



## A LEGODontist?

This young lad walked into my office recently with a **LEGO®** stuck on his lower front tooth!

Dr. Reid's practice is generally for adults only but he won the hearts of everyone. Dr. Reid's first LEGO extraction was extremely successful. If anyone gets Silly Putty, Transformers, paperclips or fishing line stuck between your teeth and can't remove it, we can help and it's free.

**Call Today!**  
**(530) 587-9560**



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PNP 14304

**Move Over Invisalign®!**

**Smart Moves™ ...is here**

*Imagine. Straighter Teeth. No Braces. Less Costly.*

Invisalign®

Several years ago, Invisalign took the world by storm. Invisalign is a brand name for a system using clear plastic trays to reposition the teeth without braces. The treatment consists of a series of clear plastic aligners that you switch out about every two weeks. Each aligner causes the teeth to gradually move into place. At the end, you'll end up with a smile that truly fits.

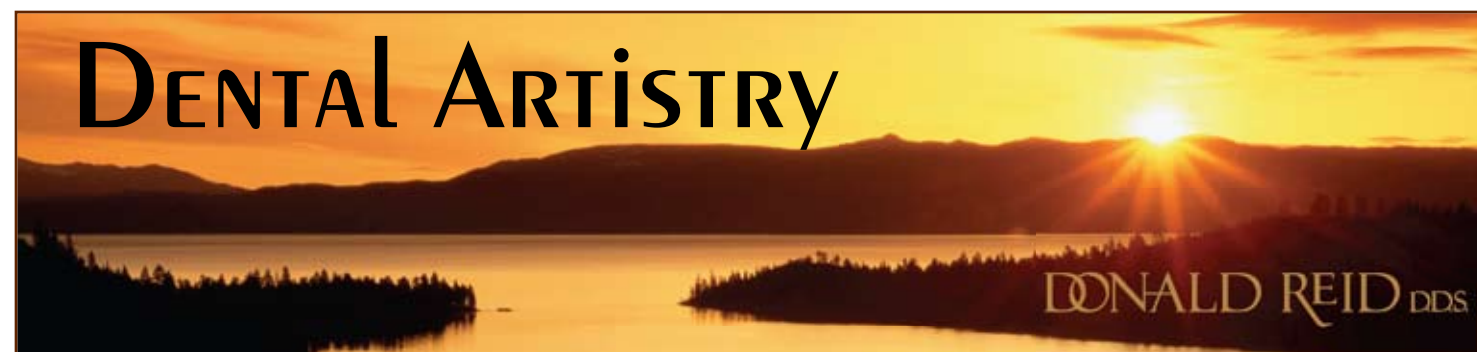
A leader in the dental industry, Great Lakes Orthodontics Inc, has developed a similar system, Smart Moves, which affords all the benefits of Invisalign at a fraction of the cost. The principles are exactly the same. Invisalign made their trays by computer. Smart Moves makes them by hand. Skilled dental craftsmen understand proper teeth alignment as well as any computer. The computer development and marketing costs are in the hundreds of millions of dollars consequently Invisalign is very costly for the dentist. Smart Moves is not.

If you're ready for a smile that transforms your appearance, at a fraction of the cost, Smart Moves is your answer.

**Call Today for a Complimentary  
'Smart Moves' Consultation.**

**Mixed Sources**  
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## An All Important Job Interview Can Hinge On Your Smile

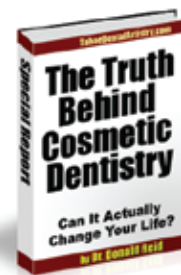
Today's employment challenges are demanding to say the least. In the business world, appearances count. Studies demonstrate that most people spend 30 seconds appraising you before they begin to form a laundry list of impressions about you. Impressions formed in those 30 seconds might include: your educational level; your career competence and success; your personality; your level of sophistication; your trustworthiness; your sense of humor and social standing. For better or worse, that means that appearances count.

Dr. Reid's book, depicted here contains numerous before and after photographs of dental enhancements along with fascinating information of the power behind the smile. See for yourself.

An improvement in one's smile doesn't require an extreme and expensive makeover either. Often some minor changes in shape, color and position of the teeth creates remarkable results.

**Get a complimentary copy of this revealing book @ <http://public.tahoedentalartistry.com>**

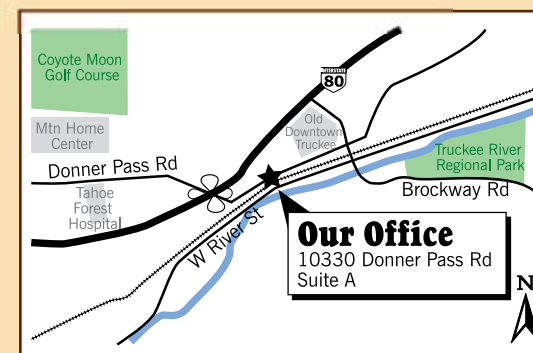
**Or go to [www.tahoedentalartistry.com](http://www.tahoedentalartistry.com) and the spokesperson will direct you to the patients section.**



**Call today for a  
Complimentary  
'Job Interview' Smile  
Analysis**

**DONALD REID DDS**  
DENTAL ARTISTRY

**Dr. Reid is a member of the Dental Organization for Conscious sedation and certified in Advanced Cardiac Life Support**



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**Email**  
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**Call Today! (530) 587-9560**





## Hard To Swallow? Diet matters

Scientists are continually looking for strategies to prevent or eliminate oral cancer. Here are some potential approaches involving diet.

