

# Healthy Bites

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

## “Tooth Whitening Makes Debut at Dental Trade Show!”

Imagine the surprise and delight on dentists and dental team members’ faces when we saw this “new” product at the Dental Convention! Yes folks, we’re actually going to be able to *whiten* people’s natural teeth! And just by putting teeth in contact with a mild solution each night.”

### How is Whitening New!?

The year was 1989. The company first introducing dental tooth whitening to the world was “Omni” with their “White and Bright.” That’s right, this is the *twentieth anniversary* of the intro-

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## “8 Commonly Missed Tax Deductions”

*By Ron Caruthers*

Will Rogers once said that the income tax system has made liars out of more Americans than golf and fishing put together. Well, April 15<sup>th</sup> is coming again, so I thought I’d share with you some of the most commonly missed *legal tax deductions*, so you can save a bundle while staying within the law.

Of course, the time to begin gathering this information is now, not on the 14<sup>th</sup> of April.

Here are some things you want to be sure to include:

### 1. Health Insurance Premiums

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



Dr. Declan J. Devereux & Associates  
1601 Kapiolani Blvd. #101  
Honolulu, HI 96814

**Phone:** 808-941-5555 **Fax:** 808-947-2333  
[Declan\\_Devereux@Yahoo.com](mailto:Declan_Devereux@Yahoo.com)

### Team Members:

Declan Devereux, DDS  
David Matto, DMD

#### Hygiene

Sharon Shishido

#### Dental Assistants

Kristen Boloson

LeeAnn Kaneshiro

#### Business Staff

Tatum Desper, Chad Clark,

Judy Phayakoun, Kelly

Collins

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duction of take-home tooth whitening products.

### **You Won't Believe How they First Convinced us It Could Really *Be* Done this Easily!**

That we might have had *any* doubt at first may be tough for you to imagine today, since teeth whitening has been with us for two decades. But to dental professionals first walking the aisles of our professional trade shows back 20 years ago, it seemed beyond imagination that scientists had come up with a simple safe solution which could actually whiten teeth!

So how *did* the representatives from Omni White and Brite *convince* us right then and there on the show floor that it was not only possible but had been done?

### **Reps Whitened for MONTHS But ONLY their Upper Teeth!**

Looking back on the original representatives of the Omni White and Brite Company, those were some seriously dedicated sales folks!

The resulting contrast was *so* astounding on certain of their sales force that it was *still* tough to believe our eyes (or the reps claims!). Of course today we take for granted that professional take-home whitening really *can* result in amazing improvements in your smile.

### **What You Should Know and Consider about Teeth Whitening**

In 20 years we've learned a *lot* about effective teeth whitening procedures. There are many different solutions available, and a number of ways they are applied to your teeth.

We would be happy to help determine which



type of whitening would be most appropriate and effective for you.

Many of our patients have expressed disappointment at OTC (over the counter) whitening products they've purchased and used. In most cases the results were simply inadequate, though it's also possible to cause harm when using some OTC whitening products.

Professional take-home whitening includes our taking highly exacting impressions of your teeth from which exact models are made. We then make precisely fitting trays from your models. The care and skill with which the trays are made plays a large role in both the safety and the *efficacy* of your whitening procedure.

### **Time is On Your Side**

Although for some patients we *can* offer speedy results, in almost all cases deeper brighter whitening can be achieved by your continuing to whiten just a bit longer, using your professional take-home whitening kit.

Even some patients with badly stained or dark teeth have enjoyed dramatic results after continuing their nightly use of the whitening for additional days or weeks.

The next time you visit us for your routine cleaning and checkup visit, ask if whitening is an option to beautify *your* smile. Better yet, give us a call today if you'd like to have whiter brighter teeth right away!

*"You can complain because roses have thorns, or  
you can rejoice because thorns have roses."*

— Gerald C. Eakedale

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The law is super confusing on this one, so you'll need to visit the IRS website, because the amount of credit you get varies with the make and model of a vehicle, and is phased out when an auto manufacturer sells its' 60,000<sup>th</sup> hybrid. However, now you know it exists, so you can look for it.

