



HOME OF DENTISTRY

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Magical Smile Newsletter

Home of Dentistry
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February

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How They Did It: The Biggest Loser's Best Share Their Secrets



Did you know...

-That green is associated with St. Patrick's Day because it's the color of spring?

- That the shamrock is a traditional symbol because Saint Patrick used the three-leafed shamrock to represent how the Father, the Son and the Holy Spirit could exist as separate elements in the same entity?

-That the first St. Patrick's Day in America was celebrated in Boston in 1737?

-That the following things on St. Patrick's Day will bring you good luck? Finding a four-leaf clover, wearing green, and kissing the Blarney Stone.

By Rochell D. Thomas

Here we turn to the newly minted diet experts from Season 3 of NBC's The Biggest Loser for free advice. And why not? After all, under the guidance of the show's ace team of doctors and physical trainers, 19 of this season's contestants lost more than 100 pounds in eight months — without surgery. Even more impressive, 11 of those people did it at home with no help from super trainers Bob Harper and Jillian Michaels, so they must be doing something right. If dropping a few is on your list of New Year's resolutions, consider the following:

Eat five or six small meals a day / Amy Hildreth, lost 106 pounds-

Most of the BL3 dieters eat six or seven 300-calorie small meals each day because, as Hildreth learned, "You have to

eat to lose." "That was something that I never quite wrapped my head around before," she says. "I thought when you're hungry that means you're losing weight. But that's not the case. You need to keep your body fueled to continually lose and to have the energy to work out and perpetuate the cycle."

Keep count / Jaron Tate, lost 160

pounds- "Know how many calories your body needs and how many calories you're actually stuffing into your mouth," says Tate, who now eats 1,800 to 2,000 calories per day. "A quarter-pounder with cheese is 850 calories. A large apple [which weighs about the same] is 100. And if you're having a salad, put salsa on it instead of ranch." Two tablespoons of ranch dressing: 220 calories. Salsa: 20.

Ginnie Borque, lost 114 pounds-

"I do a lot of little things," says Borque, one of the 36 Biggest Loser at Home dieters. "I don't like coffee without sugar and cream, so I switched to tea. I started carrying water bottles wherever I go, traded cocktails for Diet Coke, and I fill up on broccoli instead of French fries."



The Biggest Loser Trainers
Bob Harper & Jillian Michaels

*Stop the excuses and start making
SMALL changes that can change
your life!*

Coaching & Personal Development

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For those in sports who stress the importance of character development, one of the most significant roles that can be modeled by a teacher or coach is that of a spiritual mentor. The role of a spiritual mentor embodies educational tenets that specifically focus on character development. Three of most important are the following:

1. Teaching and coaching are cooperative arts. In other words, students and athletes learn from teachers and coaches by applying self-evident principles to certain competitive situations and, in turn, arrive at knowledge of things they did not previously know. Hopefully this knowledge leads to the pursuit of virtue.

2. Physical education teachers and coaches do not simply stimulate students and athletes. While players possess an in-born potentiality for knowledge and good behavior, coaches help them actualize this potential. Thus, by giving good example physically, mentally, and morally, coaches should attempt to teach athletes to practice, compete, and live in a way which maximizes their full potential as human beings.

3. Teaching and coaching are centered in truth. Just as certain principles of practice and competition produce victory, they should also create good conduct. Coaches should be greatly involved in teaching these truths.

While many coaches in sports differ in their methodology, there are few who do not use drills. Advocates of character development in college sports should approve of using drills as a method of coaching, especially when drills focus on or involve the mental and moral aspects of a given game. The more the coach emphasizes the



use of mental faculties in sports, the more she or he trains the athlete's mind to make rational decisions based on the stimuli presented in each situation; the more advocates of character development might approve. Thus the football coach, who trains his quarterback to make effective, rational decisions when reading defenses and modifying the play called, can to some extent be "setting the stage" for character development. If the quarterback carries over this rational thinking to his off-the-field, personal life and acts morally right, character development proponents should approve even more so.

The carryover of an athlete's behavior into the moral realm is important because the coach concerned with character development can sometimes be a moral cause of learning. A physical education teacher or coach can cause moral learning in a number of ways - for example, through modeling, persuasion, guidance, and encouragement!

Tired OF Doing Nothing On St. Patty's Day?

**-Celebrate your own
heritage no matter
what it is-**

While a very large percentage of people in the United States can claim some Irish ancestry, not everyone can. Why not use the occasion to celebrate your own unique heritage? Most people in the United States can claim an eclectic ancestry made up of many nationalities from all continents. Don't just honor your Irish heritage or lack of it.

**-Throw a wine and
cheese party-**

Why not buck the trend and invite your wine-loving friends over for a wine and cheese party instead? Just have your friends bring over a bottle of their favorite red or white, provide a bottle or two of your own along with the cheese and music. That's a recipe for a making of a great party!



This news is all about you...

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 Girm today at 905-785-8444 to schedule your appointment and get started on your beautiful smile!

Patient Quiz!

Last Month's Quiz Question:
What kind of Flowers do you never give on Valentine's Day..

Answer: Cauliflowers

This Month's Quiz Question!

What do you call a fake stone in Ireland?

ANSWER: A SHAM ROCK