

smile first dental wellness

Smile First Dental Wellness: Your Guide to a Healthier, Happier Smile

Are you ready to ditch the dental anxiety and embrace a journey towards a healthier, happier smile? At Smile First Dental Wellness, we believe that exceptional dental care is more than just cleanings and fillings; it's about proactive wellness, preventative care, and building a lasting relationship with your oral health. This comprehensive guide will delve into what Smile First Dental Wellness stands for, the services we offer, and how we can help you achieve your optimal oral health goals. We'll cover everything from routine checkups to advanced cosmetic procedures, all while emphasizing a comfortable and personalized experience.

Understanding the Smile First Dental Wellness Philosophy

Our philosophy at Smile First Dental Wellness is built on three core pillars: Prevention, Personalized Care, and Patient Comfort.

Prevention: We firmly believe that preventing dental problems is far superior to treating them. Regular checkups, professional cleanings, and personalized oral hygiene instruction are the cornerstones of our preventative approach. We'll work with you to develop a customized plan tailored to your specific needs and risk factors, helping you avoid costly and potentially painful procedures down the line.

Personalized Care: We understand that every patient is unique. Your dental history, lifestyle, and overall health all play a role in your oral health. At Smile First Dental Wellness, we take the time to listen to your concerns, answer your questions, and create a treatment plan that fits your individual needs and preferences. We believe in open communication and transparency throughout the entire process.

Patient Comfort: We know that visiting the dentist can be stressful for some people. That's why we've created a relaxing and comfortable environment where you feel safe and at ease. Our team is dedicated to providing compassionate and gentle care, using the latest technology and techniques to minimize any discomfort. We offer a variety of amenities to enhance your comfort, including comfortable seating, calming music, and even aromatherapy.

Services Offered at Smile First Dental Wellness

Smile First Dental Wellness provides a wide range of services designed to address all your dental needs, from routine maintenance to advanced restorative and cosmetic procedures. These include:

General Dentistry: This forms the foundation of our practice. It includes routine checkups and cleanings, examinations, X-rays, and the diagnosis and treatment of common dental problems like cavities and gum disease.

Cosmetic Dentistry: Achieve the smile you've always dreamed of with our cosmetic dentistry options. We offer teeth whitening, porcelain veneers, bonding, and Invisalign clear aligners to enhance the appearance of your teeth and boost your confidence.

Restorative Dentistry: We specialize in restoring damaged or missing teeth. Our restorative services include dental crowns, bridges, dental implants, and dentures. We use the latest materials and techniques to ensure long-lasting and functional restorations.

Sedation Dentistry: For patients with dental anxiety or those requiring more extensive procedures, we offer sedation dentistry options to ensure a comfortable and stress-free experience. We can discuss various sedation methods to find the best fit for your needs.

Advanced Technology for Superior Care

At Smile First Dental Wellness, we utilize state-of-the-art technology to provide the most accurate diagnoses and effective treatments. This includes digital X-rays, intraoral cameras, and advanced diagnostic tools that allow us to identify potential problems early on and provide you with the best possible care. We believe in continuous improvement and regularly invest in the latest technological advancements to enhance the quality of our services.

Building a Long-Term Relationship with Your Oral Health

We view our role as more than just providing dental services; we strive to become your trusted partners in maintaining optimal oral health. We encourage open communication and proactive engagement in your dental care. By working together, we can prevent future problems and help you enjoy a lifetime of healthy, beautiful smiles. We believe in educating our patients so they can make informed decisions about their oral health and take an active role in their care.

Scheduling Your Appointment at Smile First Dental Wellness

Ready to experience the difference? We encourage you to schedule your appointment today. Our friendly and knowledgeable team is here to answer any questions you may have and help you take the first step towards a healthier, happier smile. You can easily book online through our website or call us directly. We look forward to welcoming you to the Smile First Dental Wellness family.

Conclusion:

At Smile First Dental Wellness, we're committed to providing exceptional dental care in a comfortable and personalized environment. We believe that preventative care, personalized treatment, and patient comfort are essential to achieving optimal oral health. Our comprehensive range of services and commitment to advanced technology allow us to address all your dental needs, from routine checkups to complex restorative and cosmetic procedures. Contact us today to begin your journey towards a healthier, happier smile.

