

# Quick Bites

Your Newsletter from

**Daniel A. Humiston, DDS**

1337 N. Taylor Drive  
Sheboygan, WI 53081

In This Issue:

**“Simple Resolution Helps Insure Your Smile throughout the New Year and Beyond!”**  
Page 1

**“A Healthy & Strong Immune System”**  
Page 1

**“Have You Made Your New Year’s Financial Resolutions Yet?”**  
Page 3

**“There’s a Word for it”**  
Page 4

**“When It Comes to Prescription Drugs, Get Smart”**  
Page 5

Volume 4, Issue 1

# Quick Bites

*A little newsletter with  
Easy to Use Tips to Get More Out of Life*

## “Simple Resolution Helps Insure Your Smile throughout the New Year and Beyond!”

The holidays have passed and you’re presented with a brand New Year. 2009. What will it hold? Which treasures, opportunities, and challenges, will be revealed and woven into the fabric of your life this year?

### **New Year’s Resolutions CAN Work!**

Did you ever look back at a long list of New Year’s resolutions from years gone by and wonder just exactly why so many have fallen by the wayside? Never acted upon, or just barely begun before having been abandoned? Would you like to make an enormous difference in your health and your life in 2009? How wonderful would it

*(Continued on page 2)*

## “A Healthy & Strong Immune System”


*By Dr. Cliff Sheats*

Your immune system is a complex network of various types of cells and organs that work to fight disease, from the common colds to deadly cancers. Proper nutrition is the most powerful way to keep your immune system strong. And a strong immune system is your fortress against disease.

What can you do to modulate your immune system? First, it’s vital to follow a diet which contains adequate complete protein requirements and is rich in natural carbohydrates and essential fatty acids. Furthermore, "anti-oxidant" supplements play a major role in fortifying your immune system.

Anti-oxidants are a special class of nutrients that fight “free radicals”, a group of cells that damage otherwise healthy cells. Free radicals are cellular aberrations, formed when mole-

*(Continued on page 6)*



**TAYLOR DRIVE  
DENTAL CARE**

Daniel A. Humiston, DDS  
1337 N. Taylor Drive  
Sheboygan, WI 53081

TaylorDriveDental@SBCGlobal.net  
www.SheboyganDentist.com

Phone: 920-452-4688  
Fax: 920-452-4670

(Continued from page 1)

be next Christmas to look *back* at 2009 and realize that you've fulfilled dreams and achieved goals you'd set at the start of this brand New Year?

### Sometimes the Best Gifts Come in the Tiniest Little Packages

The simple gift I'm about to share with you has the amazing power of extending your life and the lives of your loved ones. In fact it's *so* powerful it's almost difficult to convey the benefits without the words appearing sensationalized. Like hype. But they're not.

In fact this "fountain of extended health and wellness" has been cited in many of the most prestigious highly respected medical journals: Journal of the American Medical Association, 2001; 285: 40-41. , British Medical Journal 1993 March 13; 306(6879): 688-691, Clinical and Diagnostic Laboratory Immunology, March 2002, p. 425-432, Vol. 9, No. 2.

Making and *keeping* this simple resolution

not only has far-reaching consequences, *HUGE* positive *BENEFITS* for your health, but it's truly quick and easy, and costs you nothing!

### Why Most New Year's Resolutions Fail

It doesn't take rocket science to figure out why most New Year's Resolutions bite the dust on such short order. It's really rather easy to figure. Most resolutions require way too much time and effort to maintain, for the perceived benefit. For example...

"Show up at the gym 3 times a week and restrict caloric intake to 1400 calories per day to lose one pound per week!" Don't laugh, this is one of *the* most common New Year's Resolutions, *and* one of the *first* to be broken!

