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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Fillings Get Smaller...and Smaller

By Judith Sloan

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by: **Judith Sloan**

--We all remember going to the dentist, opening wide, and listening with held breath while he examined our teeth for decay. "Please, no cavities," we prayed.

With his prickly instrument in hand, our dentist probed every tooth, looking for "soft" spots where decay had invaded our once hard, pristine dental enamel. And when the point found its quarry, a tiny spot of decay, he would nod and say, "We've got a small one here. We'll watch to see if it grows into something."

No longer. Fast-forward to 2004, and the prickly instrument takes a back seat to a high-tech laser probe (<http://www.washdent.com/services.html>) that lands a preemptive strike in the battle against decay.

Make way for "Minimally Invasive Dentistry." (<http://www.washdent.com/services.html>) The mouthful of words means simply that dentists no longer allow dots of decay to advance into large craters. Armed with the ultimate in high-tech sleuthing, they now set out to find decay--at the earliest possible moment.

"Now we can absolutely eliminate many large fillings that lead to cracked teeth, crowns and other more invasive treatment," says Dr. Daniel J. Deutsch (<http://www.washdent.com/deutsch.html>), of the Washington Center for Dentistry in Washington, DC. (<http://www.washdent.com>)

Here's how it works: The dental decay finder touches the surface of every tooth, each time flashing a digital score that reports the presence of decay.

A tooth that scores above a certain number--has at least the tiniest dot of decay.

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And getting at the teeny offending area involves another technological wonder. A gentle dental "sandblaster" uses tiny particles to whisk away decay in layers. The area gets filled in with a tooth-colored liquid that hardens in seconds under a special light.

Patients walk out of the office with tiny fillings.

"And the best part," says Dr. Deutsch, "is they have treatment with no needle and no drill!"

Judith Sloan

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<http://www.washdent.com>

– Cosmetic Dentistry in Washington D.C.

A Small Alaskan Cruise

By Sarah K. Jenkins

Today, many of Alaska's cruise lines are those that offer large cruise ships with many people and outstanding entertainment, amenities and lots of fun. Yet, if you are interested in a smaller, quieter trip, then there are those cruises that allow for it. In fact, there are some pretty great adventures if you should consider a small Alaskan cruise rather than one of the larger lines. There are several key benefits to these cruises and all of them will allow you to enjoy all that Alaska has to offer.

Instead of a cruise filled with hundreds of people, consider one that offers just 75 to 100 passengers. These smaller ships provide for some rather unique experiences. Since the ships themselves are smaller, the boats can get into the waterways of smaller size. This can help you to see some more of the wildlife including the bears and the migrating whales. Of course, this is the route to take if you are looking for a way to see some of the most awesome views as well. Another benefit of these ships is that they can take you up close and personal to the Alaskan shores, into tiny villages and even right up next to some of the world's largest glaciers.

Although these cruise ships will cost you slightly more than a larger cruise line, the benefits that they offer are truly one of a kind and amazing. If you plan to take on one of these smaller cruises, make sure that you plan as far into advance as you can as space fills up rather quickly. If you want to get a bit more intimate with all that Alaskan cruise lines have to offer, then these small cruises will allow that. You can sail the passage ways that the local fisherman do and explore in depth what Alaska is truly about.

<http://www.alaska-cruise-information.info>

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