FAQs:

1. Do you accept insurance? We are in-network with many major dental insurance providers. Please contact our office to verify your coverage.
1. What are your hours of operation? Our hours are [Insert Your Hours Here]. Evening and weekend appointments are available upon request.
1. What payment methods do you accept? We accept cash, checks, credit cards (Visa, Mastercard, American Express, Discover), and most major dental insurance plans.
1. What should I expect during my first visit? Your first visit will include a comprehensive examination, cleaning, and consultation to discuss your oral health needs and goals. We'll answer all your questions and help you create a personalized treatment plan.
1. Do you offer emergency dental services? Yes, we provide emergency dental services for patients experiencing dental pain or injuries. Please call our office immediately to schedule an appointment.

smile first dental wellness: Curious George Visits the Dentist H. A. Rey, Margret Rey, 2014-05-06 The inquisitive monkey learns about fake fruit—and real toothaches—but he gets his smile back after a visit to the dentist. When George bites into a shiny apple made of wax, his tooth begins to hurt. The next morning George shows his wiggly tooth to the man with the yellow hat, who takes him to the dentist. George is nervous about his first visit to the dentist, but overcomes his fear and learns about better dental hygiene—with a little good-natured mayhem on the side! With art in the style of H. A. Rey, this engaging story will teach young readers that there is nothing scary about the dentist or wobbly teeth—and adds some tooth fairy fun for good measure!

smile first dental wellness: *Your Jaws Your Life* David C. Page, 2003

smile first dental wellness: Age with Style Namrata Patel, 2018-11-13 Dentistry isn't just about teeth. Oral health is a huge piece of the jigsaw puzzle that can be the human body, especially when it comes to treating health issues and ailments. Dr. Nammy Patel makes light of this issue in *Age with Style: Your Guide to a Youthful Smile & Healthy Living* by introducing the field of functional, holistic dentistry, which replaces the old drill and fill dental treatment with actual, problem-solving methods that get to the underlying cause of any problem. With decades of experience, Dr. Patel hopes to inform you about the treatment options for any of your dental ailments. Her goal is to make sure you are chewing properly and that your teeth look good, feel good, and last a long time. In this book, you'll learn: The inflammatory response and how it affects your oral health, How to combat dental anxiety and fear, What problems you should be aware of at every stage in life, and creating a healthy oral environment for you and your children. You only have

one life-why not make it the healthiest it can be? By reading this book, following Dr. Patel's knowledge, and taking care of your oral health, you are making sure the rest of your body lasts a lifetime. Book jacket.

smile first dental wellness: Keys to a Healthy Smile After 40 Dr Justene Doan Dds, Justene Doan, Dr Janice Doan Dds, Janice Doan, 2018-04-28 Keys to a Healthy Smile After 40 shatters the myth that plastic surgery is the best way to rejuvenate your face. The truth is-the best way to rejuvenate your face is to have a healthy smile. Most people have no clue that they can prevent disease and reverse aging through proper dental care. It's not their fault-no one has taken the time to explain the truth. Until now. Drs. Justene & Janice Doan reveal why you need different dental care after age 40. They share 7 secrets to feeling 7 years younger. You can become healthier, more confident, and more attractive. It's not too late to turn back the clock and regain a beautiful, youthful smile! You will learn: * Why bone loss jeopardizes your health, self-confidence, and beauty * How throat cancer can be detected in 3 minutes and save your life * Why your smile gradually fades as you age, and what to do about it now * The surprising link between your smile and your income * and much more! Discover the 7 keys to reclaiming your health, beauty, and your beautiful smile.

