

Healthy Bites

*A little newsletter with
Expert Advice on Health, Wealth & Happiness*

"Sentenced to Death by Her Physicians" Part II

By Dr. Tom Orent, Guest Author

In the July issue of your newsletter, I cited the study by Dr. W. Shankland (Cranio 2001 Oct; vol 19, num 4:269-278) which revealed that 4 out of 5 sufferers can prevent migraines by wearing a simple dental device. One cautionary note: it is possible for problems with occlusions, your bite, to contribute to the onset of headache pain without the occlusion being the sole *source* of that pain.

In other words, some people have bite problems which cause their headaches while other people have bite problems which stimulate headaches which may

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"Understanding Aerobic Intensity"

By Dr. Cliff Sheats

Aerobic Intensity refers to how hard you work out when you're walking, jogging, running, bicycling, swimming or performing any other form of heart-pumping activity.

To burn fat and build cardiovascular health, you must gradually increase the intensity of your exercise effort. If you're not exercising now, start working out in the lower end of your range... building up to 30 minutes.

Gradually increase your intensity so that your body becomes more aerobically conditioned. Also, the more conditioned you become, the better your oxygen delivery system becomes. In other words, you infuse more oxygen throughout your body.

Always strive for higher intensities as safely

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Courtesy of **Dr. Declan J. Devereux & Associates**



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originate from another more ominous (neurological) source. We call this, "layers of pain." Not unlike an onion, headache sufferers can, unfortunately, suffer from more than one cause of pain. If your physician has been unable to definitively diagnose your headache pain and offer a specific and effective method of eliminating your pain ... that is if you are still living with ongoing headache pain ... then the following "differential diagnostic" test may be helpful.

Cotton Roll Deprogramming

The next time you are suffering from headache pain sit down in a quiet place and insert a cotton roll (or rolled up wad of gauze or something equally soft) on the bicusps or molars on the lower right and the lower left jaw and then gently close together on the cotton.

There is no need for more pressure than it takes just to keep the cotton in place. The sole purpose of the cotton and this exercise is to keep your upper teeth from touching your lower teeth.

The nature of occlusal problems is such that even just the act of swallowing and allowing your teeth to come into light contact just for a moment is enough in many people to set off muscle spasms which can go on to stimulate headache pain.

If sitting down quietly with cotton separating your upper and lower teeth is enough to break the chain of events and stop your headache pain, there is a high likelihood that you are suffering from TMJ (Temporomandibular Joint Dysfunction).

TMJ can cause chronic debilitating headaches.

Relief May be Imminent

If you feel that what I have just described may be contributing to *your* chronic headaches, visit your dentist. Of course as I have mentioned above you should also let your physician know about your headache pain as well. If "cotton roll deprogramming" is enough to break your cycle of pain and give you almost immediate relief (typically cotton roll deprogramming will give TMJ sufferers significant relief within just a few minutes) then more permanent relief may be just around the corner for you.

There is a wide range of potential treatments which can control if not eliminate headache pain caused by TMJ if TMJ is the primary source of that pain. Even if TMJ is secondary to another medical cause of headache pain, eliminating bite problems as one source stimulating that pain can go a long way towards improving the quality of your life.

A high percentage of TMJ patients experience significant relief when wearing a specially made bite guard (sometimes called an "Occlusal Splint.") In other cases occlusal disorders may be improved or long-term managed by your dentist adjusting your bite during a series of "equilibration" or bite adjustment visits. Some patients may need more extensive restorative care (crowns, etc.) in order to achieve a long-lasting and properly balanced bite.

If you've been suffering from chronic headaches for which you've been unable to find relief, visit your dentist to find out if there is a *correctable* dental component to your pain.

