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## THE AGE OF REGRET

### ..... Things to Do Today for a More Fulfilled Tomorrow .....

Life is full of choice. Every day, we are presented with choices, options, and decisions. Sometimes, those choices are insignificant, such as deciding where to go for lunch. Other times, our choices are life-changing, such as deciding whether to move across the country for a job opportunity ... or not.

When we make a choice, there is always the chance we will regret that choice, maybe not in the immediate future, but in the years to come. We may second-guess ourselves and wonder, "What might have been?"

But it doesn't have to be that way! You can make choices for yourself today that will enrich your life for tomorrow. You can create memories and have experiences that you won't regret, experiences that may help you become a better person.

Below, you'll find a list of some the most common things people choose not to do, only to regret it later. Use this list as inspiration. Learn from what other people chose not to do — and do!

See the world. There comes a time in all our lives when we have an opportunity to travel and see the world. As we settle down and become older, travel becomes that much harder. If you have the time and inclination, make travel a priority — the experiences you gain are worth it.

Wear sunscreen. It's seems minor, but sunscreen is one of the most important things you can do for the health of your skin, not to mention your overall health. From wrinkles and moles to skin cancer, sunscreen is the best form of prevention we currently have. Wear it every time you expect to be in the sun for more than 20 minutes.

Pursue new job opportunities. There are always new job opportunities on the market — if you are willing to look. If you are unhappy or feel trapped, you own it to your health and happiness to look for something more fulfilling.

Learn to cook. Some of us rely too heavily on the microwave. The truth is, cooking is an easy skill to learn; it just requires a little effort, a few ingredients, and a dash of time. Find a few recipes



that sound great and start practicing. And don't be afraid to ask for help! In no time, you will be a master of the kitchen.

Take care of your teeth. A few minutes of oral care every day, along with regular check-ups, will spare you from the agony of not doing so. When you don't take care of your teeth today, they might not be there for you tomorrow.

Maintain a work/life balance. While many of us love to work, especially when we love what we do, our career can often take precedence over the rest of our lives. Friends, family, and other interests may even take a backseat to our work — something we might not realize until years later.

Volunteer. There are many organizations out there that would love your help. All it takes is a small time commitment to make a huge difference in your community — and your community will be all the better for it!

## PATIENT OF THE MONTH



32 MONTHS  
**Rochelle Q.**

## A SPECIAL THANK YOU

to those who referred a new patient or posted a review!

Monica R.	Jana B.
Spencer E.	Susan G.
Isabella B.	Cynthia M.
Oana B.	Catherine L.
Christine V.	Vanessa H.
Adam L.	Lisa C.
Idamay S.	Nicholas G.

## FROM OUR patients ...

"My experience was very good. I'm so thankful for this orthodontic treatment; it's changed my life. I love my new teeth, and this whole treatment has taught me the importance of taking care of my teeth. I'm so satisfied with the final results."

- Rochelle

# 4 Foods for Youthful Exuberance



What we eat influences not only our overall health, but how we age. Diets high in fat and sugar tend to age us quicker — and they can be detrimental to our brain, especially when it comes to memory and cognition. Want to maintain a youthful spark and keep your mind sharp as you age? It's all a matter of incorporating the following foods into your diet (while cutting down on the junk).

## Avocados

These green machines are high in healthy, monounsaturated fat. It helps maintain a more ideal blood pressure and can help reduce the risk of high blood pressure as you age. Because avocados are high in fat, you still want to watch how much you eat. Like any of the foods on this list, consuming too much of a good thing can negate the positive health benefits.

## Blueberries

These juicy little blue balls of goodness are packed with antioxidants, which keep cells functioning at peak performance. That includes cells in the brain and those believed to be associated with both short- and long-term memory. Eat blueberries as a snack, toss them in a smoothie, or add a handful to some salad, oatmeal, or cottage cheese.

## Flaxseed

One of the easiest ways to boost your omega-3 fatty acid intake is to add a few tablespoons of ground flaxseed to foods you already eat (freshly ground is best). Omega-3s help reduce inflammation, which in turn reduces the risk of heart attack and stroke. Flaxseed is also high in fiber. These wonderful things come together to lower LDL cholesterol.

## Salmon

This is one fishy friend that's packed with omega-3 fatty acids. Salmon is one of the heart-healthiest sources of protein you can eat. Other varieties of fish are exceptionally heart-healthy as well, namely sardines and anchovies, but those can be an acquired taste for some folks (though they are great in salads).



