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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!

How to relax in the dentists chair

By Tony Forster

How to relax in the dentists chair by Tony Forster

Be cool in the chair!!!

How to relax in the dentists chair

If you're anything like me you'll feel varying degrees of anxiety when you find yourself sitting in the dentists chair, perhaps you can remember a specific incident from your childhood that brings back painful memories or maybe you don't like the sounds and smells involved. Being afraid of the dentist is nothing to be ashamed of and is something most of us experience at sometime in our lives.

The good news however is that modern dentistry is now a different experience, modern dentists have a greater understanding of their patients fears and concerns and have undergone additional training to meet these concerns. Dental practices have also greatly improved with less painful treatments, more efficient practices and quicker dental treatments along with your dentists empathy make for a much nicer experience.

Lie back and
think of something nice...

5 things you can do to make the experience
more enjoyable...

1. Arrive relaxed, calm and on time – Plan your visit with care, be sure to allow plenty of time to arrive and park your car if driving. If you are running late or have difficulty getting there on time you will naturally be more stressed. A high level of stress can make you irritable and that makes it more difficult to control your level of anxiety.

2.

Try exercising your brain – Don't just sit in the dentists chair thinking about nothing or worse still imagining what might happen but use the time effectively by thinking about something that will tax your brain. Why not have brain puzzle already prepared or perhaps you'd prefer to think about planning your next holiday or a home improvement. Whatever you do make sure you have something to occupy your mind other than what is going on...

3. You are in control –

It is important that you let your dentists know how you will signal that you want them to stop now because you need a break before the dental treatment can

start again. The mere fact that you can now control the situation often helps reduce anxiety and makes the treatment more bearable.

4. Music can help

– A personal stereo that allows you to play your own choice of music or a talking book can help distract your mind and hide the sound of treatment.

5. Hypnosis and relaxation – Perhaps your dentists offer these techniques which are a little like day dreaming, these techniques allow you to gain control over your feelings of distress, panic or fear, if your dentist doesn't offer these services they will most likely be able to suggest somebody suitable.

Most importantly speak to your dentist and explain any fears and concerns you may have about your treatment, a good dentist will be able to empathize with your feelings and by carefully explaining what they are about to do and how, it will go a long way to resolving your issues without the need for any other technique, you may even find yourself looking forward to next visit???

Tony Forster has a keen interest in dental care and bad breath treatment and has compiled many useful resources at www.eliminate-bad-breath.info

The content of this article is for information purposes only, it is advisable to consult your medical or dental practitioner before implementing any program or change to your current regime.

Graco High Chair Guide

By Helen Walters

How to relax in the dentists chair

There are many different kinds of graco high chairs such as the graco travel lite table high chair that is a portable high chair, the easy chair high chair, the graco harmony high chair, and the graco comtempo high chair. The usual cost for a graco high chair cost around about forty to two hundred dollars.

The graco comtempo high chair comes in many different shapes in styles and depending on the styles is how much you will be paying for the high chair, the average prices for the graco comtempo high chair is around about ninety five dollars to about one hundred and fifty dollars. The graco comtempo has a dishwasher safe tray, a removable vinyl seat cover, and a wipe able frame and footrest. The graco comtempo high chair can with hold up to forty pounds and is for children three years old or younger. Toddler furniture in the kitchen is a great addition for the life of your child's needs.

The graco harmony high chair also comes in many different shapes and styles and is also depending on what style you get is how much you pay. The average amount for a graco harmony high chair is usually between seventy to one hundred and forty dollars. The graco harmony high chair is for children under three years of age and can hold up to thirty seven pounds. This high chair can be position in six different height and has a four position reclining adjustments.

The graco easy chair high chair also comes in many different shapes and styles and just like the harmony and the comtempo high chairs the cost depends on the style of the high chair. The average cost of the graco easy chair high chair is around about twenty dollars to around about sixty dollars. This graco high chair also in for children under three years of age and can with stand up to thirty seven pounds. The graco easy chair has three reclining positions, a tray that helps mommy and daddy organize their baby's food, a removable, wipe able seat cover, and also a dishwasher safe feeding tray.

Helen Walters provides a variety of information on issues important to parents.

is home to a large selection of articles and reviews of Graco high chairs.



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