

THE HEALTH BENEFITS OF SMILING

BY DR. ELIYAHU GHERMAN

Most of us know that there is something magical about a smile. However, what many of us do not know is how beneficial a smile can be. As orthodontists, we see people all the time who come into our office with their lips sealed tightly or with a hand in front of their mouth trying to hide their crooked, spaced or buck teeth. They often say, "Doc, I haven't smiled in years!" One of the most rewarding aspects of orthodontics is seeing the same

patients after their braces come off. We hand them the mirror and they break out in a big radiant smile. The patients may not know it but not only do they now have a beautiful smile, they have just added years to their life. Researchers at Wayne State University in Michigan found that the broader and more authentic your smile, the longer you will live. This study, along with others published in Psychological Science, is in line with a host of other studies that correlate smiling with many benefits. Here are a few:

- Smiling can reduce your chances of getting sick because it releases endorphins that make your immune system work better.
- Smiling relieves stress and depression.
- Smiling can reduce your blood pressure.
- Smiling helps tone facial muscles and makes you look younger.
- Smiling can relieve headaches.

Finally, smiling is contagious. When you smile at someone, they usually smile back and everyone is happier and healthier. So bring in the light of Chanukah with a smile and set up your free consultation to see how we can give you a beautiful straight and healthy smile.

Dr. Gherman is bringing his 20 years of orthodontic experience knowledge and care to Dr. Lavi's beautiful office which has been serving the RBS community with high standard quality care and concern for over 20 years! This is certainly something to smile about and thus the formation of Simcha Braces. Dr. Gherman can be reached at 02-992-3363.



Dr. Gherman and Dr. Lavi

SIMCHA BRACES

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Wishing a
Happy Chanuka
to all of our
patients!

Creating Beautiful Smiles for 18 years

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