



Loose Weight and Save Your Teeth?

Yes they are Related....and Yes, We Can Help You With Both!!!



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Sugar. Sugar causes weight gain. Sugar causes tooth decay. Sugar is almost impossible to cut out of our diets. Some try, they call it the caveman diet, vegetables and meat... No Sugar. With this nutritional change, you would loose weight AND you would not even need a toothbrush, floss, or listerine. If the bacteria present in our mouths do not have carbohydrates as a food source, they cannot produce the acidic by-products that destroy our teeth. Although the value of eliminating sugar for oral health is valid, what is more important for the general public, for the 75% of Americans who are overweight, is the value of eliminating sugar for their waist band.

How likely is a complete elimination of sugar though? Even though sugar feeds cancer cells, and the elimination of it will cause cancer cells to die, those battling cancer still can't cut it out of their diet; even if it is a do or die situation. Sugar is like a drug, we need it, we crave it, and when it is mixed with chemicals in sodas and processed foods we actually become addicted to it. So how do we protect our teeth and loose weight! We need some help, help both of our offices can provide.

Nutritional counseling and purification programs, essential oil therapies and education have become a forefront of our offices' focus. These techniques and procedures will help you restructure your life in such a way that will enable you to make educated choices about food, learn what forms of sugar are bad for you, take proper supplements, learn exercise techniques, and complete I-lipo series which will make you look, feel, and actually be healthier.

We can straighten your teeth, whiten your teeth, reconstruct your smile, fix your cavities, and place crowns with the latest and greatest technologies and materials. However, if you aren't educated on the habits and nutritional deficiencies that put you on our doorstep in the first place, all of this beautiful work will eventually need redone! So eductaing and helping you prevent these issues from reoccurring is our new main objective at our practice. Our team is trained in all areas of prevention and nutritional adjuncts to help you not only have a more stable oral health, but a more stable over all health.

Again, unfortunately teeth aren't perceived to be as important as body image and weight loss, even though they should be. We don't want to just help people with what we feel is a priority, we wanted to



be able to help them in anyway we could, which is how the spa nicely compliments our dental practice. Both businesses deal with the detrimental effects of sugars and chemical in our diets. Not only teeth, but your skin, acne breakouts, and even eczema can result from a poor diet. So we wanted to help all of these issues also. As stated earlier, with 75% of Americans overweight, a chief complaint of most is obesity. I-lipo, our laser liposuction procedure, is a sure way to emilinate those stubborn areas of unwanted fat. It is not a fix for an obese person who hasn't made a lifestyle change yet with better nutritional habits and exercise. However, it is an invaluable tool for those people who have made the committment to a healthier lifestyle, and just want to get back into that pair of jeans or look better in a bathing suit! I-lipo results in a long term permanent weight loss reduction as long as your new nutritional habits are maintained. It is painless, and just like with our dental work, it is very affordable with no interest low monthly payments.

One building, 2 amazing opportunites to start achieving a healthier lifestyle. This healthy new you will be reflected in your new, beautiful, smile and in your new, fit, healthy body. Confidence is everything. Confidence helps secure jobs or meet that special someone. Confidence brings people out of depressive states, and changes their lives. Carnicella and Associates and The Spa at Kenlee can help you achieve a new found confidence. Weight loss, a fit body, a beautiful smile is all within your reach, as long as you are educated on the ways to achieve it.



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