



STONE CREEK STANDARD

HAPPY HEALTHY BEAUTIFUL SMILES

HOLIDAY 2013-2014



SAVORY CHICKEN NOODLE SOUP



A few added ingredients make this simple soup go from Boring Chicken Noodle to "More Please!"

Ingredients:

- * 4 carrots, peeled and sliced
- * 2 stalks celery, sliced
- * 1 onion, chopped
- * 2 bay leaves
- * ½ tsp. dried thyme
- * ½ tsp. pepper
- * 12½ oz. can of Premium Chunk Chicken Breast
- * 8 Cups chicken broth
- * 3 Cups medium egg noodles, uncooked

Place all ingredients except the noodles in a stock pot. Heat on high until boiling. Once vegetables are partially cooked add the noodles. Continue boiling until noodles and vegetables are tender. Discard the bay leaves prior to serving. Note: This can also be made in a slow cooker. Just place all ingredients except noodles in your slow cooker and let cook on high for a couple of hours or on low for four hours. Twenty minutes prior to serving add the noodles. You will love it on busy winter nights!

HELPING YOU SLEEP BETTER

The American Sleep Apnea Association states that an estimated 22 million Americans suffer from Sleep Apnea.

WHEN LEFT UNTREATED IT CAN LEAD TO:

- High Blood Pressure
- Stroke
- Irregular Heart Beats
- Chronic Heart Failure
- Other Heart Problems
- Worsening of ADHD

All of us love a great night's sleep!

We offer custom sleep appliances to help treat sleep apnea.

Sleep Apnea has also been found to be associated with depression and type 2 diabetes not to mention causes many people to never get a good night's sleep. Depending on your diagnosis, there are several options for treatment of your Sleep Apnea. A Sleep Machine often called a CPAP machine is used by many but is uncomfortable for some and bothersome for your partner. One alternative, yet often effective treatment is a custom sleep appliance. Here at Stone Creek Dental, we offer a custom device through SomnoDent to aid you in the treatment of your Sleep Apnea. The device is worn while you sleep and most patients report that it is comfortable. Your airway is open allowing your body to get the oxygen it needs and it significantly decreases snoring so both you and your partner sleep better.

If you suffer from Sleep Apnea, call us today to discuss whether a SomnoDent appliance would be right for you and be on your way to a great night's sleep!

Friendly Reminder

Call today and make your appointments before Dec. 31st to use your insurance benefits or HSA/Flex accounts before your benefit year ends.

Improve your smile and save money!

PREVENTIVE CARE & BRACES



Many invest money each month on braces. Whether they are your braces or your child's or both, it is important to protect that investment by taking some extra precautions to keep your teeth healthy during your orthodontic treatment. Children especially struggle keeping their teeth clean while in braces. If your teeth are not cared for properly, expensive and sometimes permanent damage to your teeth may occur, such as cavities, gum disease, and white marks (decalcification lesions). Along with home treatment, taking care of your teeth often means more frequent preventative cleanings at the dentist. It is worth the price of an extra cleaning to keep your teeth and gums healthy and ready to look beautiful when your braces are removed. With all the treats consumed over the Holiday months it is especially important to be consistent with your preventative care. Talk to Dr. Butterfield about whether an extra cleaning would be recommended for you or your child.

2630 S. Eagle Road, Meridian, ID 83642 | 208-888-0625 | www.scdsmiles.com

25% OFF

Special!
**HOLIDAY IN-OFFICE
TEETH WHITENING**

Improve your smile and save money!

expires January 15, 2014

FOOD DONATION MATCH!

Our annual Holiday Food Bank Donation Match is here again this Season! Beginning after Thanksgiving and running until December 23rd, we will be collecting non-perishable items for our local food bank. For every item you donate, we will donate an item too! Feel great knowing your donation doubles when given through Stone Creek Dental. It's wonderful giving to our community together!