



OCTOBER 2017 NEWSLETTER - "CELEBRATING 21 YEARS!"

A WORD FROM KIM

Happy Thanksgiving everyone! I am very thankful to have such wonderful staff and patients in our practice! Each and everyone is special and I truly enjoy getting up and coming to work each day! Well, Fall has finally arrived and the humidity is now gone! Autumn is my favorite time of year. I love the fresh crisp air and the vibrant colours of the leaves now changing colour.

October is Denturist Awareness month. If you have been thinking about replacing your dentures or having any work done to them, please do not hesitate to contact me. Our consultation appointments are free and I will answer any of your questions that you might have. Also, if you are a Snowbird and heading South, this might be a good time to have your dentures checked before you leave for the winter.

I will be picking up litter on High Street with the Collingwood Kinettes's on October 5 after work. If you would like to join us that would be lovely. Happy Thanksgiving and Happy Halloween!

All the Best,

Kim



HEALTHY SMILES

I recently read an interesting article about the benefits of smiling and I thought that I would share it with you. One of the easiest ways to boost your health, your mood, your longevity and even your success is to smile!

Smiles do a lot more than simply let the world know that you are happy. It can lower your heart rate because smiling relaxes the body and temporarily reduces blood pressure. It also helps to reduce stress, and put you in a better mood. Smiling has been shown to increase your productivity while performing tasks. It can also encourage trust in relationships and produce empathy when we are embarrassed. Some people believe that it can even help kill pain as it releases endorphins that lift our moods.

My favourite is that smiles are contagious! Approximately 50% of people will smile back at you, if you have smiled at them. Smiling makes people look more attractive and can appear that one is confident and self-assured. Smiling naturally lifts your face which will help to make you look younger. People who smile more often live longer too as it does help release stress and boost the immune system. Your body will be more relaxed and react more quickly and effectively against invaders.

As you can see there are many benefits to having a beautiful, healthy smile! We can help with this! Dentures help people to eat and chew their food normally, help maintain better speech patterns as well help fill out the face and muscles that can sag without natural teeth to rest and work against. This will help to make you look younger! If you would like to improve your smile, call us to book your free consultation!

HALLOWEEN CHOCOLATE SPIDERS RECIPE



- 8 ounces semi sweet chocolate, chopped
- 2 cups of miniature marshmallows
- Black or red shoestring licorice
- 24 small round candy-coated balls



In a microwave-safe bowl, heat chocolate for 1 1/2 minutes, stirring until melted. Let stand for 5 minutes and stir in marshmallows. Drop by tablespoons onto baking sheet. Cut licorice in 2" pieces and press 6 pieces into the body. Add candy for eyes. Enjoy!

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Kim Dadswell
Denturist

KIM DADSWELL, DD

We have a full service denture lab on the premises which is cost effective for our patients.

If you like our service, "please tell someone". If you don't, then "please tell us".

Call our office to schedule an appointment that is convenient for you.

Our practice continues to grow by referrals from our patients.



"WE LOVE TO MAKE YOU SMILE"