

The not-quite-quarterly

# Smile Times

of Tracyton Dental Center

from your friends  
Dr. Bruce Robinson  
and Team









## Summer 2008

Hurry! Run outside fast!  
The warm, sunny days will not last!  
Let the housework wait--  
and stay up late--  
Our summer will slip quickly past!



### SUNNY FACTS TO DAZZLE YOU




*Things to know about that bright, foreign object...*

-  Only five percent of the stars in our galaxy are larger than the Sun.
-  The Sun contains 99.8 percent of the total mass of the solar system.
-  Each day the sun causes about one trillion tons of water to evaporate.
-  The Sun is flattened on the top and the bottom.
-  The Earth radiates back into space as much heat as it receives from the sun.
-  All the coal, oil, gas, and wood on Earth would only keep the Sun burning for a few days.
-  If you were standing on Mercury, the Sun would appear 2.5 times larger than it appears from Earth.
-  The Sun's total lifetime as a star capable of maintaining a life-bearing Earth is about 11 billion years.



### THE HEALING POWER OF PETS

*Did you know that pet owners:*

-  Have better health because animals lower stress levels in humans who interact with them?
-  Have lower cholesterol, blood pressure and heart attack risk?
-  Make 30% percent fewer visits to doctors?

Have YOU got a pet?



### GUT FEELING

*Good bacteria, bad bacteria...*

Usually we want to get bacteria out of our lives. It's a bit odd to consider that some of these little critters are friendly—and necessary—to our internal processes.

The two main families of friendly intestinal flora that help our digestion work smoothly are lactobacillus, in the small intestine, and bifidobacterium, in the large intestine. Foods like yogurt, kefir, sauerkraut and miso soup that contain these helpful bacteria are called probiotics. Nutritionists encourage us to eat more of them to assist healthy digestion.

Probiotics are the ideal counterbalance for eating too much sugar or refined carbohydrates, or when taking antibiotics, either of which changes the balance of flora in our intestines. Also, when you are sick it's good to saturate yourself with good bacteria as soon as possible. Studies show you cannot consume too many probiotics.

Read yogurt labels to be sure the good strains of probiotic bacteria are included. Then, if you haven't already, try a new probiotic food or drink and see if it makes a difference for you.



**"Because things are  
the way they are,  
things will not stay  
the way they are."**

~ Bertolt Brecht



## **MUSCLES**

Buffing up is good for more than your looks...

Normally when you lose weight, you lose 75% of it as fat and 25% of it as muscle. But when you do strength training, you lose nearly all fat and no muscle. Lean tissue derives 75-95% of its energy from body fat, so for every new pound of muscle you build, you incinerate about 30 additional calories per day. The more lean tissue you have, the more body fat you will shed, even at night when you are asleep. If two people weigh the same, but one has 5 pounds more muscle, that person will burn an extra 150 calories a day.

You don't have to pump iron to build muscle. Any activity that uses your largest muscle groups (buttocks and thighs) or builds more muscle mass in any part of you (arms, legs, or back) will help. You build muscle from USING muscles—carrying groceries, firewood, babies, moving boxes, walking, running, etc., but for an organized program of muscle building, working with weights is probably the most efficient. Heave ho!



### **"Don't say you don't have enough time!"**

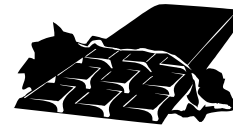
You have exactly the same number of hours per day that were given to Helen Keller, Pasteur, Michelangelo, Mother Teresa, Leonardo da Vinci, Thomas Jefferson, and Albert Einstein"

Life's Little Instruction Book by H. Jackson Brown



Thanks to all of you who refer your friends and family. We very much appreciate your confidence in us.

Amber, Beverly, Corri, Jennifer, Kristie, Patti, Sandi, Shirley, Stacy, Stephanie, Yvonne and Dr. Robinson



Actress Katharine Hepburn, a notorious brownie lover, once said, "What you see before you, my friend, is the result of a lifetime of chocolate."



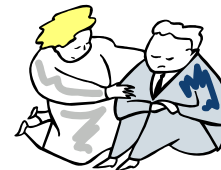
Sherlock Holmes and Dr. Watson were going camping. They pitched their tent under the stars and went to sleep. Sometime in the middle of the night Holmes woke Watson up and said: "Watson, look up at the stars, and tell me what you see."

Watson replied: "I see millions and millions of stars."

Holmes said: "And what do you deduce from that?"

Watson replied: "Well, if there are millions of stars, and if even a few of those have planets, it's quite likely there are some planets like Earth out there. And if there are a few planets like Earth out there, there might also be life."

And Holmes said: "Watson, you idiot, it means that somebody stole our tent."



