

Lifestyle Dental News

January 2012

Happy New year to all our Patients and Colleagues Thank you for your support throughout 2011. We look forward to seeing you in 2012. New Year, New Smile.

Happy birthday to our January Patients including Sophie on 9th January. You share your birthdays with.

The Duchess of Cambridge, David Bowie, Elvis, Suzannah York.

January Birth Flower

The January Birth Flower is the Carnation, as shown in the opposite picture

Meaning of the January Birth Flower:

The general meaning of the January Birth Flower, the Carnation is love, fascination, and distinction

Sign of the Zodiac and Dates:

Capricorn - December 22 - January 20

January Birthstone: The Garnet

Characteristics of Capricorn

Stable, Trustworthy, Persistent, Ambitious & Patient



Lifestyle

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"The shortest day has passed, and whatever nastiness of weather we may look forward to in January and February, at least we notice that the days are getting longer. Minute by minute they lengthen out. It takes some weeks before we become aware of the change. It is imperceptible even as the growth of a child, as you watch it day by day, until the moment comes when with a start of delighted surprise we realize that we can stay out of doors in a twilight lasting for another quarter of a precious hour."

- Vita Sackville-West

Gardening tips

If you have made a New Year resolution to eat more healthily try simple sprouting seeds, quick, easy and delicious in salads.

Ensure house Plants are regularly watered as Central Heating may dry them out faster than expected.

Provide food for the birds in your garden.

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Nadim, Sophie, Karen and Jade all had a wonderful Christmas and enjoyed the break.

Karen`s daughter Rebekah now has an insulin pump which she had fitted about a week ago this enables her to continue with her daily life at College and home without having to think about it. Her Nephew Harry came to visit with his mum over the festive period he`s a lovely bundle of joy

Sophie has just celebrated 3 years at Lifestyle Dental. Where has the time gone? Has helped Nadim to grow the practice from strength to strength. Continues to be part of the fittings and enjoying her time with Lifestyle Dental. Her son Kris continues his studies at Runshaw and loving every minute of it. Dominic has been achieving high scores in his school work. Husband Lance is now an Exam Invigilator at Holy Cross High School in Chorley as well as being the Unofficial Postman for Lifestyle Dental.

Nadim enjoyed his break over the festive period spending time with his family at home. His brother Waseem has settled into married life. Twins Sarim and Lyia are now at Nursery 3 times a week and enjoying it. They are talking a lot more and stringing sentences together. They had their 1st nativity in December and were snow flakes. Nadim and Nosheen went to watch them.

Jade celebrated her birthday on Christmas eve with her partner Jonny she also had a great Christmas and went to Belfast for the New Year. Her parents were on a Carribean Cruise over Christmas and the New year enjoying the sunshine. Whilst we had the rain and wind.

Do you have a gap in your smile?

Come in and see our Implantologist Neil ,and you can smile again.

Call in for a coffee and a chat and see what we can do for you.

Are you or a friend nervous of the Dentist?

We can help. Lifestyle Dental now offers Sedation with Neil Sampson.
Call Karen on 01772 717316.

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“ I would thoroughly recommend Lifestyle dental to anyone considering having dental work/smile makeover. Nadim, Sophie, Karen and Jade put me at ease & helped me through the whole process. The makeover is something I had been contemplating for years & has transformed the way I feel and enhanced my confidence enormously. My only regret is that I didn't have it done sooner.
Cath Whittle Preston.