From the Office (Fall 2009)

As many of you know our hygienist Sharon trained for 6 months and recently completed the Tinman Triathlon (.5 mile swim, 26 mile bike, 6 mile run) WHEW! Her son Brett, his friend, and Dr. Devereux made a team for the team competition of the Tinman and actually finished 3rd. We're pretty sure it was thanks to Brett and his friend. The second place Overall finisher in the Tinman (he won the whole event for the previous 3 years) was our patient Tim Marr. We are excited to announce that we have become one of his sponsors. We promise to keep his teeth pearly white and his mouth in as good of a shape as the rest of him (which is pretty phenomenal)! Tim told us recently that he has come to realize how important it is to have whole body health and we are glad to be a part of that. You can learn more about the amazing Mr. Marr @ TimMarr.com and see how he prepares for the upcoming IronMan season. We all had a lot of fun in the Tinman and our next adventure will be the Century Ride (100 mile bike ride around Oahu) which will be held in late

September. We will try to raise money for our favorite dental charity, Aloha Medical Mission.

In keeping with our philosophy of promoting whole health we are excited to announce the addition of Laser Pure of Hawaii to our office. Its owner Mike Sorensen will be offering smoking cessation treatment to our patients and all of Oahu. His treatment is revolutionary and his success rate is over 70%. We understand what a struggle it is to quit smoking and are confident that Mike's treatment can be the final answer for our patients that want to quit. We will be co-hosting a Grand Opening party for Mike on Thursday, Sept. 24 from 6-8PM. There will be food, prize drawings to win free tooth whitening and quit smoking packages, and other goodies! If you or someone you care about could benefit by attending please call our office to reserve a spot. Also look in this issue for a special promotional coupon for Laser Pure.

"LASER PURE SMOKING CESSATION"

-quit smoking now -

for you or someone you care about
\$100 off the \$450 complete treatment which includes all in office visits and 6 months of follow up along with all the supplements and support you need to stay smoke free.

Offer expires October 31, 2009

"DREAM DOLLARS"

Dreaming of a brighter smile?

**"\$100 OFF
ANY SERVICE
OVER \$200"**

*Special Offer Expires
October 31, 2009*

*Excludes Products
May not be used for treatment
that has already been started.
Not to be combined with any other offer*

“Understanding Aerobic Intensity”

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as you can sustain them.

One of the best methods of developing higher intensity is to perform interval training. Think of this as "shaking things up."

For example, walk at your usual exercise pace where you're breathing hard... yet you could carry on a conversation with moderate difficulty for approximately 5 minutes.

Next, increase your intensity a little.... now, you're breathing a little harder. Sustain this intensity for 5 minutes.

Next, lower your intensity back to where it was the previous 5 minutes.



Quick... Delicious Snacks

Snacks aren't just for kids — and, done right, they're not diet busters either. In fact they can be a big and important part of a healthy, well balanced eating plan.

Instead of letting yourself get so hungry you overeat at your next meal, treat yourself to one of the following healthy snacks.

All contain a mix of protein and carbohydrate to give you the lift you need.

- 2 oz. Low Fat String Cheese melted onto 2 Corn Tortillas in the Microwave... then pour Salsa over to taste.
- Nacho flavored rice cakes, salsa and two ounce chicken breast
- Sliced, baked green apple and nonfat yogurt
- Tuna (two ounces) on rice cake
- Orange shake: blend protein/carbohydrate supplement (two scoops) with sugar free Tang, ice cubes and water
- Berry Shake: blend protein/carbohydrate (50/50) supplement (two scoops) with one cup of frozen berries
- Chocolate Milk Shake: blend protein/carbohydrate supplement (two scoops) with sugar free Nestle's, ice cubes and water
- Rice cakes spread with Dijon mustard, served with two ounce tuna or fish
- Pinto beans and salsa or pico de gallo wrapped with corn tortillas
- Rice cakes spread with egg white salad (two chopped hard boiled eggs mixed with mustard and a teaspoon of canola oil)
- Snack omelet (combine two egg whites, chopped onions, green peppers and mushrooms, pour into small pan and cook until firm)
- Chicken or Turkey Strips with a lean fibrous vegetable

Dr. Cliff Sheats is a National Best Selling Author, Board Certified Clinical Nutritionist with a Ph.D. in Health Sciences.

