

**“Invisible Braces Straighten Teeth
Without Ugly Wires”**
Page 1

**“You Can Stop Worrying About
the Health Care Crisis”**
Page 1

**“8 Strategies to Help Anyone
Pick Up Financial Aid”**
Page 3

“There’s a Word for it”
Page 4

**“Pack Right to
Avoid the ER”**
Page 5

Aim High

*A little newsletter with
Expert Advice on Better Living*

“Used Successfully by Over a Million People, Today’s Invisible Braces Straighten Teeth Without Ugly Wires”

Hardly a week goes by without our talking with patients who are embarrassed by their crooked teeth. Perhaps they didn't have the opportunity to wear braces when they were younger. Or they may have worn them but had their teeth drift out of alignment later.

They tell us they'd love to have a more attractive smile — but they hate the idea of going back to traditional braces with all those wires and brackets.

A Better Answer for Many Adults

Fortunately, you have alternatives today. Invisalign® clear aligners, an easy, fast and proven way to get the beautiful smile you deserve, without the discomfort and appearance of traditional braces. Now they

(Continued on page 2)

“You Can Stop Worrying About the Health Care Crisis”

By Dr. Cliff Sheats

Let me share some startling facts with you.

- 71% of Americans are overweight!
- Over 17 million Americans are diabetic!

Here’s how Americans should be thinking in relation to our national health care crisis...

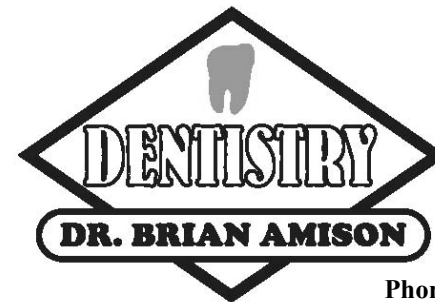
“Being overweight directly causes health deterioration and each passing year that you’re overweight increases your chances of health disasters as you age.”

Change your mind

The most important thing you can do is “change your mind!”

(Continued on page 6)

Courtesy of **Brian L. Amison, DDS, LLC**
& team



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(Continued from page 1)

have been proven effective over a decade of use. Aligners are designed to fit over your teeth and gently move them into proper position.

Help for a Variety of Problems

While not for everyone, today's clear aligners can be used to correct a wide range of problems including:

- Teeth that are too crowded together or spaced too far apart.
- Overbite: upper teeth bite too deeply over the lower ones.
- Crossbite: one or more upper teeth bite to the inside of corresponding lower teeth.
- A number of other common bite irregularities.

Correcting any of these problems can make a big difference to your smile — and help protect your dental health.

A Boost From Computer Assisted Design

The idea of using aligners to move teeth has actually been around for quite a while — in fact it goes back to the 1940s. As with so many things, though, it took computer power to make it truly simple and effective.

Today, we can take a single set of impressions and photographs and let computers turn that information into a three dimensional projection of exactly how teeth need to move, millimeter by millimeter, to reach their correct position.

Additional computer assisted design and manufacturing technology then uses this information to create a series of unique custom aligners to actually move the teeth.

A Clear Plan for Improvement

Each aligner is designed to move teeth gently and gradually into a new position. Teeth move about .25-.33 millimeters per aligner.

When an aligner has done its job you simply move on to the next one.

Invisalign® patients visit the dentist every four to six weeks so we can check on your progress
(Continued on page 7)

“GET STRAIGHT WHITE TEETH & SAVE \$500!”

Offer Expires 3/31/10

That's right... start Invisalign® teeth straightening before the deadline

Wireless Invisalign®

(our generation's breakthrough way to straighter more beautiful teeth)

and **FREE WHITENING**
(Normally \$500)
at the end of your care!

Not to be combined with any other offer

“Used Successfully by Over a Million People, Today's Invisible Braces Straighten Teeth Without Ugly Wires”

(Continued from page 2)

and make sure everything is going according to plan. Each patient is different, however on average it will take between 10 and 12 months to achieve the desired results.

To date, over a million people have used Invisalign aligners to get the smile they've always wanted.

Treatment that Fits Your Busy Lifestyles

Not surprisingly, the thing patients tell us they like best about these aligners is the fact that they're virtually invisible — so no one needs to know they're working on their smile. But there are a number of other important advantages as well, including:

- Comfort. Unlike traditional braces, aligners don't hurt. All you experience is a feeling of pressure. Plus, they have no sharp edges to

irritate gums or cheeks.

- Convenience. Invisalign aligners are meant to be removed while eating, so you can enjoy all your favorite foods and drinks. And they come out for brushing and flossing, too, so you can keep your teeth and gums healthy.
- No wasted time — progress checkups take just a few minutes.

