

Georgetown DENTURE CLINIC

RELINING DENTURES

QUESTIONS AND ANSWERS

Q: What is a permanent processed reline?

A: A processed reline is a way of re-basing your denture with the same type of long cure from which it was originally made. This will make the denture fit more snugly to your ridge.

Q: Will it change the appearance of my teeth?

A: No, it only re-fits the denture to your ridge, no change of tooth position takes place.

Q: What are soft, or cushion relines?

A: A permanent soft rubber lining is applied to the lower denture inside ridge. Soft, or cushion relines are an excellent alternative for those who have sensitive oral tissue and tend to get frequent sore spots. A properly applied soft lining can provide years of comfortable chewing and smiling!

Q: How long will it take?

A: Most relines commenced in the morning are completed and returned to the patient that afternoon.

Q: What if I'm a working person and can't give up my teeth for a day?

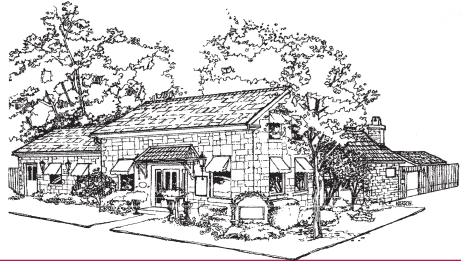
A: The alternative is to bring your dentures in after work. It can be relined and returned to you the next morning by 8:00 a.m., or come in after work one day, and pick them up after work the following day. Relining an existing denture is an economical way to prolong the life of your plate by restoring and maintaining a firm comfortable fit.

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Alexander Trenton, D.D., F.C.A.D. (A), Denturist

Author says a person's health is reflected in their face

Former Georgetown resident Lisa Petty's has published a new book *Living Beauty*.

In this book *Living Beauty*, nutritionist Lisa Petty shows how our appearance provides important clues to potentially serious health conditions—like thyroid imbalances and circulatory problems.

According to Petty, hair loss, acne, psoriasis and other beauty concerns are not superficial, but instead might indicate a deeper cause for concern.

"In fact," said Petty, "We ALL need a healthy dose of vanity."

In her book, the nutritionist and health journalist shares the simple yet important message that beauty equals health. In fact, through *Living Beauty*, Petty shows how the condition of our skin, hair, nails and smile broadcasts the state of our internal health and provides valuable clues as to what nutrients are missing— or excessive— in our diets. Often, simple dietary changes solve your beauty dilemmas

without you having to spend a dime at the cosmetics counter.

Living Beauty, published by Fitzhenry&Whiteside, describes simple ways to achieving health and beauty goals for both women and men, and includes healthy recipes, and make-up tips contributed by New York City celebrity make-up artist Rose-Marie Swift as well as a cosmetics and body care ingredient dictionary.

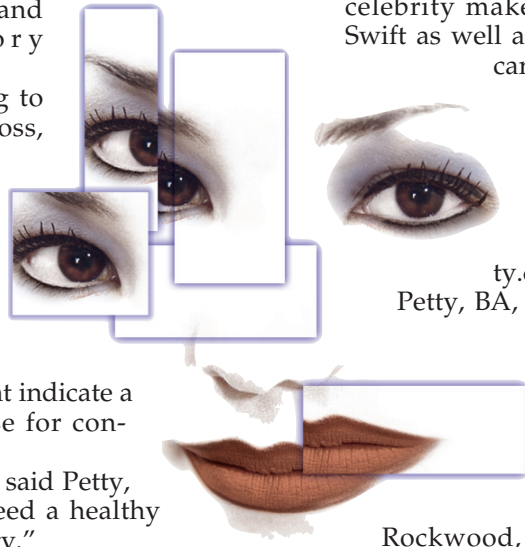
This paperback is at local health stores, Chapters and online at www.amazon.ca.

For more information go to www.livingbeauty.ca

Petty, BA, RHN, RNCP is a nutrition consultant, health advocate and author who now lives and works in St. Catharines, with her two children. She grew up in

Rockwood, and recently lived for five years in Georgetown. Petty writes for *alive magazine*, *The Healthy Living Guide* and *Canadian Health and Lifestyle* magazine. She is also a popular lecturer and guest on television shows such as *Breakfast Television* and *Smith'n'Hayes* as well as numerous radio programs in Canada and the U.S.

For more information go to www.livingbeauty.ca



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