



A Little Exercise = Big Benefits

Health guidelines suggest 30 to 60 minutes a day of exercise, but it takes a lot less than that to make a big difference in your health. Various medical studies showed these benefits for people who did just a little exercise. According to the No Sweat Exercise Plan (A Harvard Medical School Book):

* One hour of gardening per week showed a 33 percent lower death rate.

* Walking just one hour each week resulted in a 51 percent lower risk of coronary artery disease.

* Regular, demanding house cleaning lowered heart attack risk by 54 percent for men and 84 percent for women.

* Exercising just 30 minutes a day on six days per month resulted in a 43 percent lower mortality rate from all causes.

Exercise benefits reduced the risk of dying from all causes by 20 to 30%.

Quote of the Month

"If your ship doesn't come in, swim out to it."

Jonathan Winters

Worn Crooked Teeth + Bleeding Gums = A Recipe for Disaster

We've all seen smiles with crooked and overlapped teeth that also have worn, broken and/or chipped edges. What we may NOT notice is the puffy, inflamed and infected gums that surround those teeth.



Crowded and crooked teeth are more challenging to keep clean, both with brushing and flossing as well as with the tongue, cheeks and lips. As such, higher levels of plaque with harmful bacteria collect in the

nooks and crannies created by these poorly aligned teeth. The bacteria can cause gum tissue surrounding the teeth to breakdown and if not treated will result in bone loss, and bad breath.

These same crowded and poorly aligned teeth can create excessive stress and pressure on the teeth and jaw bones. This can lead to worn and/or broken edges of front and back teeth. This premature wear can also lead to poor root support, loose teeth and eventual tooth loss.

Straightening your teeth can make a significant difference in having a healthy mouth, a healthy body, and keeping your teeth for a lifetime. If you have overlapped, worn, crooked, chipped teeth, puffy, red, bleeding gums, bad breath or loose teeth, call for a consultation at **(858)454-3221**. We will inform you of the options for straightening your teeth and get you on the road to a healthy life. You don't know what you're missing!



Shopping for Sheets? You'll Need to Know More Than the Number

Nice soft sheets can make drifting off to never-never land a pleasure, but duplicating that feel in your next set can be a little tricky. It's important to consider both the thread count and the quality of those threads.



Thread count refers to the number of threads in a square inch of fabric both lengthwise and widthwise. A thread count of 200 or more is considered percale. Many high-thread-count sheets have the sateen finish. They are beautiful and have a wonderful feel.

Europeans don't designate a thread count in their sheets. Instead, packages tell how the sheet is made and what kind of cotton it

is made of.

Egyptian cotton from the Nile Valley is the best. Its fibers are up to 2 inches in length, compared with Pima cotton, which has fibers 7/8-inches long. The longer the fiber, the finer the cotton.

Some sheets boast thread counts of 600, 800, or 1,000. Generally, however, it's hard to tell the difference as counts go higher than 600.

Home Improvement Projects Can Be Hazardous to Your Health

Though spring is a couple of months away, it's time to think about what home improvements you will make this year.

They can be a balancing act in more ways than one. First, you have to decide whether you can do a project yourself, whether you have to hire it out, and what you can afford to do.

If you don't feel comfortable doing a job, don't do it. If you are uncomfortable working



on the roof because of its height, get a professional to do what needs to be done.

It's also best to pass on any job that requires specialized tools. You can probably rent large equipment, but the question after that becomes whether you can operate it skillfully and safely.

Electrical work should be done by a professional. The dangers of shock and electrocution are too great to risk. And as a do-it-yourselfer, you could make dangerous building code violations. If a plumbing job requires more than changing a faucet, you are better off with a professional as well. Water damage is expensive to repair.

When you do decide you are capable of doing a job and have the time to do it, keep this safety advice in mind.

* Keep the work area neat. Pick up tools and sharp objects. Keep extension cords untangled, and pull nails and screws out of discarded boards.

* Unplug electrical tools before adjusting them. Follow safety guidelines in the instruction manual.

* Wear sturdy clothes, boots, safety glasses, and gloves. Wear a dust mask when sanding wood or wallboard.

* Place a ladder on a flat, firm surface. Keep your weight centered on it.

* Varnishes, solvents, and adhesives may contain toxic vapors. Check the labels to see if you need a respirator.

* Keep a fire extinguisher in your workshop.



Both Brown and Wild Rice Boast Big Health Benefits

In some parts of the world, the word for "to eat" literally means "to eat rice." In fact, it may be the world's most popular food, supplying as much as half of the daily calories for half of the world's population.

The most nutritious kinds of rice are brown and wild rice, say doctors at Louisiana State University.

They have high amounts of fiber, complex carbohydrates, and essential B vitamins. And

they contain a compound that reduces the amount of cholesterol produced by the body.

In the mineral department, a cup of wild or brown rice contains half the daily value of manganese, 27 percent of selenium, 20 percent of magnesium, and 18 percent of a person's daily requirement of tryptophan.

