



# The Whole Tooth



High Street Dental Practice

October 2011

## Say Good Bye To Pumpkin Smiles!



As the nights darken and everything fades here at The High Street Dental Practice we want to keep you sparkling and fresh for Autumn!

From the 1<sup>st</sup> to 31<sup>st</sup> October we are offering you a free mouth cancer check (worth £10) with Debbie or Kate when patient's book a combined smile audit and tooth polishing appointment.

Just call 0844 576 9656 today and book an appointment in October for this very special Halloween offer.

We are looking forward to cheering up Autumn with you!

Don't forget that every time you visit us we donate to charity. This month's charities are the Well Wishers trust and Help For Heroes.



From Jaspal Sandhu

“ At just after 4am on Sunday 2<sup>nd</sup> October, Paige, Monica and I finished a half marathon walk For Cancer Research in about four hours, raising £1300. Thank you to everyone for your good wishes and donations”

Thank you to all our patients that voted in the name the mascot competition last month.

A huge thank you to all of our patients who have referred new patients to us over the last month.



Well done to Henry Dyer who was successful in winning a Nintendo Ds with his picture of Floss.



## How To Get A Good Night's Sleep



- Make a list of what you need to do the next day, write it all down and keep that paper and pen near your bedside in case you think of anything else you need to do. When you write things down you're giving your brain the signal that it no longer needs to think about those tasks. Don't watch television or listen to the radio (especially the news) before retiring for the night – and certainly do not fall asleep with the TV or radio on.
- Read some inspirational or self-growth material for at least 30 minutes prior to bed. Your goal is to fill your mind with inspirational thoughts before falling asleep so that the last thoughts you have before drifting off are uplifting thoughts as opposed to the stressful thoughts that most people fall asleep thinking about.
- Make sure the room that you're sleeping in is as dark as possible – the body is made to sleep when it's dark out – the darker the room the more potential for a deep sleep.
- Make the room as silent as possible – turn off all electric devices and ask others in the house to be as quiet as they can.
- Don't eat for at least 3 hours before going to bed. When there's undigested food in the stomach your body is forced to focus on digesting that food rather than being focused on repairing your body and mind – which is what sleep is all about! The body was designed to digest food best while moving – not while laying down.
- Try to go to bed at approximately 10:00 pm and awake at approximately 6:00 am. In Ayurvedic medicine it's believed that there are cycles that are the most conducive for certain activities. Going to bed at 10:00 pm and arising at 6:00 am appears to allow the body to rest the deepest, rejuvenate the most, and gives the person the most energy throughout the day.
- Don't take drugs or vitamins/herbs that are supposed to help you sleep (unless required by your physician). Most of these artificial sleeping aids do nothing more than deaden your senses – the goal of 'sleep' is to give your body the time and means to repair itself and prepare for the coming day. When you drug yourself to sleep, every system in your body is slowed down, including all those systems that are responsible for repairing you.
- Make sure that there's a fresh air supply in the room. The air indoors is said to be some of the most toxic air around. When you sleep, you're only able to breathe in the air that surrounds you in your enclosed bedroom. Try opening a window (if it's cold outside then just open the window a crack). The fresh air that comes in while you sleep will help your body repair itself because you'll have access to cleaner, more oxygenated air.
- During the day, do 60 minutes of mild exercise. If you don't have time to do 60 minutes in a row, then break it up into 2 - 30 minute sessions, or 3 - 20 minute session, or 6 - 10 minute sessions – just get a full 60 minutes in. The best exercise when talking about general health and preparing your body for a great night's sleep is "walking".

## Halloween pumpkin cake



Like carrot cake? Then try using up your leftover pumpkin in this clever traybake for Halloween

- 300g self-raising flour
  - 300g light muscovado sugar
  - 3 tsp mixed spice
  - 2 tsp bicarbonate of soda
  - 175g sultanas
  - ½ tsp [salt](#)
  - 4 [eggs](#), beaten
  - 200g butter, melted
  - zest 1 [orange](#)
  - 1 tbsp orange juice
  - 500g (peeled weight) pumpkin or butternut squash flesh, grated
  - 200g pack soft cheese
  - 85g butter, softened
  - 100g icing sugar, sifted
  - zest 1 [orange](#) and juice of half
1. Heat oven to 180C/fan 160C/gas 4. Butter and line a 30 x 20cm baking or small roasting tin with baking parchment. Put the flour, sugar, spice, bicarbonate of soda, sultanas and salt into a large bowl and stir to combine. Beat the eggs into the melted butter, stir in the orange zest and juice, then mix with the dry ingredients till combined. Stir in the pumpkin. Pour the batter into the tin and bake for 30 mins, or until golden and springy to the touch.
  2. To make the frosting, beat together the cheese, butter, icing sugar, orange zest and 1 tsp of the juice till smooth and creamy, then set aside in the fridge. When the cake is done, cool for 5 mins then turn it onto a cooling rack. Prick it all over with a skewer and drizzle with the rest of the orange juice while still warm. Leave to cool completely.
  3. Give the frosting a quick beat to loosen, then, using a palette knife, spread over the top of the cake in peaks and swirls. If you're making the cake ahead, keep it in the fridge then take out as many pieces as you want 30 mins or so before serving.