### A Resolution You Can KEEP for LIFE

If you read any of the articles I've cited earlier, they all point towards the link between Gum Disease and Heart Disease. Heart Disease has been well established as one of *the* (Continued on page 7)

An EASY to KEEP Resolution to Brighten Your Smile at Our

## "JANUARY WHITE SALE"

Save \$<discount>  
on in-office whitening

Normally <usual fee>  
You pay just <offer fee>

We know keeping New Year's resolutions can be hard. So we've come up with a plan to help you keep that promise to **look better and feel more confident with a beautiful, dazzling smile.**

Just schedule a visit for any time before this  
*offer ends on February 15, 2009*

*Not to be combined with any other offer*

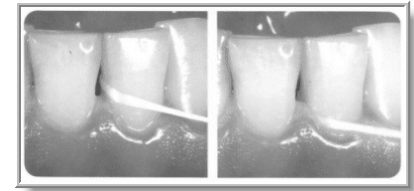
## "Simple Resolution Helps Insure Your Smile throughout the New Year and Beyond!"

(Continued from page 2)

leading causes of death in adults today.

The Simple "Magical" Health Resolution I've been speaking about is daily DENTAL FLOSSING. A few minutes each day, done *correctly*, will significantly decrease your risk of gum disease. Of course if you already *have* gum disease you'll need more than just flossing to eliminate the *infection* causing the problem.

The early stages of gum disease often have *no symptoms*, only a gum exam by the dentist or hygienist can detect the problem before the onset of irreversible permanent jaw bone damage... or worse, the possible systemic (whole body) effects of the bacteria on your heart and entire vascular system. At your next visit ask us for a reminder demonstration of *Effective Flossing*. But until then, here's a simple Guide to Follow Daily:



1. Wrap the ends of a 12 inch length of floss around your middle fingers
2. Pull *both* ends of the floss to create a "C" Shape around each side of each tooth
3. Gently slide the "C" Shape *below* the gums until it stops. Gently drag back up and down.

Share this simple "Health Gem" with your closest friends and loved ones for a happy, healthy New Year!

*A New Year's Resolution we can Help You  
Finally DO SOMETHING About!*

*Tired of Your Stained, Chipped or Crooked teeth?*

**"TAKE <\$280>  
OFF ANY  
COSMETIC  
TREATMENT  
OR SERVICE"**

and enjoy the perfect smile you deserve.

Do it NOW.

**Offer Ends February 15, 2009**

*Not to be combined with any other offer*

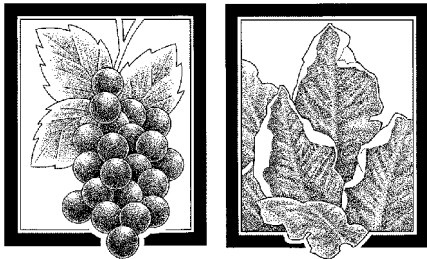
## “A Healthy & Strong Immune System”

(Continued from page 1)

cules come up with an odd number of electrons. These cells work at destroying healthy cells by stealing oxygen. In turn this weakens the immune system.

Free radicals are not a problem if they are captured by the body's arsenal of anti-oxidants. Problems arise when free radicals outnumber the anti-oxidants ... a situation that results from aging and exposure to pollutants and toxins.

Unchecked, free radicals roam the body, scavenging for oxygen and ultimately creating the type of cell damage associated with arthritis, cancer, heart disease, and other degenerative diseases.



### A Healthy Gut is a Healthy YOU!

Most people are not aware of a VERY important fact. Approximately 70% of our immune system is located in our gut.

We come into this world with a wonderfully healthy gut. The proper balance of friendly bacteria resides throughout the gut and very few pathogens are present.

However, as we age and eat the typical American diet... we change the balance of our gut chemistry and start the road to poor gut health.

Various other factors negatively impact our gut. For example, antibiotics are needed from time to time to help us overcome various infections along the way. But, antibiotics also strip away the good bacteria inside our gut.

Also, chlorinated water has proven to strip away vital friendly gut bacteria.

What's more, eating processed, refined, nutrient deficient foods negatively impact our gut. In some cases, we can even develop an over proliferation of yeast inside our gut. This causes a whole other set of problems for the immune system.

I've spent years researching the available literature in science that deals with gut health. Two opposing words describe if your gut is "healthy" or "unhealthy."