smile first dental wellness: Holistic Dental Care Stephen A. Lawrence, 2018-09-08 Stephen A. Lawrence introduces readers to holistic dental care and its role in overall health. Most people America would like to maintain healthy teeth and gums during their lifetime. While conventional dental care still relies on outdated treatment methods, including the use of toxic elements such as mercury and fluoride, this is not the way dentistry must be practiced, and more and more patients are beginning to realize that there are safer, more effective ways to care for their teeth and gums. Holistic Dental Care: Your Mind, Body, and Spirit Guide to Optimal Health and a Beautiful Smile presents a positive, detailed, and easy-to-read argument for the benefits of a more open-minded, progressive, and integrative approach to dental care and overall health. Scientific studies suggest that our mind/body relationship, psychological function, physical activity, and the food we eat all affect us at biological levels, where our habits can alter our immune system and affect our physical, emotional, and spiritual health. When we get sick on any level, from an ordinary cold to a cavity or gum disease, it's usually because of some imbalance in our immune system, often triggered by chronic inflammation, oxidative stress, and toxins. Holistic dentistry addresses these issues by supporting a patient's comprehensive health. Holistic dentist Stephen A. Lawrence's new work introduces readers to safer, gentler, and more efficient way of treating their mouths and bodies, along with addressing their overall wellness. He offers a reader-friendly tour through how our body works, and approaches dental health through the lens of comprehensive wellness and summarizes current holistic dental healthcare ideas and products--to stop cavities and gum disease, rebuild teeth at home, and positively affect patients and those around them--as we strive to spread wellness worldwide. Considering the current explosion of green living all over America, the increased awareness of how toxins affect our health, and a rising interest in bettering our general quality of life through wellness and mindfulness, this work fills a gap in understanding how holistic dental health care can be part of an overall approach to healthier living now.

smile first dental wellness: The Mouth-Body Connection Gerald P. Curatola, Diane Reverand, 2017-06-20 Acclaimed oral health expert and wellness pioneer, Dr. Gerry Curatola, explores the bi-directional relationship between the health of your mouth and your body, and provides a groundbreaking program for creating a healthy mouth that will help maintain a healthy body. The mouth acts as mirror and a gateway and reflects what is happening in the rest of your body and the health of your mouth appears to have a profound impact on the rest of your body. Chronic, low-grade oral disease is a major source of inflammation throughout your body, which can sometimes result in serious systemic problems, including cardiovascular disease, type 2 diabetes, obesity, and premature birth. The Mouth-Body Connection educates the reader on the natural ecology of the mouth. The oral microbiome consists of communities of 20 billion microorganisms of more than six hundred types-keeping these communities balanced is the key to well-being. Dr. Curatola's program, thirty years in the making, helps to restore microbiome balance and reduce

health-destroying inflammation. The Curatola Care Program fosters a healthy oral microbiome by means of diet, supplements, exercise, and stress reduction. Four weeks of meal plans and fifty delicious recipes will convince you that eating for balance can be a treat. There are supplement schedules for each stage, two high-intensity band workouts that take only 15 minutes twice a week, relaxation techniques, and yoga postures to fight inflammation. In just four weeks, you will reboot your body and begin to take control of your health. Best of all, your brilliant smile will prove that you have never felt better.

smile first dental wellness: Complementary Therapies in Dental Practice Peter Varley (DDFHom.), 1998 'Complementary Therapies in Dental Practice' looks at the various types of complementary therapies that can be used in dentistry, outlining the ways in which these therapies can be used in everyday dental practice or, if more appropriate, in which direction a dental practitioner can refer a patient. As time goes on, more and more dental practitioners are referring patients to specialists in alternative therapies. The aim of this book is to make more people aware that alternative therapies have a place in the practice of dentistry.

smile first dental wellness: Holistic Dental Care Nadine Artemis, 2013-10-08 The essential guide to integrative dental health—safe, effective, and toxin-free steps to all-natural oral care and a vibrant, healthy smile Bestselling author Nadine Artemis reveals the 8 steps to successful self-dentistry Holistic Dental Care introduces simple, at-home dental techniques that anyone can do. With more than 50 full-color photos and illustrations, this book offers oral self-care strategies to address every dental concern—from everyday maintenance to bite and alignment, gum health to heavy metal detox. Bestselling author Nadine Artemis also shares the 8 Steps to Successful Self-Dentistry, 8 holistic oral care guidelines. You'll also learn: The truth about toothpaste, toothbrushes, and mouthwash All-natural techniques for keeping your teeth healthy, clean, and strong Proper flossing for healthy gums What questions to ask your dentist—and when it's time to find a new one Pure, organic ways to prevent plaque, decay, inflammation, and bleeding gums The connection between tooth health and alkaline diets Offering an integrative approach to treat the real cause of your dental concerns—not just the symptoms—Holistic Dental Care helps bring your entire being back into balance and whole-body health, starting with all-natural biological dentistry and chemical-free oral care.

