

**In this issue of our Newsletter:**

## **Top 10 Reasons to Drink Water More**

**Source:** Carolyn at <http://www.lookgreat-loseweight-savemoney.com/drink-water.html>



Water being vital for healthy teeth and fresh breath, in addition:

1. Water is absolutely essential to your survival. A person can live for about a month without food, but only about a week without water.
2. Water helps to maintain healthy body weight by increasing metabolism and regulating appetite.
3. Water leads to increased energy levels. The most common cause of late afternoon fatigue is usually dehydration.
4. Drinking adequate amounts of water decreases your risk of certain types of cancers, including colon cancer, bladder cancer, and breast cancer.
5. For a majority of sufferers, drinking more water can significantly reduce joint pain and back pain.
6. Water leads to overall greater health by flushing out wastes, fats, and bacteria that can cause disease.
7. Water can prevent and alleviate headaches.

8. Water naturally moisturizes your skin and ensures proper cellular formation underneath layers of skin to give it a healthy, glowing appearance.

9. Water aids in the digestion process and prevents chronic constipation.

10. Water is the primary mode of transportation for all nutrients in your body and is essential for proper circulation.

So for your good health, drink up to eight (8) glasses of pure (distilled) water each day!

For Your Better Dental Health,

*Dr. Petrosky & Staff*

### **New Patient Welcoming Offer**

**\$80.00** (Reg. \$250)

**Includes: Exam, Cleaning, BW X-rays, Perio (Gum) Exam, Velscope Oral Cancer Screening**

Valid for new patients without dental insurance with coupon. No cash value. One coupon per patient per visit.

**\$100.00 OFF**

**Laser Periodontal Therapy™ ...  
using the "FDA cleared" Periolase-LANAP™  
for moderate to advanced periodontal disease  
No Cut No Sew No Fear**

Valid for new and existing patients with coupon. No cash value. One coupon per patient per visit.

### **Lifetime Whitening!**

- Offer valid on bleach refills only
- Must maintain continuing hygiene care
- Does not include initial whitening appointment

To be used at time of service only. No cash value. One coupon per person per visit. Not valid with any other discounts.

**\$ 50.00 OFF**

### **Any Dental Procedure**

**Cleaning • Exams • X-Rays • Fillings • Whitening • Crowns •  
Veneers • Bridges • Dentures • Lumineers • Implants**

**DUE TO INSURANCE REGULATIONS, COUPON CAN  
ONLY BE USED FOR NON-INSURED PROCEDURES**  
To be used at time of service only. No cash value. One coupon per person per visit. Not valid with any other discounts.