



## Protect your teeth from acid in food and drinks

The acid in food and beverages can cause tooth enamel to erode. Saliva helps to restore it, but it goes only so far. To minimize the damage, dental authorities at the Mayo Clinic recommend:

\* Consume fewer acidic products between meals, including citrus fruits, sodas, fruit juices, wine, tart candies and anything containing vinegar.

\* Eat or drink these products with a meal. Food neutralizes acids and helps to eliminate them from your mouth.

\* Avoid consuming acidic foods and drinks before going to bed. Saliva production decreases when you sleep.

\* If you must have a regular soda during the day, drink through a straw to minimize contact with your teeth. Never hold the liquid in your mouth.

\* Neutralize acid with a bit of cheese, water or fluoride mouthwash.

\* Try sugarless gum to stimulate saliva.

## Quote of the Month

**"The true measure of an individual is how he treats people who can do him absolutely no good."**

Ann Landers

## How to enhance your brain power

Cross-training is good for more than building muscles.

It helps the brain find new pathways between previously isolated regions. Doctors at Harvard Medical School have found that if you practice multiple things, you actually get better at all of them.

In its Secrets of Greatness series, Fortune magazine says science is proving what some have felt for a long time, the benefits of cross-training.

To strengthen pathways that aid thinking, a person has to do something

repeatedly.

The more varied your skills, the more varied are the pathways. They allow you to reach back for insights and apply them to something totally dissimilar. The more reservoirs of knowledge you have, the easier it can be to make decisions.

Examples of people who put this theory to practice include Secretary of State Condoleezza Rice, who is also a concert pianist, and Yankee outfielder Bernie Williams, who is also a recording jazz guitarist.

Examples from history

include Leonardo da Vinci (sculpture, painter, inventor) and Thomas Jefferson (President, violinist, architect).



## Gardening that saves your knees and back

Thinking about taking up gardening?

William Alexander, author of *The \$64 Tomato*, has some advice for you: Start small, stay small and grow only what you can't buy cheaply in season at the supermarket.

In spite of many easy-



gardening devices available at home improvement stores, it takes more than tools to maintain a garden. It can be back-breaking work, especially if your back is already tender.

That's why Alexander likes to plant sugar snap peas because they grow on a trellis and he can stand up while harvesting them. He also likes low-maintenance leeks and shallots.

Using plastic weed block between rows will also spare your back by reducing weeding. If you still have to weed, use a sharp stirrup hoe and stand up when you utilize it.

Tomatoes are another favorite of gardeners almost everywhere. When planting, remember that they take a lot of space. Leave three to four feet between plants so you can walk around them to harvest.

Also remember to fertilize as directed and use a sturdy cage around each plant that is up to six feet high. A tall cage is especially important for varieties like Big Boy. Without one, the plant will fall to the ground and you'll have to get on your knees to harvest.

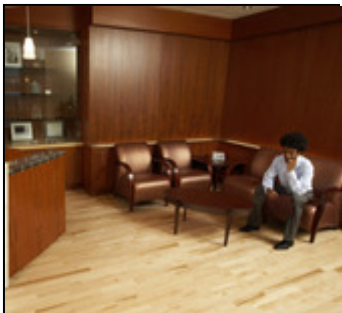
Unless you plan to preserve tomatoes, don't buy more than six plants.

## Go Green, AND Beautiful, With Renewable Bamboo Flooring

In this age of "green" shopping, more consumers are looking for products that preserve the earth's resources instead of contributing to depletion or pollution.

Bamboo has a lot going for it in the green world. It can be used in products such as flooring, clothing and paper and it can help preserve hardwood forests.

With high sustainability and environmentally sound origins, bamboo floor



coverings have become the ideal choice for those looking to adorn their homes with the beauty of a hardwood flooring while considering environmental issues.

Floor retailers have been quick to catch on to the consumer-lean toward greener products. And many now offer high-quality bamboo floors in various styles and colors.

Bamboo is also used to make dishes, sheets, towels, rugs, baskets, window shades and bath mats.

One of its greatest strengths is that it is a renewable resource that can produce several crops a year. Bamboo

also grows rapidly in a wide range of climates and is considered eco-friendly because it does not require the use of pesticides. It also requires little water and can grow as much as a foot in one day.

Bamboo is also often blended with organic cotton to make underwear, T-shirts and other articles of clothing. Fabrics made with it are said to have a silky texture and are biodegrade-

able.

Another factor in bamboo's favor is its contribution to reducing global warming. Bamboo's canopy releases 35 percent more oxygen than a comparable group of hardwood trees■

*Spend some time*



## 3 Easy-To-Follow Tips For Staying Healthy

### Another reason to exercise

Add this to your incentives to exercise: You'll have longer telomeres. Telomeres are caps at the ends of chromosomes, which tend to shorten as people age. Who needs them? Anybody who wants fewer wrinkles, stronger muscles and more resistance to disease. Studies by the University of Medicine and Dentistry of New Jersey and elsewhere show that people who exercise the most have longer telomeres.

### A caution on flavored waters

They look good, taste good and are hydrating. But some have

almost as many calories as a bottle of regular soda. Plus the sugar and fructose corn syrup sweeteners are absorbed differently.

Purdue University reports that when two groups were fed the same number of calories from jelly beans or drinks, the candy group compensated by eating less, but the drink group didn't and wound up gaining weight.

Researchers also warn against depending on flavored waters fortified with vitamins, herbs, minerals and caffeine. Some of these drinks have no studies backing up their claims. Others may take you over the recommended daily allowance when combined with food and a daily supplement.

### Testing the grumpy guys

Doctors at Harvard Medical School say testosterone supplements restore sexual function in men, make them stronger, build their bones, reduce fat and could get rid of the blues or grumpies.

