

"We're 40 days into a new decade — and we couldn't be happier!"

We couldn't be more excited about the new year. We're



Dr. John Whitsitt

excited about the things we're doing to help our patients. Most of our patients know we do implants and dentures.

However, few know I'm board certified to help prospects and patients with snoring issues. Snoring often means the person is dealing with a more serious issue — sleep apnea.

So don't be surprised the next time you're here, I ask you a few basic questions about your sleeping habits. Your answers will tell us if we need to take a closer look at this important part of your health.

This month marks the fourth edition of our monthly newsletter. We hoped you would like it. We quickly found out that you — and our other patients love it! Thank you so much for your continued support. — Dr. Whitsitt.

Looking For More Positive News In Your Day? — Good. That's All We Do Here!

It's nearly impossible to turn on your TV or jump on the internet — without being bombarded by negative news. Doom and gloom seems to be everywhere. The world isn't falling apart, but it can sure feel like it.

Careful. A steady diet of negative news can change your mood.

Taking in negative news all day means you have a higher than average chance of seeing your own personal worries, as more threatening and severe. That's not good because when you do that — you're more likely to find your worries difficult to control than they would normally be.

Looking for more doom and gloom news?

Fug-ged-about-it! We're not going to do that here! Our

newsletter only focuses on good stuff. We want you to see 'New Smiles' Gazette as your "safe haven" for positive news. Uplifting stories that leave you feeling happy and enlightened about yourself and the world around you.

Do you have a happy story you'd like to share with us? Perhaps we can put your story in our newsletter if it's uplifting and positive?



Let us know if you have something fun or positive to share with us. Maybe you have an inspiring story about you or a loved-one. Perhaps you have a great story about one of your children or grandchildren.

We'd love to hear from you. Call us at (386) 239-7600 and share your story. Or you can send us an email at: DrJWhitsitt@gmail.com

Valentines Day: Origins of the 'Day of Love.'

Don't forget to recognize your 'sweetie' on February 14th



The Origins Of Valentine's Day Are Shrouded In Mystery.

According to University of Notre Dame Professor Lawrence Cunningham, scholars have two main theories to explain how February 14 became synonymous with romance:

In ancient times, many cultures celebrated a fertility festival in mid-February. In Rome, the festival came to be known as Lupercalia. During Lupercalia, men and women would draw tokens with random names on each of them to pair off for games and exchanges of gifts.

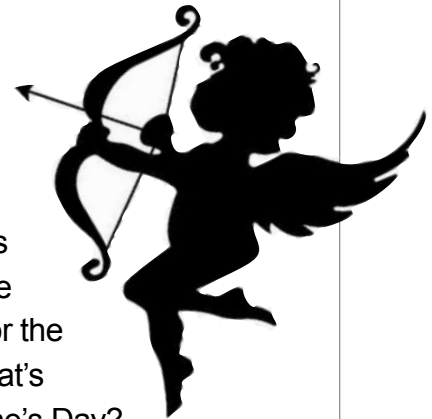
During festival time, women would write love letters, also known as 'billets,' and leave them in a large urn. The men of Rome would then draw a note from the urn and ardently pursue the woman who wrote the message they had chosen. (Apparently, the custom of lottery drawings to select valentines continued into the 18th century, coming to an end when people decided they'd rather choose -- sight seen! -- their valentines.)

The Importance Behind Valentines Day

Feeling "in love" is where we start our journey, but it doesn't touch the deeper meaning of loving someone "in word and deed." Love is being able to express yourself, saying what you feel or need, within a safe and trusting environment.

Love is being able to disagree without feeling shame and maintaining a sense of togetherness in times of both intimacy and autonomy.

Love is real, authentic, and reciprocal. Love respects boundaries, emotional and physical. Love offers encouragement, support, and acceptance while standing up for what is good and moral. Love is willing to sacrifice for the good of the couple or for the higher good of faith. What's Cupid's Role In Valentine's Day?