smile first dental wellness: Success Strategies for the Aesthetic Dental Practice Linda Greenwall, Cathy Jameson, 2012 While esthetic care has been an important part of dentistry for many decades, very few practices do as much esthetic dentistry as they would like. When faced with trying to respond to esthetic demands of existing patients and expand services to potential patient populations, most clinicians must learn the skills of how to successfully manage and grow this segment of their practice. This book provides dentists with the guidelines and strategies to make that happen. The authors detail many key strategies for success, such as establishing a strategic plan, monitoring critical factors of the practice, developing a dynamic and productive team, implementing marketing, using a treatment coordinator, and understanding how to finance and schedule esthetic dentistry. In addition, each chapter is interspersed with informative interviews with some of the most successful esthetic dental practitioners from around the world who offer unique insights into how their teams operate and what has made their practices succeed.

smile first dental wellness: Oral Health Literacy Institute of Medicine, Board on Population Health and Public Health Practice, Roundtable on Health Literacy, 2013-02-19 The Institute of Medicine (IOM) Roundtable on Health Literacy focuses on bringing together leaders from the federal government, foundations, health plans, associations, and private companies to address challenges facing health literacy practice and research and to identify approaches to promote health literacy in both the public and private sectors. The roundtable serves to educate the public, press, and policy makers regarding the issues of health literacy, sponsoring workshops to discuss approaches to resolve health literacy challenges. It also builds partnerships to move the field of health literacy forward by translating research findings into practical strategies for implementation. The Roundtable held a workshop March 29, 2012, to explore the field of oral health literacy. The

workshop was organized by an independent planning committee in accordance with the procedures of the National Academy of Sciences. The planning group was composed of Sharon Barrett, Benard P. Dreyer, Alice M. Horowitz, Clarence Pearson, and Rima Rudd. The role of the workshop planning committee was limited to planning the workshop. Unlike a consensus committee report, a workshop summary may not contain conclusions and recommendations, except as expressed by and attributed to individual presenters and participants. Therefore, the summary has been prepared by the workshop rapporteur as a factual summary of what occurred at the workshop.

smile first dental wellness: Your Smile Is a Gift Franklin Maximo, 2018-05-15 Find Your Smile, Find Your Joy Visiting the dentist has historically been a chore, a dreaded task, a necessary nuisance. Sometimes dental horror stories are even traded like baseball cards--but it doesn't have to be that way. Your dental health is vital to not only your personal wellness, but your overall wellbeing. For something so important, your experience should be one you look forward to and anticipate. You deserve a dental practice that exists in a category apart from all the rest--a category of one. Dr. Maximo has created a patient-centric approach to dental care that puts you first, always. In *Your Smile is a Gift: Look Younger and Feel Healthier with Your Smile*, you'll discover what sets Woodlawn Dental Center apart and how they have created a unique environment focused on a comfortable, relaxed experience. You will also learn how to best care for your smile at every stage of your life, using it as leverage to: - Improve your overall health - Increase your self-confidence - Reduce your risk of disease - Unlock your full potential

smile first dental wellness: Opportunities in Dental Care Careers Bonnie Kendall, 2000-09-22 Opportunities in Dental Care Careers offers job seekers essential information about a variety of careers within the dental care field and includes training and education requirements, salary statistics, and professional and Internet resources.

smile first dental wellness: Sugar Bugs Erica Weisz, Sam Weisz, 2015-02-20 With its light-hearted, engaging illustrations and dental friendly language, this book is a perfect introduction for children to discover the importance of taking care of their teeth. Follow Robbie as he befriends a sugar bug family, the Mutans, who move into his mouth. The Mutans love the sweets that Robbie eats for breakfast, lunch, and dinner. But as the Mutans eat more and more of the junk food he never brushes away, Robbie sees that the Mutans aren't such great friends after all. When Robbie starts to feel changes in his mouth, his parents decide it's time to see the dentist to fix his sugar bug problem. At the dentist's office, Robbie discovers the amazing instruments used to clean teeth and the three rules to stop another family like the Mutans from moving into his mouth.

