

HEALTH

RUNWAY REPORT

Before you pucker your pout, take stock of your smile

BY FASHUN N. STYLES

While brushing up on your romantic Valentine's Day ideas, be sure to brush up your oral hygiene. And not just this Valentine's Day, but every day. You never know who's falling in love with your smile, so learn to fall in love with good oral health.

In nearly all personal and professional meetings or encounters, putting your best smile forward; professionally or personally is like a resume of inner and outer beauty. Conducting a positive smile is like a symphony. We must orchestrate the appearance of healthy teeth, gums and good breath.

Whether you've got celebrity status or just creating your own clout in the public eye, it's great to know that we get the best results. If oral hygiene is neglected, it can also lead to chronic oral health condi-



tions.

Is not just enough to relay on the popularity of teeth whitening products, the idea is to schedule professional dental care along with a daily regime of personal care.

When it comes to bad breath, bacteria can be one of the main culprits: Did you know that illness and certain foods can be a vessel



into the chronic stages of bad breath, also known as halitosis.

Bacteria often hides in places where ordinary toothbrushes may not be able to reach, like between

the teeth and under the gum line. It can also contribute to plaque formation.

Oral B Brush-Ups are textured teeth wipes that you can use anywhere to quickly clean the plaque off of your teeth and freshen your breath! An invention for those times when you are on the go. You can freshen up after a long day of work or on your way to a big meeting!

Some experts say that approximately only 30 percent of people rarely

worry about bad breath except when eating certain foods. Another 35 percent of people you come in contact with have borderline bad breath, meaning their breath seems fresh throughout the day but gets worse.

Routine brushing can prevent other problems. It's more than that just plaque that forms when bacteria and food particles collect on teeth. When you don't brush, you're creating a breeding ground for tooth decay and gum disease. Effective oral care on a daily basis, especially brushing is essential.

Remember, it's also important to preserve the health of the gums and teeth with professional visits to your local dentist as well as develop daily oral hygiene habits that not just groom the mouth, but also highlights a gleaming smile.

Brush the teeth at least twice a day; use fluoride toothpaste, floss on a regular basis, clean all areas of the mouth and brush the tongue.

Fashun N. Styles covers style, fashion and beauty for the Portland Observer.



FAB LIVING

W/ REBEKAH STAR

Health and Beauty News & Updates

How silver can save your skin, scalp and smile

Best known for its ability to kill bacteria on contact, silver deeply cleanses the skin, preventing the bacteria buildup that can lead to clogged pores, acne, inflammation and redness. It blocks the bacteria's ability to transfer oxygen through its cell walls by essentially suffocat-

ing it within six minutes.

In some cases, an accumulation of dirt and oil on the scalp can form hardened plugs around the follicles—but consider silver your saving grace, thanks to its reported ability to kill more than 650 known germs.

Silver is also used in many oral care products, like mouthwash, to kill the bacteria responsible for bad

breath, as well as in astringents and toners to expel damaging toxins from the skin.

Combine this with the fact that silver stimulates the growth and repair of cells, and it's no wonder more and more beauty products are boasting this lustrous metal as an active ingredient.

Is smoking really worth the weight?

It's hard to believe, with so much information available on the risks of

smoking that many women are unwilling to quit. However, a study published in the journal Addictive Behaviors shows that fear of gaining weight still plays one of the biggest roles in carrying on the harmful habit.

A University of Michigan research team discovered several years ago that an incredible 75 percent of female smokers would not quit if it meant gaining more than five pounds, and nearly half consider just one extra pound too much. Study leader Cindy Pomerleau recently followed up that research with the discovery that women who smoke are, in general, more dissatisfied with their bodies than women who don't smoke, and that they are more likely to diet and binge than non-smokers.

Pomerleau also deduced that women who are concerned about their weight, smokers included, are typically very interested in maintaining other aspects of their looks. Ironically, while smoking may suppress the appetite and boost metabolism, it can sabotage the rest of one's appearance. The trade-offs include face and body wrinkles, yellow teeth, thinning hair, and foul breath; not to mention all of the life-threatening side effects that make gaining a few pounds pale in comparison.

Research shows

beneficial effects of yoga

Here in the Northwest, Yoga classes are extremely popular. Small studios are popping up everywhere in NE, SE, and The Pearl District. Yet, until recently there has been

very little research showing the beneficial effects—and there are many! Recent studies found that yoga and conventional back classes produce similar improvements in back function and reduced pain. An eight-week study showed that yoga was superior to wrist splints for reducing the symptoms of carpal tunnel syndrome. A small study in arthritis patients showed that eight weeks in yoga training reduced knee pain and stiffness. In older people, yoga improved flexibility, balance and muscle endurance, which helped prevent life-threatening falls and improves the quality of life. In addition, by gently stretching muscles and joints as well as massaging the various organs, yoga ensures the optimum blood supply to various parts of the body. This helps in the flushing out of toxins from every nook and cranny as well as providing nourishment up to the last point. This leads to benefits such as delayed ageing, energy and a remarkable zest for life.

Just For Fun

- 15 percent of average women hit "snooze" 3 times before getting up. Probably because... Only 21 percent get the recommended 8 hours of sleep per night

- 32 percent of woman have cried over an acne break out- Sea Breeze survey

"Personal beauty is a greater recommendation than any letter of reference."— Aristotle

Your questions and comments are welcome on our Facebook Page; FaB Living w/Rebekah Star. Until next week- Live FaBulously!

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