In Roman mythology, Cupid was the son of Venus, the goddess of love and beauty. And he became known as the god of affection.

Legend has it that Cupid shot magical gold-tipped arrows at gods and humans alike. By piercing their heart with an arrow, he caused individuals to fall deeply in love. It is our hope that you will feel the arrow this Valentine's.

REMINDER GUYS: Don't forget the flowers!

Good News! You Don't Need To Walk 10,000 Steps A Day To Be Healthy.



Fitness trackers help people count their daily activity. Many tell you you must walk 10,000 steps a day to benefit. **Well, you can relax. Turns out, it's a myth!**

A team of researchers from Harvard just uncovered the medical "source" of this alleged scientific wisdom. It didn't come from from a doctor nor a medical establishment.

Instead, it came from the marketing department ... of a Japanese clock company 50 years ago. What's that you say? Yes, it's true. It started with Yamasa Clock Co. Back in 1965, the company wanted a snappy name for a new pedometer, and hit on "Manpo-kei."

And so a legend was born. This, say the Harvard's team, is "likely ... the origin of the goal of 10,000 steps per day." No, really. It was the marketing department of a clock company. Did they get a Nobel Prize for that?

Another golden nugget of scientific wisdom bites the dust.

So how far should you really walk each day? No one really knows. However, researchers recently conducted a study of elderly women,

involving nearly 17,000, with an average age of 72.

Their findings? Those who walked more were in general healthier and lived longer. But there's no mention of the 10,000 steps-a-day rule.

Instead, they found significant health benefits kicked in at only 4,400 steps a day! And they top out at 7,500 steps. That's great news for all of us who are busy and don't have the time or stamina to march 10,000 steps a day.

This news will cut workout time in half!

What are the figures for younger people, or for men? ... We still don't know. The figure "equates to roughly 30 minutes of daily activity," satisfying recommendations of the U.S. Centers for Disease Control and Prevention.

To be clear, none of this research means walking 10,000 steps is bad for you. Truth is, there's an obesity epidemic in America and other rich countries. Medical experts agree most of us need to move and exercise more. **This is not a call to lie on the couch.**

JUST FOR YOU

Get your **FREE** copy of Dr. Whitsitt's NEW consumer report...

The Biggest Mistakes People Make About Dental Implants — How Many Are You About To Make?

HERE'S HOW TO GET YOUR FREE COPY:

1. Call our office at: **(386) 239-7600**.
2. Give us your email address.
3. That's it. We'll send Dr. Whitsitt's report to you ASAP for instant download.

(Do it now while it's on your mind and before you get busy.)

Linda Ferver Has Two Loves — Her Family *and* Our Patients!



Linda Ferver

Linda Ferver has spent most her career in the dental industry. In fact, she'll be celebrating her 41st anniversary next month. My goodness, that's a serious commitment.

For the last four years Linda has made Ponce Inlet her

home. Prior to living here, she called Bradenton, FL home for 50 years! Linda is originally from Pennsylvania, but you'd never know it. She has a lot of sand in her shoes. She's definitely a Floridian.

Linda's oldest daughter lives in St. Petersburg, FL., along with her fabulous grandson. He's about to turn 17 and a junior in high school. His passion is racing go-carts.

He's quite good at it too. He races nationally. Linda loves watching him compete. His racing skills have him ranked second in the state.

Linda values her time with family. When she's not with them or working, she enjoys playing golf and fishing. At one point Linda used to compete in the Bahamas Billfish series.

Most of Linda's family are water people. Both her son-in-laws have boats. When she's not with them, she enjoys a day at the beach with her friends.

Linda thinks Ponce Inlet is a slice of heaven. It doesn't hurt that she lives down the street from her daughter and 10-year-old granddaughter, who is also 'fabulous!'

Linda works the front desk in our office as well as the financial arrangements for patients. She loves working with patients and splitting phone duties with team members in the office.

Atlantic Coast Prosthodontics

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