



Dear Dental Family,

December 2018

My team and I like to have you come to our office as a client, get to know you as a friend, and think of you as part of our dental family. It is for this reason that this 26th Happy Holiday letter has been written. So many of you have achieved and maintain great dental health, and require maintenance rather than a lot of dental work on a yearly basis. Because of this I do not need to see you as often, and it is hard for me to be able to connect and share with everybody what goes on within our dental clinic. We strive to evolve personally and professionally to make our team and workplace environment the best it can be.

Time always goes quickly, and this year seems especially so. I continue to lecture within my community and my profession. I love to share the knowledge I have learned. In July, I lectured about the integrative component of Invisalign with Whole Body Wellness in Las Vegas. Lately I begin my lectures by showing a picture of my parents, who are now 94 and 98, at their last birthday party. Sadly, I no longer have control of their oral health. If I had known what I know today, and had the current technology available 30 years ago, I would have been able to create a healthier foundation for both of them. Yes, they have their natural teeth, which was my goal, but I have become aware of how fragile the body becomes at this age. Abscesses and bleeding gum tissues can compromise our whole system. Infection can be silent, and can create decline or death that we may misdiagnose, saying "it was their time." Unfortunately, there are no simple answers, except that the more easily we can cleanse our mouth, the better our chances are to maintain a healthy oral environment. Creating strong physiological foundations (optimizing the mouth to enhance body strength and stability) are a key principle that I desire for my clients.

In the Integrative Technology world, we are beginning to include within our practice DSD, Digital Smile Design. We are able to look at 3-D videos of how we are seen in the world, rather than a static before and after snapshot. This makes so much sense as we are always moving, and hopefully never frozen. The opportunity seeing changes, and to see how we project is really important. I feel so much internal happiness after treatment, when comparing before and after smiles. We see such significant changes, including more youthful looking faces. A great bonus. Statistics show that an enhanced smile is the biggest help towards a significant makeover! This can be created either through Invisalign alone, or a combination of Invisalign, whitening, and cosmetic modifications. Without prompting, post treatment smiles are always wider, more confident and healthier. I have always said that smiling helps endorphins release. Endorphins are our best natural vitamins. Now I embrace the fact that sustained smiles allow multiple endorphins to be released. It is an important part of how we greet people and interact in this world. We are happy to do a digital smile design for you to view. Please ask, and we can arrange a complementary visit.

More and more my role in the office is about education, and helping my patients to have a solid foundation. We want to build the best smile for a lifetime in a minimally invasive way. We offer digital scanning for each of our patients, so that we can record and observe changes that can occur over time, and look at possibilities for the future.

On a personal note, on November 4th I got married, barefoot on the beach in Santa Cruz, California. Brian and I met 4 1/2 years ago in Brazil at a spiritual retreat. Our long-distance relationship gave us time to know that we were with the right partner, and included sharing our worlds over Skype every evening. And yes, I am not moving to California! Brian has embraced the cold climate to be with me in Toronto. He knows about cold winters, having grown up in Minneapolis, and has given up the hot-house climate in California. His work is spiritual psychology.

We are blessed at the office that everyone continues to be well. We are grateful to our clients who join us and share their lives with us. Dr. Bernie, Dr. Leyla, Dr. Naz, and Dr. Urusa are a great support within the office. They continue to expand their education, and Dr. Naz has completed a special course on implants. We are beginning to study with a dentist in the United States who has helped patients with Tourette's syndrome, OCD, ADHD and stuttering problems. These patients have become remarkably better by wearing an oral appliance. Incredibly life-changing. We will keep you updated and informed.

I would like to acknowledge my team for the exceptional work that they provide throughout the year, ensuring optimal dental health. The over 30-year group includes Rosemary, Karen, Caron and Terri. The 20+ group keeps expanding including Sandy and Ljil. And the 10+ year group includes Margaret, Jessica, Francesca, Norma and Sandra. We welcome Sarina at our front desk this year. After many years, Terri will be retiring from our practice to enjoy more time with her family. Irene will be setting up her own hygiene clinic in the east end. We wish them both well and thank them for their wonderful contributions to our practice.

We are so blessed to have so many wonderful people in our lives. It gives me and my team a lot of happiness to have you as part of our world, and we are grateful. Thank you for being part of our happy dental home. I will be creating the second edition of my book, "Your Mouth: The Gateway to a Healthier You." If anyone would like to have an e-book, please let us know and we will be happy to send a complementary e-book to you.

And.... This year we upgraded our organic fresh squeezed carrot juice to include a blend of organic carrot, celery and ginger. We hope you enjoy it.

Wishing you a wonderful holiday and an exceptional year ahead with good health and joy!

Blessings and Love,
Dana and Team

Dana. Dejana - IRENE - Jelena
Leyla Elly NAZ Bernie Salma Jessica Colleen
CATALINA Patricia Hayla Soraya Rosemary Urusa
Hindy Maryam Sandy (Monika) Esron Tijana Habibi Behna
Francesa Sarina Sandra
Kare Agg Terri Norman
Mii Margaret Norma
Jasmina