smile first dental wellness: Orthodontic Management of Agenesis and Other Complexities Michael Arvystas, 2003-05 Extracted from Burgener and Kormanos Differential Diagnosis in Conventional Radiology, focuses on the radiographic diagnosis of gastrointestinal diseases.

smile first dental wellness: An Easy Guide to Adding Orthodontics Onto Your Dental Practice K Amanda Wilson Mds, Dds, 2020-11-24 Of the over 200,000 primary care dentists in the U.S., most have little to no formal educational training in orthodontics. Those who do seek training often have to resort to expensive and time-consuming weekend services. You learn on the job through trial and error, but those errors can be expensive and unfortunate for both patients and doctors. An Easy Guide to Adding Orthodontics onto Your Dental Practice fills that gap by helping you reduce your cost and your trial and error period by providing valuable solutions for doctors and their teams. Author Amanda Wilson, MDS, DDS has been in the field of dentistry for nearly two decades. She is an orthodontist, dental consultant, and dental advisor by profession; she previously served as dental director for SmileDirectClub and is the founder and CEO of StraightSmile Solutions. Wilson has seen almost everything, wants to give back to the field, and has made it her mission to help doctors build out their practices, educating them on how to create healthy and happy smiles for their patients. That's where the idea for An Easy Guide to Adding Orthodontics onto Your Dental Practice was born. Within the pages of this book you'll learn about how to start up, what machines to buy, training a competent dental assistant and treatment coordinator, how to maximize time and revenue, various kinds of invisible aligners, IDB and functional appliances, diagnosing and

treatment planning, how to upsell necessary services to your patients, how to market your new orthodontics menu of services in a variety of ways, and so much more. If you're looking to make your practice more lucrative and need practical tools, tips, and tricks of the trade then you need to pick up a copy of *An Easy Guide to Adding Orthodontics onto Your Dental Practice*.

smile first dental wellness: The Reference Manual of Pediatric Dentistry American Academy of Pediatric Dentistry, 2019-12-03 The Reference Manual of Pediatric Dentistry is intended to encourage a diverse audience to provide the highest possible level of care to children. This audience includes, but is not limited to: pediatric dentists, general dental practitioners and other dental specialists, physicians and other health care providers, government agencies and health care policy makers, individuals interested in the oral health of children. The Reference Manual of Pediatric Dentistry is divided into five sections: (1) definitions, (2) oral health policies, (3) recommendations, (4) endorsements, and (5) resources.

smile first dental wellness: An Introduction to Oral and Maxillofacial Surgery David Mitchell, 2014-12-17 Highly Commended, BMA Medical Book Awards 2015 An Introduction to Oral and Maxillofacial Surgery encompasses the full range of oral and maxillofacial surgery. It also addresses the necessary core competencies for undergraduates and those pursuing basic specialist training. The second edition now includes international perspectives. In the UK, oral a

smile first dental wellness: The Smile Revolution Colin Jones CBE, 2014-09-25 You could be forgiven for thinking that the smile has no history; it has always been the same. However, just as different cultures in our own day have different rules about smiling, so did different societies in the past. In fact, amazing as it might seem, it was only in late eighteenth century France that western civilization discovered the art of the smile. In the 'Old Regime of Teeth' which prevailed in western Europe until then, smiling was quite literally frowned upon. Individuals were fatalistic about tooth loss, and their open mouths would often have been visually repulsive. Rules of conduct dating back to Antiquity disapproved of the opening of the mouth to express feelings in most social situations. Open and unrestrained smiling was associated with the impolite lower orders. In late eighteenth-century Paris, however, these age-old conventions changed, reflecting broader transformations in the way people expressed their feelings. This allowed the emergence of the modern smile par excellence: the open-mouthed smile which, while highlighting physical beauty and expressing individual identity, revealed white teeth. It was a transformation linked to changing patterns of politeness, new ideals of sensibility, shifts in styles of self-presentation - and, not least, the emergence of scientific dentistry. These changes seemed to usher in a revolution, a revolution in smiling. Yet if the French revolutionaries initially went about their business with a smile on their faces, the Reign of Terror soon wiped it off. Only in the twentieth century would the white-tooth smile re-emerge as an accepted model of self-presentation. In this entertaining, absorbing, and highly original work of cultural history, Colin Jones ranges from the history of art, literature, and culture to the history of science, medicine, and dentistry, to tell a unique and untold story about a facial expression at the heart of western civilization.