“Gratitude is happiness doubled by wonder.”

-- G. K. Chesterton

“The Simplest Method to Negotiate With Credit Card Companies”

By Ron Caruthers, CFS

Have you checked your credit card statement lately? Have you ever checked it?

Do you know the APR is on your credit cards? Do you know what an APR is?

You'd be amazed by how many people don't know the answers to these questions.

So let's start off by defining the term APR, short for Annual Percentage Rate. It's the annual rate that is charged for borrowing (or made by investing), expressed as a single percentage number that represents the actual yearly cost of funds over the term of a loan. This includes any fees or additional costs associated with the transaction.

Loans or credit agreements can vary in terms of interest-rate structure, transaction fees, late penalties and other factors. The APR gives borrowers a bottom-line number they can easily compare to rates charged by other potential lenders.

By law credit card companies and loan issuers must show customers the APR to facilitate a clear understanding of the actual rates applicable to their agreements. Credit card companies are allowed to advertise interest rates on a monthly basis (e.g. 2% per month), but are also required to clearly state the APR to customers before any agreement is signed. For example, a credit card company might charge 1% a month, but the APR is $1\% \times 12 \text{ months} = 12\%$. This differs from annual percentage yield, which also takes compound interest into account.

Now that you understand APR, let's talk about how to negotiate lowering it on your credit cards — and saving a considerable amount of money in the process.

Keep in mind that your credit card company has plenty of competitors. Just think about how many credit card commercials you see on TV. So if the idea of dealing with these companies

makes you apprehensive just remember they WANT your business — and because they do they may be willing to negotiate for it.

The first step is to check your statement for your current APR. If you are behind on payments, you've recently missed a payment, or have gone over your maximum limit, it is almost impossible to lower the APR. But if none of those situations pertains to you, find the company's mailing address for disputes, not the billing address where you normally send in your payments.

Next, draft a correctly formatted business letter telling them that you have been receiving offers from some of their competitors with lower APR amounts. Say you really enjoy your account with them, but because of the economics if they cannot at least match other companies' APR offers, you will be forced to transfer your account.

If you have not received any offers lately, just remember those commercials. If companies are willing to pay millions of dollars for a national commercial then it is conceivable that they would be willing to offer some pretty good deals to get your business. Remember, it's not you that has to be convinced; it just has to be believable to your current credit card company.

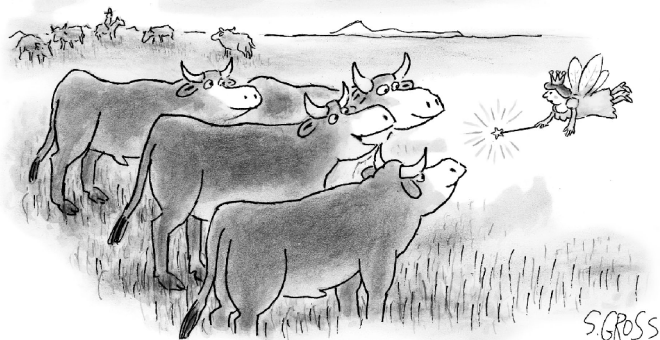
Now of course, the best method of all is to steer clear of credit card debt, but we have all been there where we needed to or just simply preferred to run some debt on credit. In the end, you might benefit from some simple planning and that is what I do for families while assisting them in making college affordable.

Ron Caruthers, is the owner of College Planning Specialists, Inc. and host of the Ron Caruthers Radio Show, which you can access at www.CollegePlanningSpecialists.com.

To contact him, please call (760) 438-9095.

“Tact is the ability to describe others as they see themselves..”

— Abraham Lincoln



"We would like to be genetically modified to taste like Brussels sprouts."

