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**STONEBRIAR**  
 SMILE DESIGN



972.377.7800  
 stonebriarsmiledesign.com



## ACHIEVING RESULTS WITH INVISALIGN® FOR OVER 17 YEARS!

Stonebriar Smile Design has used Invisalign® treatment to transform many smiles over the years. Through pioneering research and comfort in mind, each clear aligner offers a precise fit for accurate and gentle movements. The results are truly life changing!

- **Removable - no restrictions.** Enjoy all your favorite foods and activities without skipping a beat.
- **Maintain a healthy smile.** Brushing and flossing are easy with your removable aligners. Plus, there are no metal brackets or wires to navigate around.
- **More affordable than you may think.** Insurance, tax-free dollars, and monthly payment plans can all make your dream smile an affordable reality.



ACTUAL PATIENT

**ARE YOU READY TO LOVE YOUR SMILE?**  
 Contact us to reserve your complimentary digital scan and sneak peek of what your new smile could look like today.



**STONEBRIAR**  
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SPRING 2019

ACTUAL PATIENTS



## Celebrating 20 Years Serving FRISCO!

Stonebriar Smile Design is passionate about optimal health and quality of life! Through the years, we have had the privilege of coupling those two passions by serving our community, building relationships and providing a level of healthcare that we are proud of.

Thank you for choosing us to care for you and your family! We look forward to celebrating this milestone and are so grateful for each and every one of you. You can receive information to our special events, see team flashbacks, patient stories, fun facts and win prizes by turning on your notifications for our Facebook page. You won't want to miss out!

**FOLLOW US ON SOCIAL MEDIA FOR UPDATES & SPECIAL ANNOUNCEMENTS**

  @stonebriarsmiledesign

## P. gingivalis and Alzheimer's

"Compelling evidence that Alzheimer's is caused by a bacterium involved in gum disease could prove a game-changer in tackling one of medicine's biggest mysteries, and lead to effective treatments or even a vaccine." The entire article, *We may finally know what causes Alzheimer's - and how to stop it*, can be found on [www.newscientist.com/article/2191814](http://www.newscientist.com/article/2191814).

## SimplifHealth.com

Podcast hosts, Dr. Jill Wade and Aurelia Byrne, RDH, are committed to bridging the gap between medicine, dentistry and genetics. Listen in as they encourage you to become your own healthcare advocate and learn how to create a *medical blueprint* for you and your family.

**TEXT "SMILE" to 972.362.1659 to receive a schedule of upcoming events and featured guests.**



## Nitrous Oxide (laughing gas)

Stonebriar Smile Design believes in your comfort and recommends Nitrous Oxide as a way to make your dental experience the best it can be. **Sedation consent forms along with a fee are now required by law each time a patient is administered the sedation.** Please contact us for any questions.

## Dear Friends,

It has been a long time since I have shared a photo of my girls for the newsletter cover... but the talented Kurt Nelson, owner of Innovative Images, did not disappoint me at our last session. So here they are in all their glory of double digits - 10 years old. They are getting so big!



These last 10 years are full of so much excitement and fond memories and yet at times it seems like they have flown by. The same feeling occurs to me when I celebrate 20 years of business in the FRISCO area with you. A huge thanks goes out to all of you that have supported the business and our passion for serving you. I absolutely love dentistry today as much as when I first started. If you don't follow us on Facebook you should. We are going to celebrate our anniversary all year long with flash backs to events and stories that have made us who we are today.

I have always been dedicated to keeping up with the latest in technology and I am excited to offer you a new service in dentistry - **stem cell therapy**. Stem cell therapy supports one of our core beliefs for health and wellness - **the reduction of inflammation**. The oral cavity is proving to be an easy administration site with amazing uptake capacity due to the vascular nature of the mouth. If you are interested in pain reduction, supporting bone or gum health, reducing bacterial burden and other health benefits, please contact us. We are happy to discuss the benefits and share the unbelievable case stories.

Speaking of health and wellness, the season for flu and respiratory viruses is here. **Xylitol saline nose spray** creates a zone of protection from infectious germs and can reduce the risk of getting sick. For years, I have highly recommend Xylitol products specifically for cavity prevention, however it is important to know that it has many additional health benefits.



**Go Red** - the leading killer of women is still heart disease and heart attacks which are all preventable. PLEASE don't be a statistic while taking care of everyone else and keep putting yourself on the back burner. No one will benefit if you are sick, not up to your best, or God forbid, not around at all. LOVE is the theme for February! Love yourself enough to start reversing heart disease now!

**Keep smiling from the inside out!**  
Dr. Jill Wade

ACTUAL PATIENT



*living your best smile*

*Before having a new smile, my life with discolored and crooked teeth brought me unexpected challenges ... A new smile has brought me a quiet confidence and an increase of self-esteem. Now I feel good about how I look. With this has come a refreshed attitude and a new mindset. It's now easier to be my best." - Kathy B*

**Follow Kathy's full smile story on Facebook or [stonebriarsmiledesign.com/smilestories](http://stonebriarsmiledesign.com/smilestories)**



## GO RED for Heart Health

**G:** get your numbers (blood pressure & cholesterol),  
**O:** own your lifestyle, **R:** realize your risk,  
**E:** educate your family, **D:** don't be silent

## Sugar Free Watermelon Sorbet

<http://www.xlear.com/natural-sweeteners/recipes/sugar-free-watermelon-sorbet/>

### Ingredients

- 1 1/4 cup XyloSweet
- 1 1/4 cup water
- 6 cups watermelon chunks, seedless
- 2 Tbsp. lime juice



### Instructions

- Place the **XyloSweet** and water in a medium sauce pan and dissolve over low heat. Once the **XyloSweet** is completely dissolved, remove from heat and allow to cool.
- In a blender or food processor, puree the watermelon until smooth. Add the lime juice and **XyloSweet** mixture then pulse to mix.
- Freeze in an ice maker according to the manufacturer's directions. Serve with a squirt of fresh lime juice or a drizzle of balsamic reduction.