



Charles J. Boettcher, D.D.S.

Monthly Newsletter

Fantastic News!



www.columbiagazette.com

Everyone here at Dr. Boettcher's office is excited to have a monthly newsletter to share with all our patients. We feel this is a great way to stay connected and keep you up to date on what's going on in the office. We will share with you office news and upcoming games and giveaways. So please stay tuned and make sure to read through the whole newsletter for a little bit of knowledge and a whole lot of fun and laughs!

THIS Month's
OFFICE NEWS

The Chao Pinhole® Surgical Technique



Dr. Boettcher and Gina, one of our Dental Assistants, had an amazing opportunity to travel to California to attend a seminar on a new dental technique. Dr. Boettcher and staff are now able to offer a new non-invasive procedure for correcting gum recession. Please visit our website for more information. www.drboettcher.com

Fun Facts:

February



- National Children's dental health Month
- The word February comes from the word 'februa' - which means cleansing or purification, and reflects the rituals undertaken before Spring.
- 7th - Charles Dickens was born in 1812
- 11th - Thomas Edison born in 1847
(The phonograph and the motion-picture projector were only a few of Thomas Edison's more than 1,000 inventions).
- 12th - Birth of Charles Darwin in 1809

TRIVIA: February Edition

Ghirardelli chocolates were first sold in the US to which group of people?



Please send your answer and name to: boettchertrivia@gmail.com, all correct answers sent in by February 25th will be entered into a drawing on February 29th for a prize! Correct answer and winner will be announced in the next newsletter. Good Luck!

Joke of the Month:

An old farmer is inconsolable after his dog goes missing. He takes out an ad in the newspaper, but two weeks later, there's still no sign of the mutt. "What did you write in the ad?" his wife asks. " 'Here, boy,' " he replies.

If you would like to have one of your jokes featured in future newsletters please send them to: victoria.rowley7@gmail.com please label email "joke of the month", please also remember this is a family newsletter.

Recipe of the Month



Jicama, Carrot, and Green Apple Slaw

● Prep 30 m ● Ready In 30 m

Recipe By:SerenaBloom

"Flavorful take on an old bbq stand by. Other seasonings can be added as well, depending on preference. I find that chili powder adds a nice kick. Serve right after tossing if you prefer a nice crunchy slaw or let marinade in the fridge for an hour before dishing up. Great with grilled veggies, Mexican style corn on the cob, and smoked chicken breast."

Ingredients

- 2 cups shredded napa cabbage
- 1 (1 pound) jicama, peeled and shredded
- 2 cups shredded daikon radish
- 2 Granny Smith apples - peeled, cored and shredded
- 2 large carrots, shredded
- 1 firm pear, shredded
- 1/4 cup finely chopped cilantro
- 2 tablespoons olive oil
- 3 tablespoons orange juice
- 1 tablespoon lime juice
- sea salt and pepper to taste

Directions

1. Place the cabbage, jicama, radish, apple, carrot, pear, and cilantro into a mixing bowl. Sprinkle with olive oil, orange juice, lime juice, salt, and pepper. Toss until evenly blended and serve.

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If you would like to have one of your recipes featured in future newsletters please send them to: victoria.rowley7@gmail.com please label email "recipe of the month".

Foods That Naturally Whiten Teeth



REGULAR BRUSHING AND FLOSSING remain your best protection against tooth decay and gum disease. However, there are some tooth-friendly

foods out there that will help you maintain a healthy, bright smile and even naturally whiten your teeth! Here are some foods that help whiten your teeth.



Fruits And Veggies

Fruits such as apples and strawberries contain malic acid which removes surface stains from your teeth and whitens enamel. Strawberries are also beneficial in that they contain ellagitannins, antioxidants that are known to reduce stain-attracting bacteria and inflammation in your mouth.

Furthermore, apples—along with celery, carrots and pears—have a high water content. This increases production of saliva, which washes away bacteria in the mouth. Pears are also great for neutralizing odor-causing bacteria on teeth that lead to bad breath.

Pineapple is the only food that naturally contains bromelain. Guess where else we can find bromelain? In stain-removing toothpaste! Bromelain is a compound that has anti-inflammatory and cleansing properties and is effective in removing surface stains from your teeth, resulting in a brighter smile.

Please watch this short video <https://www.youtube.com/watch?v=fiCCC46iyeo?rel=0>



Natural Scrubbers

Other foods act as a natural brush due to their abrasive texture. Broccoli, seeds and nuts, and, yet again, apples, scrub your teeth and naturally remove bacteria and plaque. Eat these foods in the afternoons to clean and polish your teeth, giving them a brief midday brush. What's more, broccoli is high in fiber and iron, resulting in a lower risk of inflammation in your mouth and a greater protection against the enamel-degrading acid that is produced by bacteria.

Dairy



Cheese and milk are full of calcium, which we all know is very good for teeth and bones. Calcium, as well as other minerals and proteins coming from dairy products, protect tooth enamel from erosion and decay. They also don't stain your teeth as items such as coffee, wine, or beets would.

More Than Just Brushing



Achieving and maintaining a healthy, bright smile is more than just eating foods that can damage your teeth (mainly sugary drinks and candy, as well as refined, starchy foods) and then brushing the consequences away. To keep your mouth clean and smile white, avoid foods that can damage or stain your teeth, and opt for some of the healthier options mentioned above. Your teeth will thank you for it!

UPCOMING: March on in and bring a NEW Patient Friend! You and your new patient friend will be entered into a drawing for a spectacular prize!! Keep watch for more details!

You are always welcome to join us on; [Facebook](#), [Twitter](#), [Pinterest](#), [YouTube](#), [LinkedIn](#), [Google+](#), www.drboettcher.com

Thank you for being our valued patient and friend.

If you have any questions or concerns with this e-newsletter, or would like to be removed, please contact us at victoria.rowley7@gmail.com

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[Med-Health.net](#), fruits and veggies, [www.iwillnotdiet.com](#), nuts and apples, [fitplaybook.net](#), dairy, [www.90210dentist.net](#) no sugary foods.

The content on this newsletter is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of qualified health providers with questions you may have regarding medical conditions.