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DON'T FEEL THE BURN!

NATURAL PREVENTION SECRETS AND TREATMENTS FOR SUNBURNS

Summer is in full swing, and that means it's time for pool parties, barbecues, vacations, bike rides, and endless days at the lake or baseball field. It can feel great to soak up some sunshine after a long winter, but it can also lead to sunburns and aging skin. Sadly, many common sunscreens can be loaded with added chemicals.

However, you can avoid sunburns and chemicals by naturally preventing *and* treating sunburns. Here's how!

Natural Prevention

Sunscreen is often the first tool people grab, but it doesn't have to be. Instead, try limiting the direct exposure you have to the sun. Wear hats that cover your head, face, and ears and loose clothing that covers your shoulders and legs. Avoid going outside during the hottest part of the day when the sun is at its most intense and try to sit in the shade.

The Right Sunscreen

Store-bought sunscreen can be beneficial, but it's often filled with added chemicals and ingredients. Conversely, many homemade salves are not effective.

Opt for naturally made sunscreens and read the ingredients to ensure it doesn't contain unnecessary additives like parabens. These chemical compounds preserve beauty products but

are potentially linked to cancer and other ailments. Do your research on every ingredient before choosing a natural sunscreen for your family!

There are key ingredients you need to look for when choosing the right sunscreen, and as a bonus, they are naturally occurring! Titanium dioxide and zinc oxide reflect and scatter the sun's harmful ultraviolet (UV) rays. Without these ingredients, you will only lessen your exposure to *some* of the sun's rays, but not the two most dangerous — UVA and UVB.

Treatment for the Burn

First, run a bath with cool, tepid water. Allow your skin to cool in the bath and use ice packs for quick relief. Stay hydrated by drinking water, which will help your skin absorb and hold in moisture. Regularly apply natural lotions or lubricants to further help your skin lock in moisture. Coconut oil, aloe vera, and honey can also relieve pain, swelling, and burning. (Do not use honey on babies who are 12 months or younger.)

Always call your doctor if a sunburn gets worse or if you have a bad reaction to a natural remedy.



THE MYSTERY OF THE CONSTANTLY CHIPPING FILLING AND HOW INVISALIGN SOLVES IT

Over the last few years, I've had dozens of new patients come to me with the same two problems: Either their fillings keep chipping or their front teeth keep breaking.

"I have no idea what's causing this!" one of them told me after their filling chipped for the thousandth time. "And none of the dentists I've visited can stop it!"

For that patient and all of the others like them, the fact that their teeth, fillings, or crowns were constantly falling apart every four, six, or 12 months was a big mystery. But as soon as I heard that story, especially the part about seeing multiple dentists, I knew what was going on.

If a filling or tooth repeatedly breaks, it's not a sign that the filling is bad or the dentist who did it is incompetent. Instead, it probably means there's something up with the patient's bite.

When I look into the mouths of these frustrated patients, I usually discover their teeth aren't properly lined up. When they bite down or grind their teeth from side to side, they repeatedly crush their vulnerable tooth or filling. That spot isn't weak — it's just under insane pressure! Think of the filling

like a building and the bite like a bulldozer. Even if the building is perfectly constructed, you can't expect it to stand straight and stay intact when the bulldozer hits.

Most people don't realize the bulldozer exists. They blame the dentist who fixed the filling or repaired their tooth. Then, they look for a new dentist. Ironically, by hopping from dentist to dentist, they hide the pattern and make it harder to figure out what's going on! Luckily, once they find a dentist like me who looks at both function and structure, there's a solution for the chipping/breaking mystery: aligning the bite. Invisalign is one of the best ways to do that because it's discrete and can be removed during brushing.

When you hear the word Invisalign, you probably think about the cosmetic benefits it offers, like a straight, pretty smile. That's definitely one perk (I'll dive deeper into it and our Digital Smile Design workflow next month), but Invisalign also has other, lesser-known benefits. It's a great way to fix crooked, overlapping teeth, align a person's bite, and eliminate those "bulldozer" pressure points. Once your teeth are straight, 99% of the time, the problem of the constantly breaking filling/crown/tooth will go away.

Invisalign also has health benefits that I think people overlook. For example, durability problems (the "bulldozer" issues) can cause bone recession and gum recession over time. Crooked teeth also trap food, and if you can't remove it, this will eventually cause gum disease. All three of these conditions are bad for your dental health, which means they're bad for your overall health. Your whole body is connected, so something as simple as Invisalign can help keep your immune system in good shape.

Stay tuned for more fun facts about Invisalign in next month's newsletter. There might even be a special discount waiting for you!

To your great smiles and better health,

-Dr. Michelle Weddle



2 CELEBRITIES WHO IMPROVED THEIR SMILES AND YOU CAN, TOO

Celebrities are often lauded for their talent and looks, so it's hard to believe there was ever a time when they *didn't* look picture perfect. But you can see a real difference if you look at early photos of the following celebrities, whose teeth are now whiter and straighter.

Pop idol makes braces a fashion statement.

Since the mid-1990s, Gwen Stefani's edgy voice has made her a powerhouse of ballads and punk songs, and in 1999, Stefani made braces part of her signature look — complete with hot pink hair. Ultimately, Stefani says she chose to get the braces because she could never afford them growing up. When her band, No Doubt, became more popular, she made the choice to improve her smile. She's been rocking a straight set of pearly whites ever since.



We like to think Stefani may have chosen Invisalign if she were to try teeth straightening today, but she isn't the first person to decline dental work because of the cost. Unfortunately, delaying treatment can have big consequences. Prevention and fast treatment are key to limiting damage and cost in dentistry! Today, you have payment options, too. (Just ask us!)