Testosterone levels decline in men beginning at age 40. Though deficiency is often treated in older men, endocrinologists at Harbor-UCLA Medical Center feel that men of all ages should be tested for deficiency. There is also some concern that deficiency could be involved in prostate cancer, according to the National Cancer Institute.

# New NCAA Rules Push Athlete Academics

## National Collegiate Athletic Association gets tough on Division I graduation rates

The National Collegiate Athletic Association is upping the ante by requiring better and more consistent performance from athletes in Division I sports programs.

After the four-year average of its Academic Progress Rate (APR) is calculated in May, schools with unsatisfactory graduation rates could be penalized, including lost scholarships. In the future, those with consistently low graduation rates among athletes could be banned from post-season games.



The NCAA insists that it will be enforcing the new rules. They expect 45 percent of basketball teams, 40 percent of football teams, and 35 percent of all teams to be penalized under APR.

On average, Division I schools graduate about 77 percent of all athletes, according to the NCAA. The Associated Press Top 25 recently showed that some do far better than others. North Carolina, for example, graduated 86 percent of its basketball players while most others graduated just 40 percent.

Dr. Nathan Tiblitz, co-chairman of the Coalition on Intercollegiate Athletics, says sports-mad Americans play a part in the problem.

They don't care how college athletes are admitted, whether they graduate, or whether they go on to

the NBA. They want winning teams whatever the cost, he says.



Schools aren't doing kids a favor by admitting them when it's unlikely that they will succeed academically, Tiblitz continued. Those kids could

be seeking good jobs and training outside of college.

Instead, 17-year-olds are wined, dined and treated like royalty. They are mesmerized by fancy hotels, fancy locker rooms and college facilities.

But when they are later cut from the team, break a leg or finish their eligibility, they need an education. Otherwise, they may have nowhere to go and no way to make a living.

## Learn How To Avoid The Seven Threats To A Beautiful Smile

If you were with us for the last two issues, you'll recall **Threat #1** to your dental health was **Neglect**, either by you or your dentist, and **Threat #2 was Under-treatment**.

This month we're discussing **Threat #3, Over-treatment**.

How does a dentist over-treat a patient? By not getting clear on exactly what the patient wants.

For example, let's say a patient walks into the dentist's office and tells her, "I want a whiter, brighter, pretty smile."

A dentist's first task would be to carefully evaluate the current health of her patient's teeth, observing the position of each tooth, look, color, shape and

overall condition.

Once those steps are complete, the dentist would likely move on to discussing possible treatments with the patient including selectively straightening specific teeth and then bleaching all of them.

Now, that could be a relatively simple thing to do. It would not require a lot of dental care and could range from \$1,000.00 to \$2,000.00 from start to finish.

Over-treatment rears its ugly head when the dentist doesn't get clear on the fact that this is ALL the patient REALLY wants.

Instead they assume the patient is looking for, or should be looking for, "the perfect smile."

Now, over-treatment is not nearly as risky to your health as the others we'll cover, but it does put the strong-arm on your wallet.

Moral of the story? Get clear on what you want then make sure your dentist is reading from the same page.



**Dr. Briscoe**

If you have more questions about this topic and/or would like to take advantage of our FREE No-Obligation Evaluation, just **call 858-454-3221**

And don't forget to tune in next month for the most common dental threat of all!

## Did You Know...

Periodontal disease affects three of four adult Americans. It is a silent invader with symptoms easy to overlook.

Although your mouth may appear to be in good health at this time, stresses, body changes, life changes, medications, illness, and age can tax your immune system.

Bleeding gums after brushing or flossing is often ignored, but is the first sign of a periodontal problem.

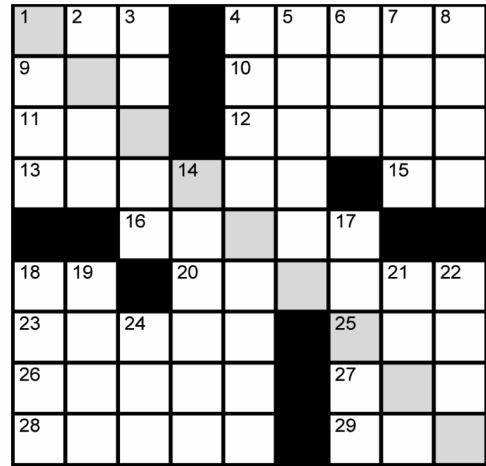
Maintaining regular re-care appointments offer you the assurance that any problems in regard to your oral care will be addressed immediately.

Please call 858-454-3221 for more information.

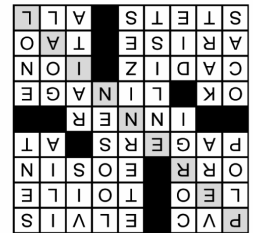
## Yearly visitor

Across

1. Hard plastic, for short
4. "The King"
9. DiCaprio, to fans
10. Linen fabric
11. Bruin legend Bobby
12. Red fluorescent dye
13. Items on belts
15. Expressing a rate
16. Baltimore's \_\_\_ Harbor
18. All right
20. A rate of payment for written material
23. Spain's Gulf of \_\_\_
25. Charge carrier
26. Come to mind
27. Chinese "way"
28. Cancels, in printing
29. 100% Down
1. Raindrop sound
2. Designer Wang
3. Welsh dog
4. Causes to continue indefinitely



5. Relax
6. \_\_\_ a \_\_\_, face to face
7. Hip bones
8. Emailed
14. Sign up
17. Indian side+dish
18. Wood sorrels
19. Go-\_\_\_
21. Hockey score
22. Carbon compound
24. Game piece



The headline is a clue to the answer in the diagonal.

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