### **8. Job Moving Expenses**

If you are switching jobs, you are eligible to deduct the cost of your move if your new job is at least 50 miles further away from your home than the old job,

## **"Fat Producing Foods Explained"**

*By Dr. Cliff Sheats*

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ducing" to the body.

I advocate eating slow releasing starchy carbohydrates...

These include: 100% Stone Ground Whole Wheat Bread, Whole Grain Pasta, Corn Tortillas, Oats, Sprouted Breads, Barley, Buckwheat, Whole Grain Cereals (low in sugar) or any type of Whole Grains are all great sources of "slow releasing starchy carbohydrates."

I also recommend eating natural "slow releasing carbohydrates" such as Brown Rice, Beans, Corn, Potatoes, Sweet Potatoes and Peas.



### **Sweet Fruits and Fruit Juices:**

All fruits are very healthy. For the per-

and you work in the job full time for 39 weeks after the move.

Gathering information to prepare you income taxes is not on most people's list of favorite things to do, but with a little bit of planning and diligence, you can legally save a ton of money.

*Ron Caruthers is the host of The Ron Caruthers Show and the author of 'What Your Guidance Counselor Isn't Telling You.' He can be found online at [www.RonCaruthers.com](http://www.RonCaruthers.com)*

son that needs to shed body fat, I suggest that you limit your fruits to the lower sugar/higher fiber types. These are: all berries, green apples, kiwi etc.

Fruit juice is fine as long as it is watered down 50/50.

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

*For more information go to [www.VERYBESTYEARS.com](http://www.VERYBESTYEARS.com) and start TURNING BACK Your Biological Age 15 Years!*

## “8 Commonly Missed Tax Deductions”

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### and Medical Expenses

Health premiums along with long-term care premiums get added to your unreimbursed medical expenses, and can be deducted to the extent that they exceed 7.5% of your adjusted gross income.

Self employed individuals can deduct 100% of their health insurance premiums.

### 2. Investment and Tax Preparation Expenses

These are both deductible as miscellaneous expenses for anything that exceeds 2% of your adjusted gross income.

This includes safe deposit box rental fees, broker's fees, IRA custodial fees, investment publication subscriptions and things like these.

You can even include long distance calls to your broker.

### 3. Work Related Expenses

These also are eligible for deduction if they exceed 2% of your adjusted gross income.

You can include things like education that improves your job skills, union dues, certain business tools, travel expenses and cleaning and laundry bills when on a business trip.

### 4. Non-cash

#### Charitable Contributions

You can get a tax deduction for cleaning your house, and donating the extra stuff to charity. Be sure to get an itemized receipt and an appraisal for any individual item that is worth more than \$500.

### 5. Educator Expenses

Qualified educators can get a deduction of \$250 for the purchase of educational materials, and you don't have to itemize to get this deduction.

### 6. Student College Expenses.

If your AGI is under \$65,000 if you're single or \$130,000 on a joint return, you can take a deduction for up to \$4,000 a year against the cost of college.

If you make over these amounts, there is also a lesser deduction of \$2,000 available. Just be sure to check to see if you qualify for a Hope or Lifetime Learning Credit also, since a tax credit is often more valuable than a deduction, and you only get to take one or the other.

### 7. Clean Fuel Credit

If you bought a new hybrid vehicle in 2008, you may get a tax credit of a few hundred dollars up to a few thousand dollars. This applies to purchases only, and not to a lease.

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*“The cynic knows the price of everything and the value of nothing.”*

-- Oscar Wilde

## From the Office

Here is the Spring issue of our Newsletter which you should find to be informative and entertaining. We are proud to announce that we recently received two awards. The first was from Honolulu Magazine where two of our dentists, Dr. Matto and Dr. Holliday, were voted “The Best Dentists in Honolulu”. The second award was for “Top Performing Office” in HMSA's statewide evaluation. We realize that it is our wonderful staff that is a key component and all our patients who allow us to help them stay healthy. Thanks to all.

On a separate note we realize that these are trying economic times and we would like to ask for your help. If you know of any families within our practice who

may be experiencing unusually difficult times, please make them aware of the following....ANY of our active, loyal patients who may have lost a job are asked to let us know if we may be of service....for these patients who have been hit especially hard financially we are happy to provide EMERGENCY dental care and ROUTINE CLEANINGS at absolutely no charge until they are back on their feet.