Teen heartthrob secretly improves his smile.

If you grew up in the 1980s, there's a good chance your walls were lined with posters — and Tom Cruise just may have been among them! Known then for his roles in "The Outsiders" and "Top Gun," Cruise's smile wasn't always perfectly white and aligned. Cruise has never publicly admitted it, but he chose fixed braces with clear aligners to straighten his smile. Dental experts speculate he may have also used veneers, but the unmistakable front tooth in the middle of his smile may indicate he needs more work.

Regardless, the work done since then has greatly improved the look and function of Cruise's teeth. He also proves that cosmetic dentistry doesn't have to be obvious to everyone you meet. We can discreetly help you create the smile that will increase your confidence without interfering in your everyday life.

Ready for your own smile upgrade? Schedule a consultation with us today.



There's always more than one way to do something, and when it comes to cleaning the house, we all have our own tried-and-true methods. But if you're making any one of these three cleaning mistakes, you may actually be making your home *dirtier!*

Mistake No. 1: Starting at the Bottom

You can thank gravity for this one. When you clean your floors or countertops first, you're creating a target for grime and dust to land on. Then it's just more work for you! Instead, start with the windows, ceiling fans, mirrors, and light fixtures. Dust

3 CLEANING MISTAKES THAT WASTE YOUR TIME

or wipe down these items; then move on to your cabinets, tables and end tables, furniture, and countertops; and finish with floors, toilet bowls, and bathtubs. By using this progression, you allow gravity to work for you. Any dirt that falls onto another surface will eventually be cleaned up when you get to the bottom.

Mistake No. 2: Using the Same Cloth on Multiple Surfaces

We are all for being eco-friendly, but not at the expense of our health! When you use the same paper towel or rag to clean your bathroom counter and kitchen counters, you're transferring the germs around your home. Do you really want your bathroom grime on the counter where you cut fresh produce? Instead, opt for a new paper towel or rag with every surface. Even better, the experts at Reader's Digest suggest purchasing one or two microfiber rags for each room. These are washable and will keep you organized!

Mistake No. 3: Using Dirty Tools

We know what you're thinking, and yes, you do have to clean your mop! Think of it this way: Would you use a toothbrush to clean your bathroom tile, and then use that same toothbrush to clean your teeth, without so much as a rinse or a scrub? We hope not! That grime doesn't just disappear! Cleaning your tools is another part of cleaning your home. So, be sure to empty your vacuum cleaner, scrub your dishwasher and washing machine, clean your rags after each use, sanitize your mop, and let your toilet brush dry out!

Bonus: Don't spray cleaning solution directly onto surfaces. This will create build-up. Instead, spray it onto the rag or tool.

THE ONE HABIT DENTISTS REALLY HATE

WHY YOU SHOULD NEVER USE YOUR TEETH AS TOOLS

What's the first thing you do when you're unable to open plastic packaging with your hands? If you're like many people, you skip the scissors and go straight for your teeth. Our teeth are wonderful tools — for chewing food. However, it's not uncommon for people to use their

teeth as multipurpose tools when they're not designed as such things. Here are two habits that any dentist will tell you to break when it comes to using your teeth inappropriately.

Using Teeth to Open Packaging

Whether it's a bottle, a plastic container, or a bag of chips, this action of "opening" or "tearing" with your teeth can do serious damage. When your teeth come into contact with metal

or hard plastic and you apply force, you risk cracking or chipping your teeth. On top of that, the metal or plastic may accidentally cut your gums or cheeks, which can then lead to infections. With repeated use as tools, your teeth can become weakened and eventually crack or chip, causing you pain.

Using Teeth to Hold Other Objects

Holding objects in your teeth can be just as detrimental to their health as opening packaging. In fact, holding heavy objects can seriously weaken your teeth. Even lighter objects, like pens, can be just as troublesome — if this becomes a habit — eventually wearing down the surface of your teeth. Although many people do these things without even thinking about it, these habits can lead to sensitivity and pain.

Our teeth were made to tear and chew food and nothing else. Using teeth as multipurpose tools can be tempting — especially if you don't have the right tool nearby — but this can be costly. Damaged teeth may require fillings, crowns, veneers, or dental implants, depending on the severity of damage. It's better to take care of your teeth now and use them as they were meant to be used rather than having to pay to fix damages later.

TAKE A BREAK!



MEXICAN CORN SALAD

Inspired by JoCooks.com

INGREDIENTS

- 4 cups of fresh corn, cut from 5 cobs
- 1 tbsp olive oil
- 1/2 red bell pepper, chopped
- 1/2 red onion, diced
- 6 green onions, chopped
- 1 jalapeno, diced
- 1/2 avocado, cubed
- 1/4 cup fresh-squeezed lime juice
- 1/2 tsp ground cumin
- 1/2 tsp smoked paprika
- Salt and pepper, to taste
- 2 tbsp sour cream
- 2 tbsp mayonnaise
- 1/2 cup fresh cilantro, chopped
- 1/2 cup cotija or feta cheese, crumbled

DIRECTIONS

1. In a cast-iron skillet over medium-high heat, add oil and corn. Cook, stirring occasionally, for 3-5 minutes or until corn starts to char.
2. Add the corn to a large bowl and let cool for 5 minutes, then add the remaining ingredients and stir together until well combined. Taste and adjust seasoning.
3. The salad pairs well with grilled entrees and can be refrigerated in an airtight container for up to 4 days.