smile first dental wellness: OZONE Velio Bocci, 2010-10-05 Oxygen-Ozone therapy is a complementary approach less known than homeopathy and acupuncture because it has come of age only three decades ago. This book clarifies that, in the often nebulous field of natural medicine, the biological bases of ozone therapy are totally in line with classical biochemistry, physiological and pharmacological knowledge. Ozone is an oxidizing molecule, a sort of super active oxygen, which, by reacting with blood components generates a number of chemical messengers responsible for activating crucial biological functions such as oxygen delivery, immune activation, release of hormones and induction of antioxidant enzymes, which is an exceptional property for correcting the chronic oxidative stress present in atherosclerosis, diabetes and cancer. Moreover, by inducing nitric oxide synthase, ozone therapy may mobilize endogenous stem cells, which will promote regeneration of ischemic tissues. The description of these phenomena offers the first comprehensive picture for understanding how ozone works and why. When properly used as a real drug within therapeutic range, ozone therapy does not only does not procure adverse effects but yields a feeling

of wellness. Half the book describes the value of ozone treatment in several diseases, particularly cutaneous infection and vascular diseases where ozone really behaves as a “wonder drug”. The book has been written for clinical researchers, physicians and ozone therapists, but also for the layman or the patient interested in this therapy.

smile first dental wellness: Comprehensive Esthetic Dentistry Florin Lăzărescu, 2019-09-16
Nothing can replace the sense of professional fulfillment and personal reward that comes from successfully restoring a patient's smile. This book, which serves as a complete primer on esthetic dentistry, is aimed at that precise reward. Informed by the latest scientific research and clinical evidence, the authors provide readers with keen insight into the artistic aspects essential to achieving a truly esthetic outcome. Preliminary chapters cover esthetic analysis, effective treatment planning, use of digital dental photography, and the importance of interdisciplinary collaboration. Further chapters outline effective treatment protocols, including the principles of ultraconservative restoration, tooth whitening, anterior and posterior all-ceramic restorations, in-office CAD/CAM technology, implant placement and soft tissue management in the esthetic zone, and the usage of minimally invasive procedures. This book, in its extensive knowledge and passionate voice, represents the union of function and beauty in dentistry, and in doing so, establishes itself as a comprehensive resource in the field of dental esthetics.

smile first dental wellness: *365 Days of Social Posts for Dentistry* Rachel Mele, 2017-05-03
365 Days of Social Posts for Dentistry is a daily guide for dental practices to create funny, informative, educational and engaging social media posts centered around getting and keeping patients. Each day of the year includes examples of what to say and how to say it with links to live examples. No Dental Office Marketer should be without this valuable tool! - Ed Zuckerberg. Every dental practice should have a copy of '365 Days of Social Posts for Dentistry.' It's the perfect gift for study clubs and dental companies to give as thank you gifts to referring practices and to dental companies' customer bases. - Linda Miles. No more guessing about what to post on social media. This book is packed full of great ideas. Thanks, Rachel. - Dr. David Fantarella. An essential for your social media tool box! Excellent launch pad ideas you can personalize for your practice. Keep this book handy, and you'll never be at a loss for words - Rita Zamora. I never knew there were so many dental 'holidays.' 'Love Your Teeth Day' is my new favorite.- Amy Pelchat, Granby Dental Center. When done right, social media is a sure fire way to get new dental patients. This book will ensure you do just that.- Naomi Cooper. 100% of the proceeds from 365 Days of Social Posts for Dentistry are being donated to Oral Cancer Cause. OCC provides financial support to improve the quality of life for oral cancer patients. To learn more visit, www.oralcancercause.org.