## BAD DENTAL HABITS

### AVOID THESE DAMAGING FOODS AND PRACTICES

Everyone knows the pillars of dental hygiene: brush and floss, visit your dentist twice a year, etc. Almost as important, though, is avoiding habits that will damage your teeth. Stay away from these practices if you want to keep your smile at its best.

One horrible habit that will harm your teeth is smoking. In addition to the well-documented health risks of tobacco, nicotine causes yellowing of the teeth and can damage your gums. Smokeless tobacco is hardly better. Dip and chewing tobacco are major contributors of oral cancer and can shrink your gums.

A good rule of thumb when it comes to your dental health is to only use your mouth for eating and drinking. Biting your nails or using your teeth to rip open packaging can lead to structural damage and jaw problems. If you wouldn't want to digest an object, don't chew on it either.

When it comes to actual food, there are a few items that tend to cause problems. As your parents probably told you when you were a child, hard candies will chip your teeth if you are not careful. The same goes for sticky foods like taffy, which can dislodge fillings. Ice is another hazard. Even though it's only water, ice is extremely hard and can harm your teeth.

With beverages, one of the biggest culprits is non-diet sodas. In addition to being high in sugar, most sodas also contain a large amount of acid, another ingredient you should seek to limit. Coffee and tea can also cause staining — but they won't lead to decay, as long as you limit the sugar content.

If you want to keep your teeth bright and beautiful, you should avoid these harmful habits. Keeping your smile brilliant is hard work, and you don't want to undo all that brushing and flossing with a few bad tendencies.

## Spring Savings Check Out These Spring Deals

Every season comes with its own set of retail deals. One month, winter clothes are a steal. Another month, it's kitchen appliances. When you strategize your purchases throughout the year, you can save a ton of money — and spring is no exception. Here are a few items you can save on this spring:

### Summer Vacations

Spring is a great time to book air travel for the summer months, especially for travel during the peak vacation months of July and August. To maximize your savings, select departure days for Tuesday, Wednesday, or Thursday. And for even more savings, book flights with evening departure times (generally after 4 p.m.). You can save hundreds of dollars per ticket — and this applies to domestic and international travel.

### Vacuum Cleaners

Thanks to the timeless tradition known as spring cleaning, many retailers are slashing prices on vacuums and other cleaning tools. Just like other gadgets, retailers need to make room for this year's models, which typically debut in the months following April. Sure, you'll be buying last year's model, but the savings make it totally worth it. Plus, it's a vacuum, not a car, so who cares?

### Athletic Shoes

Most of us don't buy athletic shoes during the winter months. That means many shoe manufacturers are in the middle of a sales slump. To kick off spring, shoe makers and retailers run a lot of sales to get you in their doors. Be on the lookout for promotions, coupons, and other deals at your favorite shoe stores and on your favorite brands.

### TVs & Electronics

New TVs and electronics hit store shelves in March and April. And it's all thanks to CES, the Consumer Electronics Show, which happens every January in Las Vegas. There, the year's latest and greatest in tech make their debut. Then, once retailers get the new batch of gadgets, they need to unload last year's inventory. This equals huge savings for you. Whether you're in the market for a TV, a Blu-ray player, or a sound system, you'll find deals throughout the electronics department. One word of caution: Skip the PCs and laptops — the best prices on those come later in the year!



## DAD'S WHISKEY BURGER

### INGREDIENTS

- 4 (6–6 ½ ounces) hamburger patties
- ¼ cup whiskey
- 3 garlic cloves, chopped
- 4 strips bacon
- 8 thick slices American cheese
- 2 large Vidalia onions, peeled, cut in half, and thinly sliced
- 2 tablespoons olive oil
- 2 tablespoons reserved bacon fat
- 1 teaspoon salt
- 4 hamburger buns

### DIRECTIONS

1. Cook bacon until crisp. Remove and cool. Reserve 2 tablespoons bacon fat.
2. In a large skillet, combine olive oil and bacon fat, then add onions. Cook over low heat. Add salt and turn onions often for 30–40 minutes until caramelized.
3. Place whiskey and chopped garlic in a shallow dish and add hamburger patties. Marinate for 15 minutes, then flip and marinate another 15 minutes.
4. Grill burgers over medium-high heat until cooked to desired doneness.
5. Add two slices of cheese to each burger in the last minute of grilling.
6. Put hamburgers on buns, then top with a large spoonful of caramelized onions. Top with bacon.

*Recipe inspired by Mantitlement.com.*