

NEWSLETTER

SmileHaven Dental and Wellness Spa

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HAPPY APRIL EVERYONE!

This month we are going to emphasize the importance of antioxidants! Each day we are exposed to free radicals—unstable molecules that steal or “scavenge” electrons from other molecules. Many of the physical effects we call aging are a result of a free radical damage. And no matter how healthy you try to be, you receive free radical damage every single day. Examples of free radical damage would include environmental pollution,

unbalanced diets, preservatives and additives in food, insufficient physical exercise, mental stress, and even breathing. When left unchecked, free radical damage to your cells accumulates and can lead to serious health concerns later in life. In fact, free radical damage can cause premature aging and is a large factor in the deterioration of health over time. Our wellness center offers a variety of vitamins and supplements for everyday use that enhance health.

COUPON

Present this coupon and get **\$10 off** your \$25 antioxidant scan. Limit 1 per person. Valid until 05/01/2019

VITAMINS AND YOUR TEETH

CALCIUM is one of the most important minerals for healthy teeth because it strengthens your enamel.

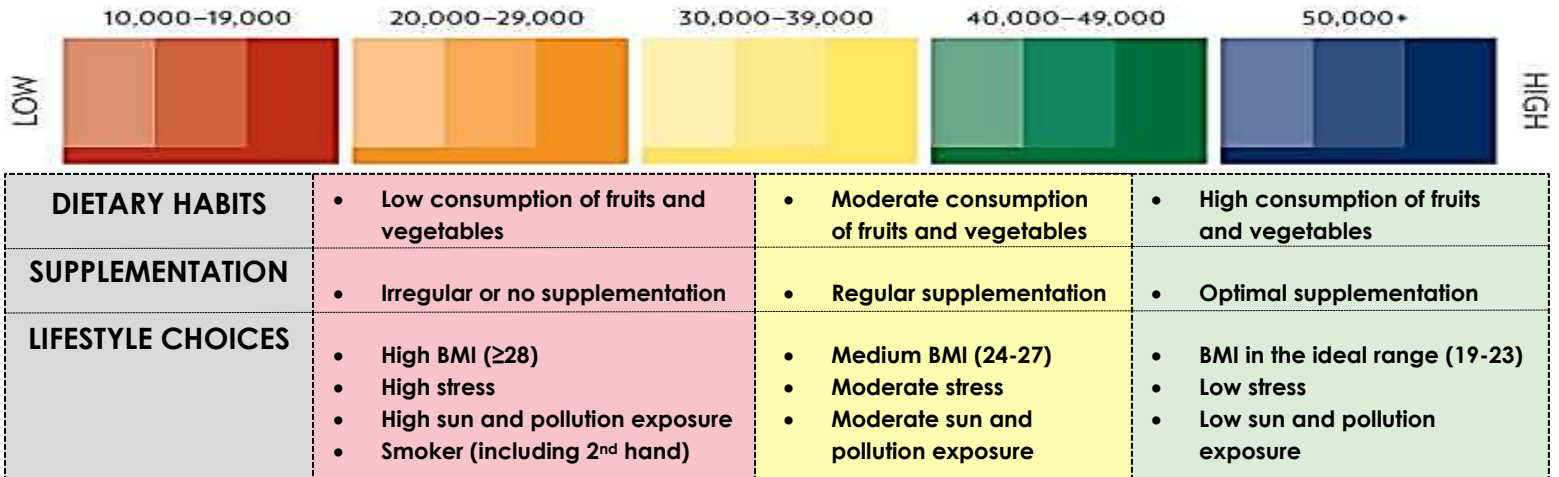
VITAMIN D3 K2 is doubly important because not only does it boost mineral density, it also helps absorb, carry, and deposit calcium in the bones that support your teeth.

PHOSPHORUS plays a critical role in dental health because it naturally protects and rebuilds tooth enamel.

VITAMIN A is a key nutrient in keeping your gums healthy as well as building tooth enamel.



WHAT DOES YOUR SCANNER SCORE MEAN?



Antioxidants are your first defense against **free radicals**—they freely share their electrons and stop the degenerative chain reaction of free radicals. Our bodies **naturally** generate some antioxidants, and **certain foods** also contain antioxidants. However, new research shows additional sources of antioxidants may provide added protection against a growing onslaught of free radical invaders. To **protect** yourself from free radicals, you should:

- **Avoid** pollution and other toxins.
- **Don't smoke**, and avoid second hand smoke.
- Take **nutritional supplements**
- Eat a **balanced** diet.
- **Increase** sun exposure without burning
- Consume at least **5 to 10** servings of fruits and vegetables each day
- Choose fruits and vegetables that are **high** in **Carotenoids**, especially those in the red, yellow, and orange families.

7 Signs you may be vitamin D Deficient



YOU FEEL "BLUE"

Serotonin (brain hormone associated with your mood) rises with exposure to bright light and falls with decreased exposure.



YOU HAVE DARKER SKIN

Your skin pigment acts as a natural sunscreen. The more pigment you have the more time you will have to spend in the sun.



YOU'RE 50 OR OLDER

As you get older your body tends to produce less vitamin D.



YOU'RE OVERWEIGHT OR OBESE

Vitamin D is fat-soluble, which means body fat acts as a "sink" by collecting it. If you're overweight you'll likely need more than a slimmer person.



YOUR HEAD SWEATS

One of the first signs of a vitamin D deficiency is a sweaty head.



YOU HAVE GUT TROUBLE

If you have a gastrointestinal condition that affects your ability to absorb fat, you may have lower absorption of fat-soluble vitamins like vitamin D.



YOUR BONES ACHES

Vitamin D deficiency causes a defect in putting calcium into the collagen matrix into your skeleton, which causes achy bones.

BENEFITS OF VITAMIN D



Can slash your risk of cancer by as much as 67%



May have a beneficial impact on all autoimmune diseases



Exhibits infection-fighting abilities in the treatment of pneumonia, colds and FLU