.

Early detection can be critical. Even if we cannot avert the need for a root canal, the earlier you commence correction of the problem, the better your chances for a comfortable procedure and an optimally healthy outcome.

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Economic Stimulus Dental
Relief Coupon Here!

**RECEIVE \$100
OFF ANY
COSMETIC
PROCEDURE!**

*Offer valid thru
June 15, 2009*

Not to be combined with any other offer.

Restrictions may apply.

Call for details.

In honor of Mother's Day

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MOM
RIGHT"**

Bring her in for
\$199 In-office
ZOOM® whitening
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*(any mom of a patient is welcome —
whether she's a patient or not)*

Offer good until

June 15, 2009

Not to be combined with any other offer

“This Time Do it Right”

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wellness. Therefore, they usually live in an emotionally and physically toxic health paradigm.

A REAL Wellness Plan

Lean Bodies is not just a weight loss program... it's a “Real Wellness” plan. The eating, supplementation and exercise components of the Lean Bodies lifestyle addresses many of the common health problems we face in America today.

Many of my clients come to me with specific, serious issues ranging from Heart Disease to High Cholesterol, Clogged Arteries, Type II Diabetes, Inflammation, Joint Pain, Depression, Low Energy, Low Sex Drive... just to name a few.

On the other hand, the traditional approach of "dropping calories to drop weight" has failed miserably.

Americans are accustomed to quick fixes to many problems in life. I know the temptation can be very strong to try the "quick fix." But, at the point of giving into the temptation the victim becomes completely irrational. The reason for this is that the person's desperation for losing weight overrides their logic.

Know where you are...

What's the 1st STEP? Stop WEIGHING... GET a healthy body fat percentage!

Most people don't know their Body Fat

Percentage.

The Gold Standard is still the Skin- fold Caliper means of measurement. I personally use a Nine Site Method with my health coaching clients.

To find out your percentage of Body Fat call your local Health Club and ask if they provide Body Composition Analysis. Typically, a Professional Trainer is trained to administer the test to you.

Whatever method you use... just make sure that you use the same method for both your “Pre” and “Post” measurements. Also, don't perform weight training exercise just before having the test performed.

Excellent Body Fat Percentage for a Female is 25% and Excellent for a Male is 15%.

It's also important to remember that muscle weighs TWICE as much as fat. Weighing yourself tells you very little.

For example, would you rather weigh 140 pounds and be a size 10... or weigh 145 pounds and be a size 8?

You can vastly improve your health and never look back...

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

For more information, please go to www.VERYBESTYEARS.com and start TURNING BACK Your Biological Age 15 Years!

“Not only have I lost 39 lbs (!) and feel fantastic, I have stopped craving sweets and I am never hungry. All my friends want to know my dieting secret, and they are incredulous when I tell them that I eat all day long... but it's true, and you can't argue with success!”

--- Andrea Lucas, Ashburn, VA

“A real friend is one who walks in when the rest of the world walks out.”

-- Anon.

Time to Share Some Treats

WE NEED MORE RECIPES! We did not receive many recipes in the month of March so we were not able to continue the recipe last month. 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 February contest, but we thought it was a great recipe, so we decided to use it this month! Thank you to Brenda, for her wonderful recipe to add to our book of goodies!

Here is the May recipe:

Easy Cheesy Lemon Bars

Preheat oven to 350

BASE

1 box lemon cake mix
1/3 cup butter or margarine
1 egg

Grease and flour 9x13 pan; combine mix, margarine, and egg in large bowl. Mix at low speed until crumbly. Press into prepared pan and set aside.

FILLING

1 can ready to spread lemon frosting
1 8 ounce package cream cheese, softened
1 egg
½ cup chopped nuts
Confectioners' Sugar

In large bowl, combine frosting, cream cheese, and egg at low speed until well blended. Beat at highest speed until smooth. Stir in nuts. Spread over base. Bake about 45 minutes or until firm and brown. Cool and sift confectioners' sugar over top if desired. Cut into bars. (May be frozen)

Our February Recipe of the Month winner is: Brenda Redding
Congratulations Brenda!

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.

“If you can't return a favor, pass it on.”