□ A Duke University study found that milk, cheese, yogurt, water, fruits, and vegetables worsen the taste of cigarettes, while coffee, soda, meat, and alcohol enhance it. Tobacco, especially when combined with alcohol, is a major risk for oral cancer.

□ A Brazilian study has linked oral cancer with the regular consumption of foods high in animal and saturated fats, including bacon, pork, and fried foods.

□ Fruits like blueberries, blackberries, and papaya could someday be used to halt the spread of existing oral cancer and reduce tumor size three times faster than conventional medication.

What do we know for sure? Early detection could cut deaths from oral cancer in half. Please don't miss regular visits – your dental team is trained to detect the early signs and symptoms!



## Romancing Your Smile

Face forward

According to research, people prefer happy faces that look directly at them, and so appear to “like” them, which suggests that attraction is not simply about physical beauty. That makes sense. You are, after all, a multifaceted human being ... more than *just* your appearance, or *only* your intellect, or *merely* your earning power. Your wonderful pleasing smile is an extension of that complexity.

Your smile is more than just your teeth, or only your lips, or merely your gingivae (gums). When all three of these smile components are healthy, attractive, and radiate self-confidence, the total impact is far greater than the sum of the parts.

What's the secret to a smile that reveals the inner you? A good home care routine, regular dental checkups, and a smile-healthy diet.

## Something For Everyone

Never too late to restore your smile!

Intelligent smile-seeking camera technology won't close the shutter until it's honed in on a smile ... ready or not! Even levels of smile intensity can be pre-selected, to ensure the camera captures only your broadest grin. Good for the photographer ... but not so great if you've allowed your laugh to languish due to dental anxiety or lapsed home care routines. But hang on – it's *never* too late to get the smile you want.

**Here are ten things that dentistry can treat to dramatically improve your oral health and appearance...**

1. Gums that are red, swollen, and sometimes bleed.
2. Gums that have receded exposing the roots of your teeth.
3. Tooth loss because of trauma, decay, or gum disease.
4. Teeth that have shifted.
5. Bone loss or deterioration of supporting ligaments.
6. A sad or mad appearance because your nose and chin have become closer together.
7. Inability to chew properly or speak clearly.
8. Teeth that are sensitive, grooved, or worn down.
9. Tooth enamel that is yellowed, stained, or mottled.
10. An altered bite with clicking jaw joints.

With periodontal treatment and modern dental techniques like bone regeneration, enamel remineralization, and orthodontics, it's never too late to enjoy robust oral health and strong teeth, gums, and bone. Then you can have restorative and cosmetic treatment like teeth whitening, bonding, crowns, bridges, veneers, and implants ... and give a BIG smile for the camera!



## Physician Heal Thyself!

The life you save may be your own

### Get a Free prescription for a complete Blood Evaluation

Dr. Reid has always believed in empowering others to achieve optimum health. His dental practice has a vast majority of clients that have exceptional oral health because of their lifestyles, habits and diets. Reid believes this approach extended to the entire body could be extremely valuable and in fact save and extend life.

A physician friend of Dr. Reid's says it's 'stupid' for a 50+ yr old male to not have an annual PSA blood test. He further stated 'too many of my friends died young when they could have had successful conservative treatment'.

If you are a client of the practice and would like to get a complete analysis of your blood including lipid count (Cholesterol) and PSA (prostate levels) simply ask.

You'll get a prescription which can be done at Tahoe Forrest Hospital lab seven days a week. There is no fee from Dr. Reid for this service and you're simply responsible for the cost of the lab. You'll receive a complete report with all values and ranges of normal based on gender and age. This report can be taken to your primary care physician for further questioning if desired.

## Do What You Love

For better health



**T**hirty minutes of daily physical activity can do more than help protect you against high blood pressure, diabetes, and high cholesterol – all risk factors for cardiovascular disease. Regular exercise is good for your mental, emotional, and physical health. Yet who among us has never made a heartfelt commitment to a program ... only to quit in a heartbeat? Could be time to search for a new activity!

Are you a social butterfly ... highly competitive ... or so shy you'd rather just work out at home? Experts believe that taking the time to find an activity that suits your personality – even if you have to try and try again – is the key to staying focused and committed.

After all, you're more likely to stay dedicated to the one you love!