## The High Street Dental Practice Helping The Bluebell Railway

As part of our assisting in the community staff at the High Street Dental Practice are helping to clear rubbish from the Bluebell Railway extension here in East Grinstead.

Dentist, nurses, hygienists and admin staff will be spending Saturday 8<sup>th</sup> October helping to clear the site so they can regain the land and the extension can be started. Get those gloves and wellies at the ready guys!!

## SHORT QUIZ

### WHERE IN THE WORLD IS THIS?



**Who said?**

**“Life is too important to be taken seriously”**

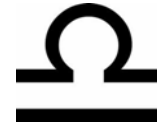
(answers below)



The custom of trick-or-treating and the use of "jack-o'-lanterns" comes from Ireland. Hundreds of years ago, Irish farmers went from house to house, begging for food, in the name of their ancient gods, to be used at the village Halloween celebration. They would promise good luck to those who gave them goods, and made threats to those who refused to give. They simply told the people, "You treat me, or else I will trick you!"

(Pennsylvania State Capitol, Oscar Wilde)

## Libra October Horoscope



Take advantage of the first decanate of October 2011 when Venus is still in your sign, lending you her charm and sex-appeal, providing favorable sentimental circumstances and smoothing your way to happiness. It'll be the best period of October, when you can freely try your chances.

The conjunctions Mercury and the Sun will make with Saturn in your sign show that October 2011 will have great achieving potential, but demand special attention and most probably strategies and decisions.

You'll be resistant and energetic enough to carry out your plans.

Don't forget that, as long as Saturn is in your sign, it's better to protect yourself and take care of your health. Eat healthily, exercise and go to the doctor's immediately in case something is wrong!

## Scorpio October Horoscope



October 2011 foreshadows to be one of the most favorable months of the year.

In October 2011 you could find your soul mate or improve the current relationship. The important thing is for you to decide what you want and help your destiny a bit. Chance is in the air, you just have to reach your hand and get it.

Your financial situation could also benefit from work partnerships, so October 2011 could provide profitable contracts or collaborations.

There is, though, a certain tendency towards excesses and indulgence that could urge you to behave in a way contrary to the interests of your health. So that you don't experience problems, bring this tendency under control and take care of yourself especially in the first two decanates of October 2011!



- \*Plant spring flowering bulbs.
- \*Cut down stems and foliage of herbaceous perennials after hard frosts and when leaves begin to brown.
- \*After several hard frosts add mulch to your perennial flower garden. A one inch layer of straw or chopped leaves will help conserve soil moisture and protect the root system.
- \*When deciding on new trees or shrubs to plant around your home, remember to select varieties that will fit the location when they are at their mature height. This will greatly reduce pruning and other maintenance in the future.
- \*Remove leaves from lawn to reduce lawn problems. Compost or shred and use them for mulch.
- \*Make a note of any particular productive or unsatisfactory varieties of vegetables that you planted this year. Such information can be very useful when planning next years' garden.
- \*Remove any diseased or insect-infested plant material from your garden, it may harbour over-wintering stages of disease or insect pests. If you leave this plant material in your garden, you are leaving diseases and insects which will begin to reproduce again next spring and add to next years' pest problem.
- \*Use dried herbs to make fragrant wreaths and dried flower arrangements.
- \*Clean up the orchard and small fruit plantings. Sanitation is essential for good maintenance. Dried fruits or mummies carry disease organisms through the winter to attack next years' crop.
- \*Christmas cactus needs special care now to get its beautiful flowers this December. Buds will form at 50-60 degrees Fahrenheit or if the plant is exposed to at least 13 hours of complete darkness each night.

## October Calendar of Events

| Sunday                  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday   |
|-------------------------|--------|---------|-----------|----------|--------|--|
| 31<br>Happy Halloween ! |        |         |           |          |        | 1  |
| 2                       | 3      | 4       | 5         | 6        | 7      | 8 Helping to clear the Bluebell Railway                          |
| 9                       | 10     | 11      | 12        | 13       | 14     | 15   |
| 16                      | 17     | 18      | 19        | 20       | 21     | 22   |
| 23                      | 24     | 25      | 26        | 27       | 28     | 30<br><br>British Summer time ends, change your clocks at 2.00am |