

Don't Put THAT in my Ferrari!



By Dr. Walter R. Below, D.M.D

Dr. Below strives to stay ahead of the curve on new techniques and information to better serve his patients. He participates in over 100 hours of continuing education annually and has memberships in organizations like the American Academy of Cosmetic Dentistry focused on dentistry's future from a scientific and/or esthetic perspective.

Dr. Walter R. Below has practiced in Westlake for over 20 years, receiving his dental degree at the University of Louisville's School of Dentistry in 1981.

You are a Ferrari and you've been zooming down the highway all day when you start to feel hungry. Your owner slows way down and exits the speedway and enters a service station. Since you are a Ferrari she pulls into the "Full Service" lane and promptly hops out and jauntily heads in to get a latte. Emerging a moment later she sees the attendant about to fill you, her beloved Ferrari, with diesel. Stunned she yells "Don't put THAT in my Ferrari!"

"Why not, its fuel isn't it?" asks the attendant. A Ferrari is designed for high test. Diesel will damage it to the point of requiring expensive repairs. It may be fuel, but it is the wrong kind for a Ferrari.

This article is Part of the "Your Mouth is Your Mirror" series by Dr. Walter Below.

You really are a Ferrari.

Your body represents the pinnacle of life on earth. You're mental, physical and emotional capabilities are astounding. You want to keep yourself in peak condition, but in the tough road race of life, it is not always easy to do. Here are a few tips to help you avoid gumming up the works.

- **Watch your fuel.** It's not that most of us don't know better, it's just that at the precise moment we are about to put diesel or an even worse greasy sludge directly into our precision engines, we are not listening to that little voice that says "Don't put that in my Ferrari!" We are listening to the attendant who thinks, "Its fuel." It is not. Practice the mental discipline of being the owner and not the disinterested attendant. Say it aloud, "Don't put that in my Ferrari!" Practice it now and be ready to say it next

time you are facing that plate sludge!

- **Supplement Your Fuel.** My physician brother says that we can get all the proper nutrition by just eating good healthy meals. He's right. But how often do we eat "three square meals per day" with five serving of fruits and vegetables, sufficient protein, essential fatty acid (fats that heal not kill) and of course, water. I will speak for myself... I would like to do better. By the way, my brother shared with me that his lunch yesterday was a turkey sandwich, (turkey, bun and "light" salad dressing), a handful of pretzels and a diet soda. The day before, it was the same but without the turkey sandwich. If the right fuel is not available use supplements to make sure you are always getting what you need.

- **Know YOUR fuel.** What is the right fuel for

me? When do I really need to supplement it? Great advances in human genetics now allow for personalized recommendations specific to our individual genetic profile. Our genetic code determines how we process food, detoxify toxins, and respond to inflammation.

Many diseases have their roots in our genes. Periodontal disease is believed to be one such ailment. Genetic screening can help people make diet and lifestyle decisions keyed to their very own genetic blueprint. We offer genetic screening along with fuel evaluation and supplements to our patients because we want them and you to have a full body smile. Don't just get your grill polished and expect to run at top speed. Watch your fuel, supplement wisely and call us; we'd love to help you "rev" higher and happier.

We provide an expertise for creating smiles that are confident, aesthetic and individualized.

Our years of experience in aesthetic bonding, orthodontics/braces, permanent and removable, bridges, tooth whitening, restorations, root canals and other general dentistry services allows us to give personal and individualized care.



wellness • function • appearance

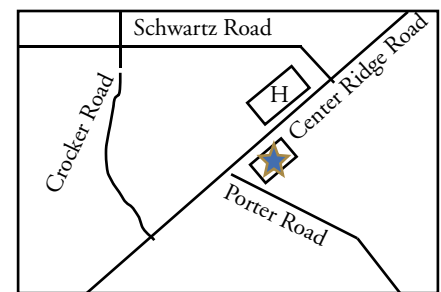


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