

April 24, 2010

In this issue of our Newsletter:

As Seen on HealthMad...

## **The Top 10 Benefits of Green Tea**

Green tea has been a traditional medicine of the Chinese for over 4,000 years, and it was (and still is) used to treat numerous diseases and other problems, and to date, here are some up the best effects of green tea.



Here are the top 10 benefits of green tea:

1. Green tea has been proved to reduce the chances of developing cancer, and also kill cancer cells without harming any other cells.
2. Green tea can also help to prevent and temporarily stop the effects of arthritis.
3. Green tea can repair your immune system while boosting its strength.

4. Green tea will reduce your cholesterol level.
5. Green tea can reduce the chance of having a heart attack or other heart diseases.
6. Green tea can also reduce the chances of getting cardiovascular diseases.
7. Green tea has been proved to help you during a diet, and lose more weight.
8. If you drink green tea before exercising, you will burn more calories during the workout.
9. Green tea can help to improve the health of your skin, that's why there's a lot of green tea extract facial creams hitting the market shelves lately.
10. Who doesn't want perfectly healthy teeth? Well, green tea kills bacteria that causes tooth decay, while preventing food poisoning at the same time!

The only harmful effect of green tea is its tiny dose of caffeine, a lot less than coffee. So, the next time you take a break, have a green tea! It might just save your life.

For Your Better Health,

Dr. Petrosky & Staff

## *Tuckerton Dental*

**\$ 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.

**\$100.00 OFF**

**Laser Periodontal Therapy™ ...**  
using the "FDA cleared" Periolas-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.

**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.