Just Ask

If you're one of the people who has talked to us about your smile — or if you've just been thinking how nice it would be to have beautifully straight teeth, you owe it to yourself to learn more about Invisalign®.

Just ask and we'll be happy to explain the process and how these customized aligners can gently and safely improve your appearance, your comfort and your health.

TOOTH TALK

First of all I want to thank you for your participation in our Thanksgiving referral program. I am happy to report that because of your new patient referrals, we were able to donate \$250.00 to the Stark County Task Force!

Also because of so many questions about Invisalign, we have scheduled an Invisalign Open House set for March 18th. In addition to the offer on the other page, we will have other special offers for those who sign up. Call us (or email) today to reserve your spot for this because space is limited. Current information will be posted on our Facebook page, so stay tuned!

I hope that you are not experiencing the winter blahs. Just remember spring is around the corner. Have a great day.

Keep smiling,
Brian Amison, DDS

“You Can Stop Worrying About the Health Care Crisis”

(Continued from page 1)

Turn off the old dieting tapes running in your head. There is nothing good about dieting! Make up your mind right now that you're never going to diet again!

The ONLY answer to long term fat loss and real wellness is... “changing your chemistry by changing your metabolism and simultaneously eating hormonally balanced.”

Switch on your Metabolism

Having the proper hormonal balance of quality lean proteins and natural carbohydrates along with twice a week "isolation/working sets" weight training and a total of 2 ½ hours of Cardio a week does the job.

You need to eat more food... more often in the **proper balance**. This means eating 5 Times a day... 3 Major Meals and 2 Snacks.

This **switches on** your Metabolism... where you can start processing calories and fat.

Blending your eating, supplementation and exercise properly will address many of the common health problems we face today.

What about Exercise?

It's very important that you weight train twice a week. Make sure you're performing "working sets."

My definition of a "working set" is as follows: If you're doing 15 reps for an exercise.... make sure that reps 12-15 are difficult to perform with good strict form.

Remember... perform two and a half hours of Cardio per week. You should be breathing hard... yet you should be able to carry on a conversation with moderate difficulty.

Now, go for it and make it happen for you and enjoy health care peace of mind.

Q & A With Dr. Cliff

Q. Does the Metabolism slow down with age?

A. The average American loses up to half of their muscle between the ages of 30 to 80.

Muscle is our only metabolic activating tissue... it is our metabolism. Each passing year of muscle tissue degradation causes a down-regulation of metabolic rate. However, eating the right foods in the right combinations at the right times of day, along with resistance training and cardiovascular exercise results in metabolic

up-regulation.

A. I'm not accustomed to eating breakfast. Will this change as I stay on the program?

Q. Many people who are new to my program are not accustomed to eating breakfast. However, once they begin eating the proper foods in right balance their metabolism responds positively. In fact, they can't wait to eat in the morning.

Q. How does cardio exercise help lessen fluid retention?

A. Keep up your cardio exercise. You don't want your blood vessels to lack resiliency because extra water can flow from them and collect in the tissues, thus causing water retention.



“The measure of success is not whether you have a tough problem to deal with, but whether it is the same problem you had last year.”

-- John Foster Dulles

“8 Strategies to Help Anyone Pick Up Financial Aid”

Part 1

By Ron Caruthers, CFS

These days it's hard not to wonder if you'll ever be able to pay for college. But it's still possible with careful planning.

Here are some strategies to structure your financial future and influence your child's education at the same time!

1. Make Your School a Good Choice

Consider what the school has to offer you in the form of financial aid.

In tough times public colleges often take a hit. States expect that students — and their parents — will pick up the bill if they cut off funds, so given a choice between spending less on roads or cutting back on education, it's the schools that draw the short straw.

Private schools don't have to fight this battle, so don't rule them out too quickly because you think you can't afford to send your child there. Much of their money comes from grants, endowments, and successful alumni. A private college could prove to be a viable option.

2. Be Resourceful With Your Student

The idea that college is a four-year commitment to one school just isn't true any more. There's wiggle room that could save you major dollars.

Consider the following strategies:

- Most colleges require some very basic courses. Getting these at the local community college can save a bundle.
- Having your student skip the “summer job” and take summer classes can shave a lot of time off of the college experience as a whole!
- Check out work study programs. The may

not count for credit hours, but they let students make money now and include valuable experience on a resume later.

3. Be Aware of Your Monetary Situation

College funding advisors can help you prepare for the costly experience of a college education.

Just as an accountant ensures your tax payments are as low as possible, so a college funding advisor can help you to keep your college payments to a minimum.

If you'd like to give us a call, we'd be happy to review your situation.

