You and Your Maxi Dress

Full of Antioxidants

Argan Oil

Something to Make You Smile About

Glow This Summer

August Offer

Summer BBQ Desserts

From Epsom Dental Centre

Happy Birthday

Halle

The Whole Tooth

August 2017 Issue
Halle became the first African-American woman to win the Academy Award for Best Actress, which she received for her role in the 2001 film Monster's Ball. She first gained recognition for her roles in the 1990s films Boomerang and The Flintstones, then went on to play Storm in the X-Men films and star in Swordfish, Die Another Day and Cloud Atlas.

**Before Fame**
She became the first African-American Miss World entrant after finishing runner-up to Christy Fichtner for the 1986 Miss USA title. Misfits, which was co-written by her husband at the time, Arthur Miller.

**Family Life**
Halle gave birth to her daughter Nahla Ariela Aubry in March of 2008 with her then boyfriend Gabriel Aubry. She was married to David Justice from 1993 to 1997 and Eric Benet from 2001 to 2005 and she married Olivier Martinez in 2013. She and Olivier had a son together named Maceo then announced their divorce in 2015.

**Associated With**
She co-starred with Pierce Brosnan in the 2002 James Bond film Die Another Day.

**Where In The World**
Guess Where in the World this famous landmark is and win a Hygiene Pack full of goodies courtesy of Epsom Dental Centre.

The first person to bring in this newsletter with the correct answer will be the winner. Good luck!
You And Your Maxi Dress

Summer is here....So what does that mean ladies? Maxi dresses are calling our names! We all love a good maxi throughout summer time. They bring such a fun easy way to look stylish. Best part you can dress them up or down so this is something you want to pack for those summer holidays. Here’s how to wear them.

1. Dress it down: Throw a T-shirt on top to make it look like your own creation. Use a baggy T-shirt not a tight one! If you use tight it just won’t look right and bulge at the bottom. Throw on some tennis shoes and you’re super funky, fun, and ready for that summer concert.

2. Dress it up: Dress it up with some heels or wedges. Throw on some bold, gold, jewellery and a blazer or collared shirt and next thing you know you’re ready for a hot date or a day at the office. Wear with a blazer to the office then take it off for dinner and drinks later that night.

3. Layer it up: Sounds weird for summer, take a longer T-shirt and layer it or take an oversized cape and have it flowing with the dress itself. This is a statement that can be more visually known as bo ho. This is where you throw on some sandals, a big hat and call it a day. You have got your shopping summer outfit for lunch on the patio with some friends. A maxi has never looked so good.

The Benefits Of Argan Oil

...Argan oil is full of antioxidants, vitamins A and E and is rich in Omega 3 and 6. It’s one of nature’s answers to ageing! and its effective treatment of skin ailments such as Psoriasis and Eczema are well known.

It has long been known for its use in hair treatments for dry hair and to improve scalp condition, improve growth and create shine. However, its anti-ageing properties of treating dry and wrinkled skin are now leading it to be used in all the high class spas and beauty salons in their facial treatments and massages.

Before modern times, the Berbers of ancient Morocco would collect undigested Argan pits from the waste of goats which climb the trees to eat their fruit. The pits were then ground and pressed to make the nutty oil used in cooking and cosmetics. Fortunately times have changed and more modern methods of harvesting are employed today! This oil has no side-effects and can be used by all the family; it can even be used on babies.
Perfect Summer BBQ Dessert

A fruit fool is an English dessert.

Traditionally, fruit fool is made by folding pureed stewed fruit into sweet custard. Modern fool recipes often skip the traditional custard and use whipped cream like this one.

Ingredients
Serves: 4

- 300 g (10½ oz) mixed soft fruit, such as raspberries, blackberries, blueberries or currants
- 55 g (2 oz) caster sugar
- 150 ml (5 fl oz) whipping cream
- grated zest of ½ orange
- 150 g (5½ oz) plain low-fat bio yogurt
finely shredded orange zest to decorate (optional)

Method
1. Reserve about 55 g (2 oz) of the mixed fruit for decoration. Put the remaining mixed fruit in a saucepan with 2 tbsp water. Bring just to the boil, then reduce the heat and cook gently for 5 minutes or until soft and very juicy. Stir in the sugar.

2. Remove from the heat and leave to cool slightly. Pour into a food processor or blender and purée. Press the purée through a sieve to remove all the pips. Alternatively, just press the fruit through a sieve to purée it. Set aside to cool completely.

3. Whip the cream with the grated orange zest until thick. Add the yogurt and lightly whip into the cream, then mix in the cooled fruit purée.

4. Spoon into dessert dishes or goblets. Chill well before serving, decorate with the reserved berries and orange zest, if using.

We Really Appreciate It

Thank you to our wonderful patients for all your referrals.

We really appreciate it!
There’s no need to wait until your baby actually has teeth to lay the foundations for good oral or general health. In fact, good nutrition and oral hygiene can start right away. It is up to you to develop the routines that will help protect your child from tooth decay and other oral health problems. So let’s get started!