A healthy gut is in great working order with the proper balance of live friendly bacteria and minimal pathogen impact. This "balanced" gut is referred to as "orthobiosis."

On the other hand, an unhealthy gut that is in disarray with too few friendly bacteria and too many pathogens is an unbalanced gut. This unhealthy gut chemistry is referred to as "dysbiosis" of the gut.

This unhealthy gut negatively impacts our immune system. In my Clinic I do Advanced Nutritional Laboratory Analyses to ascertain your gut health providing the protocol to correct your gut issues and modulate your immune system.

*Dr. Cliff Sheats is a National Best Selling Author, Board Certified Clinical Nutritionist with a Ph.D. in Health Sciences.*

*For more information go to [www.VERYBESTYEARS.com](http://www.VERYBESTYEARS.com) and learn how to **TURN BACK Your Biological Age 10 - 15 Years in 12 Weeks!***

*“Shoot for the moon.  
Even if you miss, you'll land among the stars.”*

-- Les Brown

## “Have You Made Your New Year's Financial Resolutions Yet?”

By Ron Caruthers

During the holidays, many people binge on food, drink, AND spending. Then, once January rolls around, they make resolutions that deal with their diet and exercise programs, but not necessarily with the money.

Especially with how crazy 2008 was from a financial standpoint, let's take a look at some things you can do to make 2009 your least stressful money year ever.

### Keep track

First, spend less than you make. I know, this is an obvious one, but when I counsel families individually, most have no clue where their money actually goes. They just know that they never seem to have enough.

If this is you, then start by getting a small notebook, and tracking every single dollar you spend. Don't cheat, either. You do NOT need fancy computer software or spreadsheets to do this. But very quickly, you will get an idea of where your money is actually going, and you will find areas you can save money on that you won't miss. For instance, instead of going out every day for an expensive designer coffee, you might go a few times a week.

### Build an emergency fund

Next, begin to save at least 10% of your income in something that is no more aggressive than a savings account at your local bank, until you have at least six months of living expenses set aside in cash. This is the number one financial mistake that most people make. They may be contributing to their company 401k, but have no emergency fund. I tell my clients that until they have at least 6 months cash set aside, they haven't earned the right to contribute to a retirement account, no matter what the tax savings are. Hopefully, you'll never need this

money, but if you do, you'll be eternally grateful that you followed this advice.

### Ditch the debt

Pay down credit debt, but only *after* your emergency fund is built up. I know, this is an obvious one also....much like telling you to diet and exercise if you want to lose weight. On the other hand, if you're not doing it, the reminder is helpful. And, it helps to know exactly what order to do things in.

So, once your cash reserve is built up, then you can begin to pay down any high interest credit card debt that you might have, which will allow you to save even more money in the future, once you've eliminated those payments as well.

Contribute to an IRA or 401k, but only after you've done the previous steps. Now, you've earned the right to begin to

think longer-term, because you've taken care of your short-term finances.

### NOW focus on the future

Review your wills and trusts to make sure they're up to date. For this one, you don't have to wait until you've paid everything else down. But it is worth noting that many families die 'intestate', which is without any will or trust whatsoever, and many others have a tragedy with a will so outdated as to render it useless leaving their family and loved ones in the lurch. These tips will get you started in the right direction of 'fiscal fitness'. So make it your resolution to stick with this for all of 2009, not just the first few months.

*Ron Caruthers is the host of The Ron Caruthers Show and the author of 'What Your Guidance Counselor Isn't Telling You.' He can be found online at [www.RonCaruthers.com](http://www.RonCaruthers.com)*

*“No one can make you feel inferior without you consent.”*

— Eleanor Roosevelt



© The New Yorker  
Collection 1993  
Bernard Schoenbaum  
from cartoon-  
bank.com. All Rights  
Reserved

*"I need some short-term economic stimulus."*

## “Not Just for Breakfast Any More”

By Florence Markoff

Last month we looked at some of the more familiar ways eggs have made their way into our everyday speech in phrases like “nest egg,” “good egg,” “egghead” and “egg on one’s face.”

But eggs have also made their way into some rather unexpected – even mysterious -- places.