— Louise Brown



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"It's not enough that we succeed. Cats must also fail."

"Hog Wild"

From "Whole Hog" to "Hog Wash" and More

By Florence Markoff

Talk about pigs – as we did last month – and you're most often saying something negative. Call the same animal a hog and things get more interesting.

For example, if you live well and enjoy a comfortable life style you are living "high on the hog." The expression comes from the fact that the tastiest – and most expensive -- parts of the animal are located high on its body while those located low on the hog, like pigs' feet and knuckles, are less desirable. So living high on the hog came to mean living it up.

Hogs themselves did not live anywhere near as well, being commonly fed "hogwash" – an old fashioned word for kitchen scraps that has come to mean anything worthless or meaningless.

In years gone by, hog was also a synonym for money both here and in England – and going "whole hog" meant spending every cent—clearly a "hog wild" thing to do.

The phrase even entered American politics during the presidential campaign of Andrew Jackson, who promoted himself as a "whole hogger" who would go the distance, do things

thoroughly and see things through to the end regardless of the consequences.

And speaking of seeing things through... the phrase "to bring home the bacon" has a particularly interesting origin.

Today, of course it means to succeed or to bring home good wages. The expression, though, goes back to an old tradition in Essex, England.

There, when a married couple could prove that they had lived an entire year without

quarreling they would be awarded a slab of bacon.

The earliest recorded case of the awarding of the bacon took place in 1445. By the end of the 16th century, any couple who came forward to claim the bacon had to submit to questioning by a jury of six bachelors and six maidens. Only those couples who gave satisfactory proof of domestic harmony gained the tasty prize.

So popular was the event, bacon continued to be awarded to happy couples until late in the 19th century.

*Word lover, writer and radio personality
Florence Markoff lives in Providence, RI.*



"Allergies Can Dig Into Gardening's Fun"

But planting low-allergen species, avoiding high pollen hours can help

For gardeners with allergies, it can be difficult to enjoy their passion for plants when they have to cope with the misery of sneezing, itchy eyes, congestion and, in some cases, an asthma attack.

"Gardening outside during times of high pollen counts puts patients at risk for severe allergic symptoms," Dr. Warren Filley, an allergist/immunologist in Oklahoma City, said in a prepared statement.

"Avoidance measures, as well as the use of medications and allergy immunotherapy, can make the difference between having fun in the garden and being miserable," said Filley, a long-time gardener who suffers from allergies.

An allergist/immunologist can help determine which plant species are causing allergies and offer advice on the best time of day or season to work in the garden, according to the American Academy of Allergy, Asthma & Immunology (AAAAI). For example, pollen levels are typically lower on rainy, cloudy and windless days.

Gardeners can also control their allergies by careful selection of plants.

Certain flowers, trees and grasses are less likely to produce pollen. These include: cacti, cherry, dahlia, daisy, geranium, iris, magnolia, rose, snapdragon and tulip.

Plants that are highly allergenic include: ash, cedar, cottonwood, oak, maple, pine, saltgrass and timothy.

Skin testing is the best way to determine which plants will trigger allergic reactions in individuals, said the AAAAI, which offered some additional allergy prevention tips for gardeners:

- Whenever working around plants likely to cause an allergic reaction, avoid touching your eyes or face.

- Consider wearing a mask to reduce the amount of pollen spores that you inhale.
- Wear gloves, long-sleeved shirts and long pants to minimize skin contact with allergens.
- Leave gardening tools and clothing, such as gloves and shoes, outside to avoid bringing allergens indoors.
- Shower immediately after gardening or doing other yard work.



Health Tip: Allergies and Your Eyes

Allergens such as dust, animal dander, pollution and pollen can cause allergic conjunctivitis, a non-contagious condition that results in red, watery and itchy eyes.

The American Academy of Family Physicians offers these suggestions to help prevent these symptoms:

- Try eye drops specifically made to treat allergic conjunctivitis. Some may require a prescription.
- Use over-the-counter lubricating eye drops, sometimes called "artificial tears," to soothe the eyes.
- Take an antihistamine that's been approved by your doctor.

*"Even if you are on the right track,
you'll get run over if you just sit there."*

— Will Rogers