

5 Mistakes people make when choosing dental care.





You will kick yourself when you discover how simple it is to have a lifetime of gleaming, sharp looking and functional teeth.

The **5 mistakes people make choosing dental care** are the **SAME 5** mistakes people make with adopting health choices—your dental health is a **FUNCTION** of your general health...

And 80% of your general health is about choices and education.

...and of course, 20% is about planning GOOD dentistry.



Hi, I'm Alex Huszti from belledental at Valentine.

I first graduated when adhesive technology was just starting to get good and was lucky enough at the time to adopt the use of some dental adhesive systems that are still at the cutting edge today. Since then I've grown with the technology, developing proprietary techniques that often ELIMINATE the need for cutting of teeth, and develop beautiful cosmetics which is only matched by comfort and durability. After 28 years as a solo practicing dentist, facing the inevitable health issues of middle age, I've taken what I've learned about biochemistry and distilled, the essence of good health, into my treatment program—with outstanding dental & general health results. You can benefit from a simple treatment program that covers all bases...at a fee that is often less than what you would pay elsewhere and can be spread having only a handful of appointments over 3 years.

On the next page, read about what the 5 mistakes are...

In the 5 mistakes people make choosing dental care you will learn:

1. How your **diet** (and associated lifestyle foods) have the **GREATEST** impact on your dental health...and how you can easily & simply make good choices.
2. **The significant influence that planning plays**...not only in health outcomes but just as importantly in cost effectiveness.
3. **The simple switch** you need to flick if you're going to put ALL health problems behind you (including your dental health problems).
4. **We're all time-poor**; belledental has developed a program of consistent, gradual, PLANNED care which delivers outstanding results with only 3-5 clinical appointments in the first year
5. How **cutting edge adhesive and resin technology** is about to transform the dental landscape, cutting back on laboratory requirements, saving 200% more sound tooth structure compared to crowns, 50% of the cost of a crown and **affordable** repairability and maintenance.

Mistake Number 1: The one food choice that keeps you dentally poor

That's right! 1 food choice that not only impacts on your general health but specifically on your dental health. You've been told about this food since childhood—probably so many times, and for so long—that it has been ingrained in you as an old wives tale. The food choice to avoid is...**SUGAR**

Sugar consumption has gone from 2.5Kg per person per year to over 100Kg!

Sounds too obvious...right?

⇒ Sugar (often in combination with acids...which also cause the dissolving of your teeth i.e. decay) is the most common **PRESERVATIVE** in convenience foods. It's in **EVERYTHING**. **And it's a double whammy!** It causes changes in your mouth bacteria (allowing them to make more acids)...but also changes in your body—making you **WEAKER** against dental decay and gum disease.

⇒ There are numerous research papers linking sugar intake (convenience food intake...since it's in virtually everything!) to more aggressive types of bacteria in the mouth—forming plaques that rapidly cause dental decay and gum disease.

⇒ **The one food choice is:**

**Eat real food: Mostly plant based: And not too much of anything.
SIMPLE AS THAT.**



Mistake Number 2: NO PLAN is a plan to fail

I am amazed at the number of patients that I've seen over the years who have spent SIGNIFICANT amounts of money on dental care and yet are dentally poor.

What is these patient's common denominator?

NEVER HAD A PLAN

At belledental...we plan for your dental success FROM THE VERY BEGINNING



- ⇒ Apart from you being able to assess whether the proposed care is suitable...planning creates efficiencies—saving both money and time AS WELL AS delivering the right result.
- ⇒ Structure means care can be delivered in the correct order, spread over time allowing patients to effortlessly move from one state of stability to a new higher state, year on year.
- ⇒ Plans can be accurately costed and delivered with affordable weekly payments...that is...until you're completely dentally stable.

Mistake Number 3: ALL health is a lifestyle choice

The human body doesn't come with an instruction manual...it is no wonder that many of us, (me included), have suffered with disease. Part of our growth, our reason for existence, is to develop and understand ourselves.

Would you agree that it is suffering, the way we bounce between health and disease?