4. Be Meticulous!

Forms can be frustrating, and between figuring your Estimated Family Contribution (EFC) and filling out the FAFSA, college applications, scholarship applications, etcetera you will grow a massive aversion to small white ovals. Don't blame your child, blame the process.

And don't think that nobody looks at these forms. They do -- and what may be a small box to you is a massive decision-maker for them! So be as meticulous as you can.

(You'll find the rest of the strategies in next month's newsletter.)

Ron Caruthers is the nation's leading expert on paying for college without going broke. His firm; College Planning Specialists, Inc. has assisted literally thousands of families in its seventeen years of existence with issues like college selection, major selection, filing of financial aid forms, income tax advice, retirement strategies and more. His office is located in Carlsbad, California and can be reached by dialing (760) 438-9095 or visiting www.collegeplanningspecialists.com.

*“Excellence is not a skill
It is an attitude..”*
— Ralph Marston



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Barsotti

"Not guilty, because puppies do these things."

"Meet You in the Lobby"

How today's political "persuaders" got their name

by Florence Markoff

Pick up a newspaper or turn on your TV and you're sure to find stories about "lobbyists" — those controversial people who spend their time working to influence our political leaders.

These persuasive folk have been around for years. But how in the world did they get their name? Turns out there are two answers to that question — one foreign, one purely American.

The story that originated across the Atlantic starts with monks in the Middle Ages who called the covered corridors that connected their chambers to their monasteries "lobbies."

The English picked the word up and used it for any vestibule that was used as a waiting area.

When the British House of Commons was built, its large entrance hall — which was open to the public and provided a place where ordinary people could talk to their legislators — was called the lobby.

According to the British version of the story, the idea of seeking political influence by but-

tonholing legislators in lobbies soon took hold in this country as well.

Indeed Americans were the first to use the word itself in the 1830s and legislators were soon complaining about the people who hung around the lobbies of Congress waiting to try to persuade them to vote for bills in which they had a special interest.

The purely American story of how lobbyists got their name goes back to the time when Ulysses S. Grant was President and enjoyed relaxing

every evening in the comfortable lobby of the Willard Hotel in Washington.

Just as today, there was always a group of people who wanted to ask favors of the president — and they knew if they went to the hotel at a certain time they would find him there.

Grant called them lobbyists because they waited for him every evening in the lobby.

Word lover, writer and radio personality Florence Markoff lives in Providence, RI.

There's a
Word
for it.

"Pack Right to Avoid the ER"

Luggage that's too big or too heavy can lead to strains or worse

It's tempting to try to stuff as much into each suitcase as possible — especially with today's baggage fees. But research shows you'd be wise not to do it.

More than 53,000 people were treated in 2008 in U.S. hospital emergency rooms, doctors' offices, clinics and other medical facilities for luggage-related injuries, such as muscle strains, pulls and tears, according to the U.S. Consumer Product Safety Commission.

Pack right, lift right

"Lifting and carrying luggage that is too big or heavy for a person's size and frame can put serious strains on your body," Dr. Jeffrey A. Fried, an orthopedic surgeon and spokesman for the American Academy of Orthopaedic Surgeons, said in a news release from the academy.

"To minimize any damage to your neck, shoulders and back, it is important to bend at your knees, lift luggage with your leg muscles while tightening your abdominal muscles and avoid twisting and rotating your spine."

Other luggage safety tips from the organization include:

- When possible, pack items into a few smaller pieces of luggage rather than one large bag. It's better to carry a lighter bag in each hand than to lug one heavy bag in one hand or over one shoulder.
- Carry your luggage as close to your body as possible.

- When placing luggage in an overhead compartment, first lift it onto the top of the seat. Then, with hands on both sides of the bag, lift it into the compartment.
- If the luggage has wheels, make sure the wheel side is put into the compartment first. Once the wheels are inside, put one hand on top of the luggage and push it to the back of the compartment. Reverse this process when removing the luggage.

More Travel Tips

- If you're using a backpack, make sure it has two padded and adjustable shoulder straps. Pack heavy items low and toward the center of the pack.



- Always wear a backpack on both shoulders. Wearing it on one shoulder can cause muscle strain.

- If you're using a shoulder or duffel bag, don't carry it on one shoulder for any length of time. Switch sides often to prevent shoulder soreness and discomfort.

- Don't rush when carrying or lifting a suitcase.

- If a luggage bag is too heavy or is an awkward shape, ask for help.

- Don't carry heavy pieces of luggage for long periods of time. Take plenty of breaks.

"When a friend is in trouble, don't annoy him by asking if there is anything you can do. Think up something appropriate and do it."

— Edward W. Howe