smile first dental wellness: *Be Prepared, Not Scared - 12 Steps to Emergency Preparedness* Michelle Jorgensen, Dds, 2020-12-15
Have recent events left you feeling overwhelmed, worried and scared? Do you feel unprepared for what might come next? Get prepared, one step at a time. That is what this proven 12 step program is all about - preparing for short and long term emergencies, and making it something everyone can do. Dr. Michelle has used this program and information to help thousands of families gain confidence and security in facing the future. This book takes complicated preparedness topics and makes them simple and possible, even if you have limited time and resources. The program and book are designed to be completed over a 12 month period, however you can take it at your own pace as you are able. Checklists, instructions, explanations and links and recommendations are here to make preparing something you CAN do. Learn details and how-tos for Water and Food Storage, Growing Food and Cooking food in an emergency, Kits and plans for evacuation and Sheltering in Place, Communications, First Aid, Heat and Light and more. This is a complete guide to preparedness that every family needs on their shelf to face the coming years and events. Join Dr. Michelle as you make your way through 12 steps to preparing your family, life and home for the future.

smile first dental wellness: *The Physiological Dentist* David Frey, Gordon Rye, 2018

smile first dental wellness: *Confessions of a Former Cosmetic Dentist* Michael Zuk Dds, Michael Y. Zuk, 2010-05-10

smile first dental wellness: Going to the Doctor Anne Civardi, 2002 This text is designed to introduce young children to the new situation of going to the doctors in an amusing and friendly way. It is a good starting point for children and adults to discuss the experience, and can also be used by slightly older children to read for themselves.

smile first dental wellness: Wellness Marketing Aurelio Gisco, Fabio Ancarani, 2014-12-17T00:00:00+01:00 A new wellness market is being formed by the convergence of various fields such as functional food, healthcare, pharmaceutical, dental, and fitness. The traditional dental practice evolves towards the model of «smile clinics chains». The traditional pharmacy gives way to genuine retailers with large exhibition spaces, sophisticated merchandising and a wide range within which prescription drugs are only one of the types on sale. The companies in the healthcare industry are gradually miniaturizing and digitalizing their devices. And more, if primary care physicians and dentists use diagnostic equipment once the exclusive domain of clinics and hospitals, and sometimes they buy online through portals, pharmaceutical companies suffer from the competition of cosmetic companies operating in the line of food. With food and functional products - from anti-cholesterol yoghurt that strengthens bones, through dietary supplements - they replace, fir illnesses and diseases which are not serious, some categories of drugs. While gyms and spas on the one hand and clinics on the other come to resemble more and more: the first offer beauty and health treatments, the latter wellness treatments. Thus a new competitive environment that requires special expertise is arising: The Wellness Marketing, where customer and market orientation must be integrated with technological skills essential for success, and where specific strategies are needed and marketing activities targeted. Then what is the identikit of the successful company in the market of Wellness Marketing? The book offers concrete answers, first clearly defining the concept and boundaries of Wellness Marketing, then delving into real cases, the emerging issues, to provide the management of the sector strategic responses and guidance on activities essential to success.

smile first dental wellness: Essential Wellness Nancy J. Hajeski, 2019-07-16 Enhance your physical and mental well-being through practical solutions that are easy to incorporate into your daily routine. Whatever your goals, Essential Wellness walks you through the many ways you can maximize health and minimize stress. Whether you're recovering from illness, controlling your weight, managing an addiction, minimizing the effects of aging, or simply boosting your overall well-being, this book provides you with recipes, routines, tips, and tricks for living your healthiest life. It introduces powerful tools that are easy to incorporate into your daily routine, including yoga, meditation, massage, and herbal remedies. Essential Wellness covers the simple but effective tools you can use to care for body and mind.

smile first dental wellness: Pediatric Dental Medicine Donald J. Forrester, Mark L. Wagner, James Fleming, 1981

smile first dental wellness: Hood Wellness Tamela J. Gordon, 2024-06-18 "A funny, thought-provoking, and profound memoir about the intersection of Blackness and health. Gordon's vision of a more just future feels both inspiring and possible." — Kirkus Starred Review What does self-care look like when struggling to make ends meet, living with a disability, or navigating intersectional marginalization? How can you prioritize well-being while divesting from systems built to destroy you? The answer: Hood Wellness, a groundbreaking exploration that challenges the oppressive systems deeply rooted in health and wellness industries in the United States. In a world where self-care is critical to survival, Gordon offers a revolutionary perspective that celebrates individuals' unique privileges, challenges, and desires. By defying the norms of multi-billion-dollar industries, Hood Wellness illuminates the possibilities that emerge when we prioritize well-being while divesting from harmful structures. Hood Wellness is also a deep exploration of people forced to overcome harrowing circumstances with little more than communal support and the will to get well. From terminal illness and police violence to embracing gender identity in a society that's attacking trans and queer rights, each story reflects America's extreme political, racial, and gender climates. Gordon challenges everything we think we know about wellness by calling out the wellness industry's inability to include those outside the margins of white, heteronormative identities. She

