

alpha
books

THE
**COMPLETE
IDIOT'S**
GUIDE® TO

"[Sallie and Hattie]
are dedicated to
altering how we all
view the way we age
and what anyone can
do to remain youthful
for as long as
possible."

—Tony-nominated
Broadway actress
and cabaret singer
Julie Wilson

Looking and Feeling Younger

- ◆ **Tips and tricks** to turn back time right now
- ◆ **Idiot-proof steps** for eating, exercising, and thinking like a younger you
- ◆ **Expert advice** for taking years off how you look and feel



Sallie Batson and Hattie



Voice of Experience

According to Dr. Gerry Herman, a top New York prosthodontist, most people think they're taking adequate care of their teeth if they brush twice a day. When Dr. Herman asked patients to demonstrate how long they brush, he realized that most people brush for only about 30 seconds. That's hardly enough to freshen the surface. He recommends that patients purchase a small timer and brush their teeth for a full two minutes. People reported that, at first, it actually felt like an eternity.

When we started this chapter, we interviewed Dr. Gerry Herman of New York's Park 56 Dental Group to get his expert opinion on the correlation between teeth and youth. We expected him to jump right in and describe healthy teeth and gums and give us a long list of what to look for and what to do. To our surprise, he zeroed in on the lips and the areas around the mouth. We had no clue how much attention a dentist pays to the outside of the mouth even before looking at what's inside.

Dr. Herman's discussion of a truly healthy mouth and what could go wrong certainly changed our perspective. We decided to share his wisdom with you, starting with his careful description of what to look for in your own evaluation. Here goes. Place yourself before a well-lit mirror and ... smile.

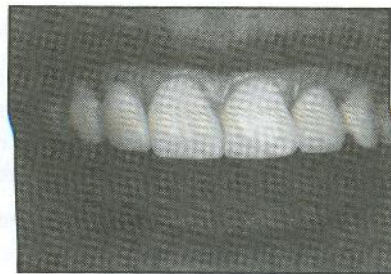
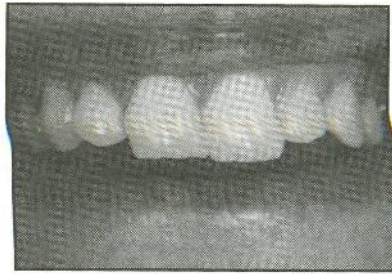
Page 26

Time's Toll on Teeth

As we did in Chapter 3, "What Does Your Mouth Say About You?" we're turning to Dr. Gerry Herman of New York's Park 56 Dental Group for advice on keeping teeth and gums in top condition.

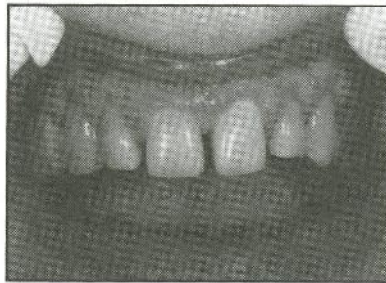
Regrettably, time takes its toll on our smiles. Unlike in George Washington's day, when "choppers" were made of wood and toothless was the only other option, today's dentistry can restore and beautify even the most time-worn teeth. Prostheses—dentures, implants, and bridgework—look real, not like Chiclets, and even 50-year-olds are getting braces to correct imperfections they've lived with for years.

Page 258



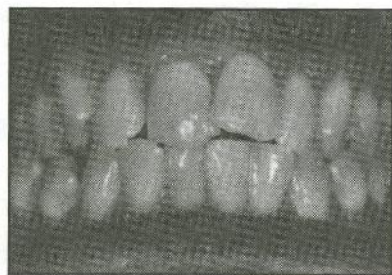
Skillful dentistry gave this patient something to smile about. The two front teeth and the two canines were slightly reshaped with a diamond burr, saving the patient a lot of unnecessary work. Porcelain laminates were then applied to the two teeth on either side of the front teeth.

(Photos courtesy of Dr. Gerry Herman)



Dr. Gerry Herman applied porcelain laminates to close the gaps between this woman's six front teeth. With proper care, this will last for 10 to 15 years.

(Photos courtesy of Dr. Gerry Herman)



This patient's teeth were not just stained, they were chipped and crooked. First the teeth were bleached and then, after extensive preparation, the overlapping front teeth were laminated for an even, perfect shape. Other teeth were reshaped with a diamond burr to create a young-looking mouth.

(Photos courtesy of Dr. Gerry Herman)



Voice of Experience

New York prosthodontist Dr. Gerry Herman advises, "If the shape and size of your teeth are fine but the color isn't, ask your dentist about bleaching. If the spaces between your teeth are wide, or you don't like the size and shape of your teeth, laminates can give you the teeth you've always wanted. Laminates can close spaces and even out your teeth."

Page 260

Dr. Herman's Ten Rules for a Youthful Mouth

Here are 10 rules to follow that will keep your mouth and teeth in the best possible condition:

1. Keep your lips moisturized.
2. Brush your teeth with the intention of cleaning every surface on every tooth. Use a soft-bristled toothbrush, and spend at least two minutes cleaning your teeth. If you wear any type of removable dental prosthesis, you need to keep it sparkling clean as well.
3. Learn how to floss properly, and do it after every meal.
4. See your dentist for a professional cleaning and examination once every six months—more if you have a periodontal (gum) condition.
5. Have broken teeth restored, and have missing teeth replaced. Discolored and stained teeth can be bleached and otherwise whitened. Metallic fillings and restorations can be replaced with newer and safer aesthetic composite resins or porcelain restorations.
6. Take 1,000 milligrams of vitamin C per day to help keep gums healthy.
7. Drink lots and lots of purified water, and eat plenty of fresh fruits and vegetables. Reduce or completely eliminate refined sugar products from your diet.
8. Don't smoke cigarettes or use any type of tobacco—cigars, pipes, chewing tobacco. Don't drink excessive amounts of coffee or tea. The exception is herbal tea.
9. In front of a mirror, practice exaggerated mouth movements, such as smiling broadly, moving the lower jaw from side to side, and sticking your tongue out as far as you can. This helps to keep the muscles around the mouth toned and the jaw joints flexible.
10. Don't do anything with your mouth or teeth that might cause damage, such as opening envelopes, ripping tape, chewing on objects, biting your fingernails, etc. Wear a mouth guard when engaging in athletic activities. Have your dentist construct an occlusal guard for you if you clench or grind your teeth.

Pages 261 & 262