Half a cup of brown rice also contains two grams of fiber. This means it passes quickly through the colon,

reducing the risk of cancer.

The fiber in brown and wild rice also binds with estrogen so there is less of the hormone circulating in the bloodstream.

High levels of estrogen have been shown to trigger changes in the cells that can lead to breast cancer.

While white rice is softer and fortified to contain B vitamins, it lacks fiber, containing only 1/10th the

amount in brown rice.

Long-grain and wild rice are the gourmet's favorites. Short-grain, however, has similar health benefits.



5 Tips for Increasing Male Fertility

If you have had little luck in starting a family, there are things you can do, and we don't mean spending \$10,000 on in vitro fertilization.

Doctors now know that the problem of inability to conceive lies as often with the man as with the woman, but many causes are reversible.

1. Check your prescriptions. Those that affect fertility include antidepressants like Prozac, beta-blockers for hypertension, the stomach ulcer drug Tagamet, and pain medications like morphine and oxycodone. Avoid anabolic steroids and testosterone creams and

medications, which decrease production of sperm.

2. Have sex every other day during ovulation, about 10 to 18 days after a woman's period starts. Columbia University's Dr. Harry Fisch, author of *The Male Biological Clock*, says that after five days without sex, a man has a higher volume of fluid. It dilutes the concentration of sperm and makes sperm less active.

3. Stay fit. Anything that makes the body unhealthy, such as a disease, toxins or excessive alcohol use will decrease fertility.

4. Lose weight. Fat converts testosterone to estrogen in men

who are obese or have a waist circumference of more than 40 inches. Anti-estrogens like Clomid can be used for the problem.

5. See a urologist. Check for a blockage that can easily be corrected.



Your Wrinkles And Signs Of Pre-Mature Aging Can Be Reversed

Seems like an unbelievable claim, I know. But the truth is, missing and damaged teeth can wreak havoc on your facial features and attractiveness.

Let me give you an example: In the case of a missing tooth, or multiple missing teeth, the body begins to dissolve and reabsorb the surrounding bone because there is nothing there requiring its support. This results in premature aging through unnatural **creases and wrinkles**.

What happens is the space between your nose and chin decreases, meaning your nose often appears larger and more prominent. Your face then begins to look as though it is trapped in a perpetual frown as the creases pull down the corners of your mouth. This chain reaction then leads to what is commonly known as a "fallen face," and the chin

develops a distinctive point, otherwise known as a "witch's chin."

Jowls may then form and **make the face look even more unnatural**. Sometimes the tongue will even enlarge because of the increased demands placed on it from missing teeth. This can cause speech and chewing problems. And once you've lost one tooth, it becomes much easier and more likely that you will lose others.

Of course, the same troubles affect denture wearers as well. You see dentures don't fool the jaw bone. Because dentures aren't permanent, they don't stimulate the bone enough to keep its shape and form, which in turn gives your face shape and form.

But despite the severity of these issues, most of them can be stopped or even reversed with the proper help. In fact, many of my patients arrive in my

office looking older than they actually are and leave **looking 10 to 15 years younger**.

Not only do they look younger, they **look younger longer**. In fact many claim my treatments did more for their looks than any facelift!



Dr. Briscoe

If you're suffering from one or more missing or damaged teeth, please **call for your FREE Consultation now**. It won't cost you a dime and you'll learn everything you need to know to reclaim your health and your good looks.

For your free consult, just **call 858-454-3221 today**.

Charles Briscoe, DDS
La Jolla Dental Care
7737 Herschel Avenue
La Jolla, CA 92037

TO:

New Years Resolutions:

Along with loosing weight and getting in shape, having a healthy mouth should be one of your New Years resolutions. Science has shown that gum disease and decay may increase the risk of atherosclerosis – induced conditions such as coronary heart disease and stroke, respiratory diseases, adverse pregnancy outcomes and complications of diabetes. Regular cleanings, checkups and treatment of any decay and infected teeth insure a healthy mouth, which is the gateway to the body.

On The Personal Side...

December started with decorating the house and office for the holidays. How fun it is to pull out all the ornaments and decorations from years gone by.

Matthew set three personal best times in an early December swim meet and qualified for sectionals. Now, his team's real focus is on the Senior Class Swim Meet in Feb. '11.

Nancy's mother arrived a few days before Christmas for a two week visit. It's her first trip west in three years and her first Christmas since losing Nancy's dad.

Charlie is enjoying his week after Christmas off.

Nancy, Matthew, and Charlie wish all of you a healthy and prosperous New Year.

Team Member Highlights

This year the Team celebrated the Holidays by going out for dinner at the Fairbanks Ranch Country Club and enjoying each other's company. The night was spent in laughter, fun, bad dental jokes and dancing. We, here at La Jolla Dental Care, wish that your Holiday Season was as joyful, warm, and enjoyable for your family as ours was for us. We look forward to seeing you in the New Year to help you keep your resolutions and meet your goals for the best YOU ever.

