

HOME OF DENTISTRY

April

Magical Smile Newsletter

Home of Dentistry

Dr. Harjinder Girn

2-3221 Derry Road West

Tel: 905-785-8444

Fax: 905-785-8333

www.homeofdentistry.ca



Inside:

- The Power Of Positive Thinking!
- Can Restaurants Ruin Your Diet?
- What Is Invisalign?
- All About You!

April

~Strategic Thinking ~

“Learn from
yesterday, live
for today, hope
for tomorrow.”

-Albert Einstein

SUDOKU

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | | 5 | | 3 | | | |
| 5 | | | 8 | | 3 | | | |
| | 3 | | 6 | 7 | 2 | 5 | | |
| 7 | 4 | | | | | 2 | 6 | |
| 9 | 6 | | 4 | | 1 | | | 5 |
| | 5 | 2 | | | | 4 | 7 | |
| | | 5 | 7 | 2 | 9 | 3 | | |
| | | | 1 | | 5 | | | 6 |
| 2 | | | 6 | | | | | |

How To Play: Fill in the grid so that every row, every column, and every 3-by-3 box contains the numbers 1 through 9.

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 2 | 6 | 8 | 9 | 5 | 4 | 7 | 3 | 1 |
| 5 | 9 | 7 | 8 | 1 | 3 | 6 | 4 | 2 |
| 4 | 1 | 3 | 6 | 7 | 2 | 5 | 9 | 8 |
| 8 | 7 | 4 | 5 | 9 | 1 | 2 | 6 | 3 |
| 9 | 3 | 6 | 2 | 4 | 7 | 1 | 8 | 5 |
| 1 | 5 | 2 | 3 | 8 | 6 | 4 | 7 | 9 |
| 6 | 8 | 5 | 7 | 2 | 9 | 3 | 1 | 4 |
| 7 | 4 | 9 | 1 | 3 | 5 | 8 | 2 | 6 |
| 3 | 2 | 1 | 4 | 6 | 8 | 9 | 5 | 7 |

“Don’t be
pushed by your
problems.
Be led by
your dreams.”

Author Unknown

The Power of Positive *Thinking*

As described in **Creative Thinking Training - Thinking Outside The Box**, it is a common and accepted idea that a person tends to become what they think about.

This notion has broad implications because it shows you can change the amount of success you achieve by changing the way you think.

Nowhere is this more meaningful than in the area of positive thinking. Positive thinking is not some new age idea used by trendy, offbeat organizations. On the contrary, it is a most definitive science of thinking that has demonstrated beyond a shadow of a doubt the connection between personal achievements and the power of positive thinking.

Relying on negative feedback to achieve

excellence could not be farther from the truth. Evidence shows a 9 to 1 ratio for the difference in achievements in an environment rich in positive thinking compared to negative thinking.

To know this fact is one thing but to change thinking patterns is another and it isn't easy. It requires constant awareness of your negative thoughts to change them to positive affirmations.

This paradigm shift has taken firm roots in the past decade where the positive thinking strategy has become an accepted standard as being directly related to the success or lack of it of an organization.



Is It REALLY Possible To Eat Healthy At A Restaurant?

-By Johnny Sorensen

If you and your family love to eat at restaurants as I do, you may think that this lifestyle is not good if you're trying to maintain a healthy diet. In many cases, you would be correct. However, you can still enjoy restaurants occasionally while maintaining your healthy diet. It's all about making good food choices, which starts with learning about the nutrition you need to stay happy, physically healthy, and active.

When you pick up the menu, start by skipping over the drink section. Although you may be tempted to enjoy a beer or mixed beverage with your

dinner, these usually have many empty calories, which is not good for your body. Plus, alcohol is a depressant, and that can be havoc on your motivation the next day. The exception to this rule when it comes to alcohol is wine, especially red wine, which can be fine if you have a single glass and can actually help prevent heart disease for some patients.

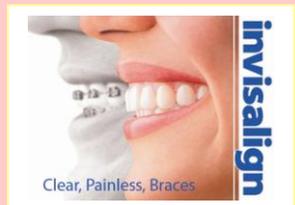
Also skip over the appetizer menu, unless it's to over a side salad. The appetizers at restaurants are usually fried, high-fat foods that are not meant to fill you up and can in fact make you crave even more high fat foods. Examples of these are mozzarella sticks, potato skins, and buffalo wings. Instead, simply focus on your main course or, if you must indulge, share a single serving with the entire table of people. When choosing your main dish, it is of course

important that you look at the ingredients carefully. Anything with cream sauces or high-fat meats should be avoided, and pass up the potatoes or onion rings. Instead, move over to side dishes like vegetables or ask for just the main course whenever possible.

Remember too that portion is everything. Try to order off of the lunch menu whenever you can, and ask for a doggie bag right away. Split your meal in half from the start so that you are not tempted to eat the entire thing. You'll find it is quite enough for two or three portions.

At the end of your meal, pass over the desert menu, just like you did with the appetizers. Again, you can share a single desert with the entire table if you feel compelled to order, or split your portion in half. Many fancy desserts are restaurants have more calories than your entire meal, so keep this in mind before you flag down the waitress to put in an order!

GOOD LUCK and Remember You Always Have Full Control Over What You Consume!



Invisalign can give you the beautiful straight teeth you've always wanted. It works through a series of invisible, removable, and comfortable aligners that no one can tell you're wearing. So you can smile more during treatment as well as after.

Invisalign® uses a series of clear removable aligners to straighten your teeth without metal wires or brackets. Ask your Dentist if **Invisalign** is offered

This news is all about you...

March 2008 • Practice Name • (000) 000-0000

With Heartfelt Thanks For Your Referrals

There's no question that I have the BEST patients on the entire planet.

My business is built on word of mouth advertising and I'd like to thank those who were kind enough to recommend my services to their friends.

Thank you sooooo much!

Welcome New Patients!

We love giving recognition to our new friends and our wonderful existing patients who are kind enough to refer their friends and relatives to us! We're all helping each other, which is the whole point of all this! Right?

Special Offer

We will credit your dental account with **\$100** towards any cosmetic treatment you may need or want upon completion of your regular exam.

Call Dr. Harjinder Girn

today at **905-785-8444**

to schedule your appointment

and get started on your

beautiful smile!

Patient Quiz!

Last Month's Quiz Question:

What do you call a fake stone in Ireland?

Answer: A SHAM ROCK

This Month's Quiz Question!

What has four legs but can't walk?

ANSWER: A Table