For example, have you ever wondered why, when there’s no score in tennis it’s called “love”? If so, you’re not alone.

Scholars looked for the reason for this unusual word, too, and finally came up with an explanation.

“Love” it seems, came into tennis when the English imported the game from France. In that country, no score was called “L’oeuf,” the French word for egg because a zero resembles an egg.

When the English began playing tennis, players stumbled over — and routinely mispronounced — the unfamiliar word.

Eventually they simply gave up and transformed “L’oeuf” into “Love.” And when tennis crossed the Atlantic Ocean to us Americans, we

adopted the English term and used “love” to indicate no score at all.

The egg in the slang expression “to lay an egg” — meaning to fail badly — also has nothing to do with the output of a hen.

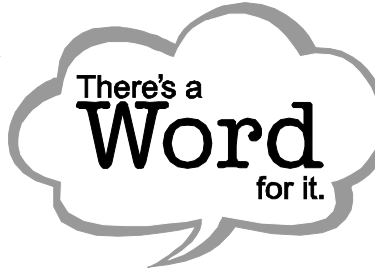
Instead, like “love” it comes from the world of sports.

In the British game of cricket, a score of zero is called “a duck’s egg,” again because of the shape.

When we Americans picked up the idea for our national pass-time, we called those zeros “goose eggs” and said that when a

team failed to score, they had laid an egg on the scoreboard. The phrase caught on and, today, when someone fails at anything — whether on the field or off -- it’s often described as “laying an egg.”

Of course, if you’re a fan the last thing you want is for your team to lay one of those eggs, so you probably do your best to “egg” them on. But if you do, you won’t really be talking about eggs at all, because that phrase comes from a totally different source. It’s a corruption of the old expression to “edge” someone on, meaning to encourage them.



## “When It Comes to Prescription Drugs, Get Smart”

Getting a prescription filled is such a routine task, most people do it without thinking about it. And that’s potentially a big mistake, according to medical experts -- one that could hamper your treatment or, in some cases, do real harm.

People who don’t take the time to learn about their medications, both prescribed and over-the-counter, run the risk of misusing them in ways that could damage their health.

Pharmacists and health-care advocates urge people to make themselves “medicine smart” by asking questions, keeping track of what medications they are taking and building a relationship with their family pharmacy.

For starters, Ray Bullman, executive vice president of the National Council on Patient Information and Education, suggests that patients keep a detailed list of all the medications they’re taking, both prescribed and over-the-counter, and bring that list whenever they visit their doctor or pharmacist.

“Often when patients visit their doctors,” says Bullman, “they won’t have information available about the medicines they are taking. It is important for their doctor to have that information.”

To help keep track of medications, it’s also a good idea to choose one pharmacy for all your prescriptions and get to know the pharmacist. That way, if you’re visiting different doctors and they’re prescribing you medications separately your pharmacist will be able to see any potential interactions and other problems.

The National Council on Patient Information and Education recommends bringing a list of questions about each prescription for your doctor and pharmacist. The questions include:

- What is the name of the medicine and what is it for? Is this the brand name or the generic name?
- Is a generic version of this medicine available?
- How and when do I take it, and for how long?
- What foods, drinks, other medicines, dietary supplements, or activities should I avoid while taking this medicine?
- When should I expect the medicine to begin to work, and how will I know if it is working? Are there any tests required with this medicine?



- Are there any side effects, what are they, and what do I do if they occur?

- Will this medicine work safely with the other prescription and non-prescription medicines or dietary and herbal supplements I am taking?

- Do I need to get a refill? When?

- How should I store this medicine?
- Is there any written information available about the medicine?

Finally, people should understand that all drugs have risks as well as benefits, and be ready to have a frank discussion with their health-care professionals about those risks, Bullman said.

“We’re encouraging them to raise that issue and have that dialogue with the prescriber about risks versus benefits,” he said. “There may be an alternative medication to the one the patient is taking that would better suit their lifestyle.”

*“None of us will ever accomplish anything excellent or commanding except when he listens to this whisper which is heard by him alone.*

— Ralph Waldo Emerson