lays plain that self-care as we know it is mostly just surface-level cute, and communal care is the call-to-action that America needs. Drawing on elements of memoir, self-help, humor, critical race theory, and devastatingly honest storytelling, Gordon guides readers on a transformative journey toward a new paradigm of wellness. This compelling book serves as a beacon, empowering individuals to cultivate resilience and self-love in today's world. As Gordon shares her personal odyssey, she intertwines the stories of others, revealing her profound discoveries, triumphs, and passions related to self-care. Hood Wellness introduces readers to an inclusive and accessible self-care primer and an approach to well-being that holds the potential to bring about profound change in their lives.

smile first dental wellness: Healthy Mouth, Healthy You! Michelle Coles Jorgensen Dds, Michelle Jorgensen, 2019-01-07 An honest and open-minded guide to whole-body-health written by a dentist that has been where you are. Dr. Michelle Jorgensen, DDS, nearly lost her health and career due to problems in modern conventional dentistry. This sent her on a quest to find the materials and procedures in dentistry that are dangerous to health, and how to prevent problems as well as heal from disease. After years of in-the-trenches work, she has created a simple to read, easy to understand guide to Whole Body Wellness. You will learn that whole body wellness begins in the mouth. She shares new research that shows dental health is the cause or a contributor to 60-80% of all chronic disease. She also teaches how to never have a cavity again, how to eat for dental and overall health, and how to care for your teeth once a day, the right way. If you have been frustrated with conventional dentistry and the drill and fill...and bill method of treatment, this book will be a breath of fresh air for you. Dr. Jorgensen also shares openly about the problems in dentistry today, how they are impacting your health, and what you can do to get out of the mess you are in. Avoiding internet hype about dental health, she gives straight forward advice, backed by the latest research, in a simple to use format. **Healthy Mouth, Healthy YOU** highlights: -Understanding what causes cavities and how to avoid them-How to clean your mouth, Once a Day, the Right way-Which cavities can be healed and how to do it-What dangers lurk beneath root canals and mercury fillings-A clear picture of the devastating affects of unchecked gum disease-How to eat for better mouth and overall health-Why teenagers and pregnant women get more cavities and what to do about it-And more...

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Non-Members Alike Putting Together a Healthy Competition Measuring Activity, Results and Awareness Incentives for Healthy Lifestyles Designing Incentives to Boost Outcomes Behavior's Role in Health Status Incentives Influence Behavior, Corporate Culture Refining Requirements A Bona Fide Wellness Program The Challenges of Sustaining Participation Incentive Programs Behind-the-Scenes A Promising Prognosis*Case Study: ACIPCO Incentives Stimulate Gains in Productivity, Compliance and Safety The Building Blocks of Success Approach to Wellness at ACIPCO Important Indicators Incentive Insight from Experience*Case Study: Onus on THR Employees to Be Healthy A Unique Role Strategic Goals and Measurements THR's Long-Term Strategy Program Vision Impacting the Bottom Line Looking Ahead*Q&A: Ask the Experts More Medical Behavior Integration Incentives for HRA Participation Making HRA Completion Mandatory The Legal Ramifications of Incentives Assessing Readiness for Telephonic Coaching Who's Online Counseling for Occupational Traumatic Stress Role of Communications in Engaging Employees Employers Reaction to Workplace Wellness Engaging the Workforce Implications of the Selection Process Program Development and Decision-Making Getting on Board with Healthy Competition Programs Looking Ahead Most Effective Communications Tools Getting Participants to Track Their Progress Opening Programs to Non-Members Incentive Program Time Frame Sustaining Motivation Calculating Improvement in Complex Measures Self-Reported Behavior Change Software for Health Screenings Getting into the Wellness Game Employee Coverage Reporting ROI*Glossary *For More Information *About the Authors

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