1) **Start Proper Oral Hygiene Habits ASAP**
Gently clean your infant’s gums and newly erupting first teeth after each feeding with a water-soaked gauze pad or damp wash cloth.

2) **Brush With Care**
When your baby’s teeth come in, brush them gently with a small, soft-bristled toothbrush using no more than a thin smear of fluoride toothpaste.

3) **Teach Your Children**
When your child turns 3, you can begin to teach your child proper brushing techniques with no more than a pea-sized amount of fluoridated toothpaste. You should follow up their efforts by gently brushing the teeth again. Modeling correct technique is important.

4) **Check Your Water**
Determine if the water supply that serves your home is fluoridated. If it is not, discuss supplement options with your dentist. Keep in mind that toothpastes and various foods may also contain fluoride.

5) **Fight Baby Bottle Tooth Decay**
Don’t let your child go to sleep with a pacifier or bottle filled with anything but water. When teeth are frequently exposed to sugar-containing fluids (including breast milk and formula) for long periods, the potential for decay increases dramatically.

6) **Avoid Sugar**
Understand that if your child ingests sugars, it will take the saliva a minimum of 30 minutes to neutralize the acidity that is created by decay-producing bacteria. A sugary snack every hour can mean your child's mouth is always acid, increasing the chances for tooth decay.

7) **Make a Dental Appointment**
Your child should see a dentist around the time of his/her first birthday and then regularly thereafter. It is important to establish a dental home. Your pediatric or general dentist will teach you how to prevent dental disease, check for cavities in the primary teeth and watch for developmental problems, and set a positive precedent for future visits.

8) **Prevent Cavities**
Ask your dentist about dental sealants and fluoride applications to protect your child’s teeth. Sealants can prevent food from getting stuck in the tiny grooves on the chewing surfaces and topical fluoride will strengthen the enamel against decay.

9) **Keep Your Cool**
If you feel anxious about a visit to a dental professional, try not to convey these feelings to your child. This is very important for emotional well-being. Encourage your child to discuss any fears he/she might have about visiting a dentist, but don’t put any new fears into his/her head. It is a good rule of thumb not to mention the words “hurt” or “pain” as it raises a possibility he/she might not have thought of.

10) **Childproof Your Home**
Research has shown that children under age 7 sustain over half of the dental injuries to their primary (baby) teeth playing in close proximity to home furniture.

### Glow This Summer

Throughout the month of August if you book a FREE consultation we will give you 15% off a Tooth Whitening treatment.

Offer available from 1st to 31st August!

Perhaps you have a special occasion or a holiday coming up and you would like nice white teeth, so don’t miss out on this offer!

Call Epsom Dental Centre on **01372 88684** today to book your appointment.
Happy Birthday Catherine!

On the 31st August it will be Catherine our Receptionist birthday. Many happy returns from the Epsom Dental Centre Team!

Welcome To The Team!

Welcome to the Epsom Dental Team Ziville!
Ziville has joined us as our new Hygienist.

Congratulations!

Congratulations to our Dental Nurse Janice for obtaining her dental nurse qualification!

Rugby and hockey season is approaching... protect your child’s teeth with a custom sports guard. Call us for details on 01372888684
CONTACT EPSOM DENTAL CENTRE

Epsom Dental Centre

37 Waterloo Road, Epsom, Surrey, KT19 8EX

Telephone: 01372888684

Fax: 01372 720950

EACH MONTH WE SURVEY OUR PATIENTS & THE LATEST RESULTS ARE...

87% SAID YES, THEY WOULD RECOMMEND US!

98% SAID YES THEIR TREATMENT WAS INDEED PAIN FREE!
What Our Patients Say About Us....

“So Restful And Reassuring”

We visited this dental practice today for the first time. It was such a pleasant experience and I didn’t ever think I would be able to say this about any visit to any dentist. From the moment we walked through the door the staff were attentive and friendly. The dentist himself explained every step of the way what he was doing and the technology in use was amazing. It was so restful and reassuring to have the results explained and to be able to see the the teeth and any work needed for myself. Well done everyone, for the first time in my life I will not be worried about my next appointment.

-Sarah Bailey-Cartwright

“Everyone Is Helpful, Welcoming And Reassuring”

It’s an excellent practice. Everyone is helpful, welcoming and reassuring. Chig is a great dentist – he is also lovely with young children. Clare, my hygienist, is second to none. And the receptionists and nurses are professional and friendly without exception.

-Carol Venn

“I Would Highly Recommend This Dental Practice”

I have been coming to Epsom Dental Centre for over five years now. I would highly recommend this dental practice to anyone. The care and attention you receive from all staff including those on reception, the nurses and dentists are second to none. This practice has a skilled, informative and competent team who charge reasonable rates and worth every penny.

-Kem Husain

“I Was Immensely Impressed”

I was immensely impressed by Dr Chig Amin’s time, care and careful attention he paid to me today, which has dealt with the immediate issue of 2 chipped front teeth, which I was very embarrassed about. The professionalism of both Dr Amin, and the receptionist.

-Andrew H

Epsom Dental Centre
For Information Call Us Now: 013728 88684
or For More Patient Stories Visit Us: www.EpsomDental.co.uk