



Happy Holidays from Atlanta Dental Spa

A Message from Drs. Estep and Boulden

We're glad to be part of your family and always help you look and feel your best. This New Year, we urge you to give yourself the gift of health by visiting us with regular check ups. In January, you are going to see a very important article from ADS about how the health of your mouth may indicate overall systemic health. This is considered some of the most important medical news to unfold since we started thinking about becoming dentists! Both of us are dedicated to you looking and feeling fantastic. There's no better appearance enhancer than good health!

To you and yours, we wish you happy and safe holidays. Don't forget to brush after those Christmas cookies! Also, see below for give-a-ways and referral gifts. Who needs Santa when you have us?

Give this Season a Smile,
Dr. Susan Estep & Dr. Peter Boulden

A Tip from your Docs



You can indulge a little over the holidays, just don't OVER indulge! What can gum do for you?

In 2010, you'll be hearing a lot more from us about the benefits of xylitol (natural sweetener/sugar substitute). In the meantime, start chewing sugar-free gum that is sweetened with xylitol. If you're chewing xylitol gum, you may be less likely to snack on all of those delicious goody platters! When you do treat yourself, brush your teeth and follow up with a piece of xylitol gum. The gum helps clean your teeth when you can't access your toothbrush. The xylitol helps kill bacteria, so chewing the gum

neutralizes acids in your mouth that lead to tooth decay. If chewing gum a lot makes your jaw tired or sore, pop a piece of xylitol after snacking and chew for two minutes.

Remember that **ADS** now has special xylitol gum for sale for \$3 per pack.

Who Needs Santa?

We want your family, friends and colleagues to love us as much as you do! For each person you send our way, you'll get a fantastic gift! Think iPods, Restaurant Certificates, Garmin Navigation Systems, and much more -- Of course, you're helping your friends and family at the same time, because we promise to take care of your family and friends with the same excellence in dentistry and service that you enjoy each visit.



How do I win?

Okay, so you're asking how you win a very luxe vespa scooter? Check out our website for further details, www.atlantadentalspa.com.
Ho, ho ho!