For all the rest of our patients please feel free to use the coupon in this issue to help save on your dental care. It is our way of saying “Thank You” for being our patients.

# “DREAM DOLLAR\$”

*Dreaming of a brighter smile?*

## “\$100 OFF ANY SERVICE”

*Special Offer Expires  
April 30, 2009*

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

# “Eating Crow”

*and other less-than-delicious meals*

*By Florence Markoff*

Lose a bet and you may have to “eat your hat.” But don’t expect to get away with simply downing your cap. The phrase actually refers to a thoroughly unappetizing dish called “Hattes” listed in early European cookbooks.

The dish, which was composed of “eggs, veal, dates, saffron, salt, and a variety of other ingredients,” was so unpalatable, it required a strong stomach to eat it – and a strong conviction to actually promise to do so if you lost.

On the other hand, if you say the wrong thing, you’ll find yourself having to “eat your words”. Not as unappetizing, perhaps, but still decidedly humiliating.

But how could someone end up in the unfortunate situation of having to “eat crow”?

The phrase was inspired by an incident that took place during the War of 1812.

It was common at that time for soldiers of both sides to go hunting during an Armistice. One New Englander, crossing the River Niagara, shot a crow when he couldn’t find larger game.

An unarmed British officer heard the shot and decided the intruder must be punished. Since he himself had no

weapon, the officer complimented the soldier on his shooting and his gun, than asked to take a look at the weapon.

When the naive New England soldier handed it over, the British officer aimed it at him and ordered him to eat a bite of the crow. The soldier was forced to obey.

The officer then warned him to stay on his own side of the river and returned the gun.

It was a tactical mistake for the Englishman because the American pointed the gun at him and ordered him to eat the rest of the crow.

The next day, the British officer went to the American Commander, explained

his side of the story and demanded that the soldier who had violated the Armistice be punished.

The American Commander had the soldier brought in and asked him whether he had ever before seen the British officer.

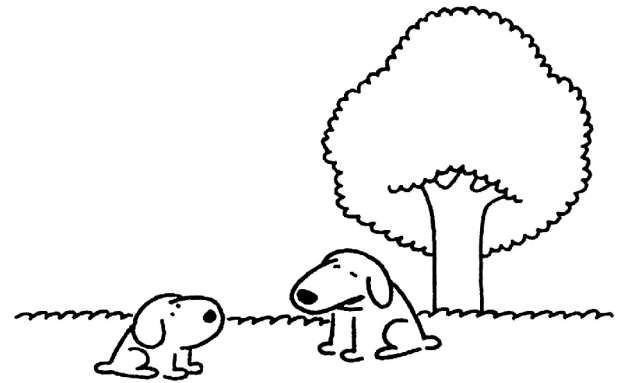
“Why, yes, sir,” the soldier replied, “I dined with him yesterday.”

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

There's a  
**Word**  
for it.

*“Keep away from people who try to belittle your ambitions. Small people always do that, but the really great make you feel that you, too, can become great.”*

— Mark Twain



*Charles Barsotti*

*“My advice is to learn all the tricks you can while you're young.”*

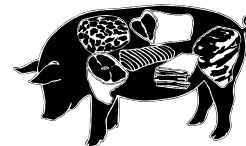
## “Fat Producing Foods Explained”

*By Dr. Cliff Sheats*



### Simple Sugars:

If not used for energy, sugar can be converted by the liver into long chain triglycerides. In other words... FAT! So, beware of all those fat free snacks out there, because the conversion factor to fat is very real.



### Fatty Red Meats:

Most beef products in the grocery store are riddled with fat. In fact, the majority of the ground beef you'll find is cheap fatty trimmings!

I'm a proponent of lean red meat as a

high quality source of protein. Cuts such as Eye Round or Filet Mignon from your local grocery store are fine once a week.

Cooking Tip: Make your lean ground beef patty flatter than usual and grill it on low. Paint it with Olive Oil and season with Garlic Salt on both sides..... ummmm delicious



### Processed Carbohydrates:

Processed refined bread products and noodle products release glucose too rapidly. Much of the bran, fiber and germ are removed in the refining process. These products cause a surge in insulin and they become “fat pro-

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