A simple decision:

Find YOURSELF the right balance between diet, work, play and rest...and make a commitment to pursue these goals for the rest of your life.

- ⇒ Discover the value of alternative therapies—this ranges from eating different foods, enjoying the lifting of emotional burden with kinesiology or simply feeling the sun on your face while meditating in a park...they're all valid.
- ⇒ Healthy Body: Healthy Mind - a common truth but how can we experience it if we don't walk the path. Forgiveness combined with intent helps in your progression.
- ⇒ Belledental has a range of alternative therapists that we refer to—based on your area of need...and YES, your dental health will improve as a result.

Mistake Number 4: Act in Haste: Repent at Leisure

I book half hour appointments to discuss treatment plans with patients—you would be surprised at the number of patients that contact me and say “I don’t really have time to come over and discuss the plan...can’t we just get started?”

Maybe some of these patients are used to the clinic syndrome...where you’re shuffled into a treatment room, given a cursory greeting and treatment begins. There’s been no confirmation of problem, solution and advantages / disadvantages...just rush.

SLOW DOWN! —work the plan, step by step over 3 years

At Belledental, **we take a long term view**—we plan for future stability—stability that will still be present in many of our younger patients well after I’m gone.

- ⇒ All care begins with an examination, a full set of records, a thorough basic cleaning of the teeth, discussion of concerns and —education time—focusing on the most important areas of health that will deliver lasting results.
- ⇒ A full 30 minute appointment to discuss your plan –which has been formulated around the concerns you raised. This appointment is included in the \$199 initial examination fee.
- ⇒ Simply—fewer visits: First year of care: 3-5 treatment appointments. Second year of care: 3 treatment appointments. Third year of care usually 1 or 2 appointments.

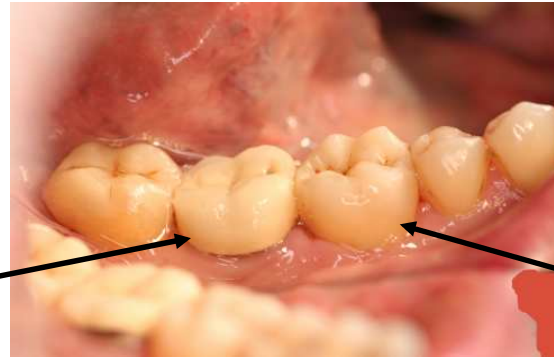


Mistake Number 5: Fillings are Inferior to Crowns

There is a common preconception about fillings: they are weak and not as good looking as a crown. This is simply NOT TRUE. Have a look at the photo below—the tooth on the left is a conventional crown, the tooth on the right is one of belledental's CRCs. Which one do you think looks more like a tooth?
If it looks like a tooth...it works like a tooth



Conventional Dental
Crown



Belledental CRC

There are important reasons a filling is usually a better choice for the restoration of your tooth:

1. A filling is less destructive—as is a CRC—both are much less destructive than crowns
2. A CRC is more cost effective than a crown—usually about half the fee of a crown. For the fee of 1 crown—you could restore up to 4 teeth...this represents much better value and gets you to a point of stability QUICKER!
3. A CRC or a filling is repairable—crowns are throw-away...when a crown fails, the crown is often lost and the tooth is often lost with it.

Call Belledental now—

and get to the smile you've always wanted—quicker, more durable and most importantly—without wholesale destruction of your own teeth!

Book in for our ALL INCLUSIVE \$199 new patient examination. Included in the initial examination:

- * However many intra-oral x-rays you require
- * Photos of all of your teeth
- * A thorough basic cleaning of all your teeth (this takes about a full 30 minutes and probably represents the best value in this offer)
- * A custom tailored home care instruction program including demonstration of the home care techniques demonstrated to you.
- * Free referrals—including referral for a free full mouth x-ray (OPG) if required.
- * 30 minute consultation with Alex Huszti—to discuss your proposed treatment plan, where you are given a copy of your photos, x-rays and proposed plan and shown examples of patient care other patient's of belledental have had done

[link to all inclusive examination](#)

Call us on 02 4946 9122 or go to our website: www.belledental.com.au

