



Platinum Dental, Inc. Smiles

November 23, 2010

Hello Terry!

**In this issue: Healthy eating tips for Thanksgiving;
Invisalign Teen, Patient of the Month; Monthly Specials.**

Healthy Eating tips for Thanksgiving



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- **Don't go to the Thanksgiving dinner hungry: we often eat faster and more when we are hungry - therefore eat a wholesome breakfast and lunch on the day to avoid overeating at dinner time.**



- **Thanksgiving dinner is NOT an all-you-can-eat buffet: Fill your plate half with vegetables, one quarter with a lean meat and the rest with a starch of your choice. Eat slowly and stop when you are full.**

- **Turkey - go skinless: choose your 4-oz turkey portion skinless to slash away some fat and cholesterol. Save your appetite for the side dishes and desserts.**

- **Side Dishes - watch your portion size: go for smaller portions.**

This way you can sample all the different foods. Moderation is always the key.

- **Make a conscious choice to limit high fat items: high fat food items can be found in fried and creamy dishes as well as cheese-filled casseroles in a traditional Thanksgiving meal . For instance, mashed potatoes are usually made with butter and milk; green bean casseroles are often prepared with cream of mushroom soup, cheese and milk and topped with fried onions; candied yams are loaded with cream, sugar and marshmallows. If you cannot control the ingredients that go in to a dish, simply limit yourself to a smaller helping size. Again moderation is the key.**
- **Drink plenty of water: alcohol and coffee can dehydrate your body. Drink calorie-free water to help fill up your stomach and keep you hydrated.**



Have a great Turkey Day (No offense turkey, nothing personal...)

Gooble Gooble everyone!



Invisalign Teen

Does your teenager have problems with overly crowded teeth, wide spaces between teeth, a crossbite, overbite or underbite? Invisalign braces can straighten his or her teeth while providing a few auxiliary benefits.

Invisalign Teen is made with your teenager in mind and has a special "blue dot" that is designed to fade in two weeks if worn properly (20-22 hours per day) to make sure you are getting the full value from your investment. The aligners are removable however, for eating, brushing, flossing or special

events. These special teen aligners are also made to allow the growth of permanent teeth

Want to find out more, call our office to schedule a FREE consultation. :)

Now, the winner for patient of the month of *October*

Brad Huffman!!

Brad, you will now be the owner of a **Waterpik**. Be sure to stop by and pick up your prize, you have 30 days!

Follow the link to [Special promotions for November](#).

Thank you and have a wonderful Holiday Season kick-off!

Platinum Dental Inc.

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