"On the Bandwagon"

Political Campaigns We're STILL Talking About

By Florence Markoff

Americans have always loved a hard fought campaign, so it's no wonder that many of our most colorful expressions come from the world of politics.

Take "Climb on the bandwagon" a phrase that's come to mean showing support for something or someone.

The expression originated during the presidential campaign of William Jennings Bryan and the wagon it refers to was big enough to hold an entire band of enthusiastic musicians.

This large, high wagon, complete with the candidate and his band, was pulled through the street by horses as publicity for upcoming events. As it passed, any one who wanted to show his support for the candidate climbed on the bandwagon and rode along.

Once the rush started others jumped on, too — partly in the hope the candidate would remember their support, partly because they found themselves swept up in the moment and partly because it was the popular thing.

Today, of course, candidates are a lot more likely to use television or the internet instead of

a colorful bandwagon to drum up support, but the expression is still alive and anyone who joins the crowd in supporting something is said to climb on the bandwagon.

And, needless to say, once candidates have gotten plenty of people to jump on their bandwagons, the want to "keep the ball rolling" straight through to victory.

That expression goes all the way back to 1840 when William Henry Harrison ran for President and the first modern political campaign was born.

As an advertising stunt, ten foot "victory balls" made of tin and leather and printed with the candidate's name were rolled from city to city.

Clearly these balls — and the candidate himself — generated a lot of enthusiasm, because some of the balls traveled as far as three hundred miles. And before long the whole country knew Harrison would do his best for the country and keep the ball rolling.

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

There's a
Word
for it.

"Surging Internet Use Cutting Into Family Time"

American kids and their parents are now spending more hours huddled alone around computer screens and cell phone displays, seriously eroding the amount of time families spend together.

"There's been a fairly abrupt drop in family time, a process which is usually glacial," said Michael Gilbert, a senior fellow at the Center for the Digital Future at the University of Southern California's Annenberg School for Communication. "Families are the social building blocks of virtually every society, and this can't be a good thing."

"In the last two decades, there has been an erosion in family dinners together that take place without gadgets," Gilbert said. "There's reduced cohesion, reduced communication."

The Internet is different

And the Internet is vastly different from television, which drew (and still draws) people together -- watching, say, Johnny Carson, the 1969 moon landing, or *American Idol*.

In contrast, "the Internet is one-to-one and so demanding. The key distinction of the Internet is interactivity," Gilbert said. "You have to sit and respond."

This trend toward decreased family time dovetails with the emergence and rapid growth of online social communities, the researchers noted.

"Social networks such as Twitter and Facebook exploded in 2007. At that time, more than half of people online said this online community was as important as their offline community," Gilbert said. "Many technology issues are pull-

ing on the family which, in the modern world, has enough pressures."

Fighting back

In response, some families are beginning to budget time for Internet use, setting curfews or proclaiming no Internet on weekends.



"There are ways we can put little fences around our involvement with the Internet," Gilbert said. "We need to remember how valuable it is to spend time together and experience the world together. Nothing can substitute for face-to-face time."

For all the potential damage involved in Internet usage, there are also numerous benefits, said Dr. Harold Koplewicz, director of the Child Study Center at New York University Langone Medical Center.

"Kids have the opportunity to learn, play, socialize and participate in social life. It's communication besides pleasure," he said. "It may look as though they're wasting time, but spending time online is essential. Kids can participate in culture and connect with others with similar interests."

But, Koplewicz added, "Parents need to counter the trend towards decreased family time. While there are benefits to Internet usage, it doesn't mean you can let the machine take over."

Parents need to consciously plan family time, which can include playing computer games together, doing online projects together, having regular family meal times and participating in regular outings. They also need to monitor their children's use of the Internet, including having access to a history of sites visited, he said.

"Opportunities are usually disguised as hard work, so most people don't recognize them."

— Ann Landers