### **COMFORT FOR THE BAD TIMES**

We all get our turn...

*When it seems that our sorrow  
is too great to be borne,  
let us think  
of the great family of the heavy-hearted,  
into which our grief has given us entrance,  
and inevitably,  
we will feel about us,  
their arms and their understanding.*

\*Helen Keller



**The truth of the matter  
is that you always know  
the right thing to do.**

**The hard part is doing it.**

**~General H. Norman Schwarzkopf**



**IF YOU LOSE YOUR WALLET**

*Prepare now just in case...*

Do you have your credit cards numbers written down in a safe place you can access immediately? Do you have the “800 numbers” for each credit card company in case you have to let them know your card is missing or stolen? Here is some advice from an attorney whose wallet was stolen by thieves who took out loans, and spent money on cars, computers and cell phones in his name:

Copy all of your important cards, front and back, in a copier. Make sure you can read the phone numbers that you will need to call immediately if your cards are lost (and, of course, guard this list carefully.) Then, if you do lose your wallet call the following numbers promptly:

All of your credit card carriers. Your local 911 to report the loss. All 3 credit bureaus—Equifax (1-800-525-6285), Trans Union (1-800-680-7289), and Experian (1-888-397-3742). The Social Security Administration at 1-800-772-1213 or 1-800-269-0271 to request a replacement card. They can’t put an alert on your number, but have advice about avoiding identity theft posted on their website.



The best-looking thing  
you can wear is a smile.



**DENTAL ANXIETY**

*Share your fears and we'll help...*

If you get nervous just thinking about going to the dentist you're in good company. Even if worrying is all in our heads, it's difficult to quiet those pesky thoughts. Previous experiences, comments made by others, or our own imagination can set our thoughts running wild.

There's hope. Please tell us your concerns so we can help you be more at ease during your appointments. Listening to your CD on our player helps some people. Others visualize relaxing on a warm beach or another pleasant scene to calm themselves. Some find it helpful just to focus on breathing in a steady rhythm. Everyone on our staff is a well-trained, professional “hand holder” and Dr. Robinson is such an excellent and efficient dentist that your chair time is short and sweet!

For those who want or need more powerful help with nerves we offer nitrous oxide gas, pre-medication or IV sedation. We want to make your time with us as enjoyable as possible.

**To reach us: 360-479-4152** 



**ARUGULA, PEAR AND ROMANO SALAD**

*Tasty, healthy and simple...*

- 6 cups loosely packed arugula greens
- 3 tbsp. extra virgin olive oil
- 1 tbsp. fresh lemon juice
- ½ tsp. salt & black pepper to taste
- 2 peeled, cored & sliced pears
- 3 oz. coarsely grated or shaved Romano cheese
- 3 tbsp. toasted & coarsely chopped walnuts or hazelnuts

In a large bowl, drizzle the oil and lemon juice over the greens and season with salt and pepper. Toss gently. Arrange the salad on 6 plates and top each serving with slices of pear, cheese shavings and sprinkle with chopped nuts. Serve immediately.



## **CARE PACKAGE FOR YOURSELF**

*When you've had a rough day...*

- ❖ Listen to soothing or happy music
- ❖ Go for a bike ride
- ❖ Light a candle—maybe with a favorite scent in it
- ❖ Indulge in a spa session—manicure, pedicure, massage, or special haircut
- ❖ Read an old favorite or inspiring book
- ❖ Get out in nature--walk a trail in the woods, sit on the beach, go fishing, watch birds
- ❖ Take a bubble bath
- ❖ Dance your own way
- ❖ Fantasize about spending your lottery winnings
- ❖ Go to bed early or stay in bed an extra hour
- ❖ Find a quiet space for yourself for a little while
- ❖ Treat yourself to lunch or dinner out with a good friend
- ❖ Take a nap
- ❖ Do something creative—in your woodshop, sewing room, art corner or kitchen
- ❖ Write in your journal—or start one
- ❖ Read jokes until they make you laugh



## **YOU MIGHT BE 39, BUT ARE YOUR CELLS?**

*You're younger than you think...*

You've probably heard that all of your cells are replaced every 7 years--that you have a whole new body. Almost true. Here's how it works:

Some cells are yours for life. Your eye lens cells are fully developed by birth and permanent thereafter. Heart, kidney and brain cells also may not replace themselves over your lifetime, though the final word isn't in yet, so it's best just to take good care of them.

The rest of your cells refresh themselves regularly. Your bone cells are fully replaced every ten years except after the age of 30 when the process slows down. Liver cells turn over every 1 to 1-1/2 years. You have all new red blood cells every 120 days and new skin every 2 weeks. Your stomach lining and intestines are new every 5 days due to lots of wear and tear.

Even if you feel like your same self, you're really newer than you think.