

## From Your **DENTIST**



Dr. Renee Maikon

Dr. Amy Stodola



Jody Anderson  
Dental Hygienist

Stephanie Loberg  
Dental Hygienist



Krista Blocklinger  
Dental Hygienist

Brenda Buscher  
Dental Assistant



Teresa Haddad  
Dental Assistant

Tiffany Northway  
Dental Assistant



Katie Jensen  
Dental Assistant

Kim Brecht  
Dental Receptionist



Chelle Patterson  
Dental Receptionist

## Office Information

Family SmileCare Center, PLC  
1630 32nd St. NE  
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### Office Hours:

Monday-Thursday .....7am to 6pm  
Friday..... 8am to 12pm



# Family SmileCare Center, PLC

Spring Newsletter 2013

**Our Mission:** Helping you keep your smile for a lifetime.



## Introducing Lifevantage **Protandim** The Nrf2 Synergizer

As part of your health care team, we are introducing Protandim. There are over 200 diseases that have Oxidative Stress as their root cause. For example:

- High Blood Pressure
- Periodontal Disease
- ADD/ADHD
- Alzheimer's Disease
- High Cholesterol
- Parkinson Disease
- Depression or Anxiety
- Cardiovascular Disease
- Diabetes
- Arthritis
- Asthma
- Cancer

### Oxidative Stress has an impact on our body's aging process.

#### What is Oxidative Stress?

Our body reacts with oxygen and our cells produce energy. Consequently, free radicals are produced that damage our cells everyday. External factors, such as pollution, sunlight, poor diet, and smoking, also trigger the production of free radicals. This daily damage is known as Oxidative Stress. As we age our ability to fight this damage decreases leading to disease.

#### What is Protandim?

Protandim is an indirect antioxidant that activates Nrf2 which communicates with cells, instructing them to up-regulate "survival genes", genes that enable cells to survive in the face of stress and down-regulate other genes that promote inflammation and fibrosis to help the body function at an optimal level.

#### Why take Protandim?

Protandim works at the cellular level. Protandim increases the enzymes in your body that eliminate 1,000,000 free radicals per second, every second. Direct antioxidants like blueberries, dark chocolate or red wine can only eliminate 1 free radical for every 1 antioxidant. Protandim is the only product clinically proven to reduce Oxidative Stress by an average of 40%.

Those who already have some underlying disease and those who just want to maintain a healthy lifestyle would benefit from Protandim.

### Just one pill a day.

As with anything new there will be questions and skepticism. Be assured we have done our research and you can too. Go to [www.pubmed.gov](http://www.pubmed.gov) and type in Oxidative Stress and a specific disease or Protandim. This is a trusted website with scientific, researched studies - not all internet sites will tell you the truth and can be misleading.

We have always strived to provide the best possible care for our patients. This is another way to help you stay healthy.



Visit our website for other information about our office.

[www.familysmilecarecenter.com](http://www.familysmilecarecenter.com)



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**CORRECT  
 INDICIA  
 WILL BE  
 ADDED BEFORE  
 PRINTING**

## News From Your Dentist



Dr. Renee Maikon



Dr. Amy Stodola



## Introducing **Protandim**

See inside for more information

Why promote a dietary supplement? Protandim is the only product clinically proven to reduce oxidative stress by up to 40% – see inside why this is important.



### 5 All-Natural Herbs



**Green Tea** has been the subject of many scientific and medical studies for its health benefits as an antioxidant and anticarcinogenic properties. Known to increase metabolism and burn fat.



**Bacopa Herb** has been touted for its cognitive enhancing effects for centuries. It possesses strong antioxidant properties, protects mental function and helps improve learning skills.



**Ashwagandha Root** is considered to improve physical energy and athletic ability, increase immunity to colds and infections.



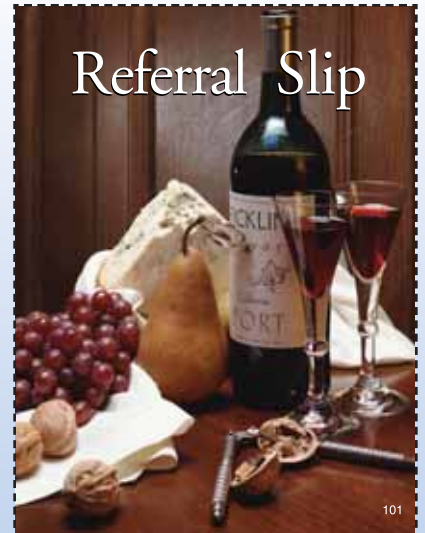
**Milk Thistle** seed has been used for 2000 years to treat chronic liver disease and to protect the liver against toxins.



**Turmeric** helps support liver health, prevent bad cholesterol and is being studied to prevent and block the growth of tumors. Turmeric is being researched in the fields of Alzheimer's disease, memory deficits, arthritis, cancer and diabetes. It possesses anti-inflammatory and antioxidant properties.

**Just one pill a day**

## Referral Slip



We would like more patients like you. Please refer us to your family, friends & co-workers and we will **THANK YOU** with a gift.

Have them call for an appointment

**362-8657**

After their first visit, we will contact you to choose:  
 \$50 toward your next dental visit or  
 \$50 to Biaggi's or Granite City or a  
 \$50 BP Gasoline card

To be eligible, the first visit must be a comprehensive exam and x-rays. Title XIX exclusions apply.

**Thank you from  
 Family SmileCare Center!**