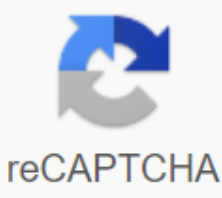




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Smile pdf free

Last month we asked the Greek community what made them smile, and we couldn't be warmer by the mixture of puppies, pancakes and beautiful places that filled our food for backspaces. The new photo and text sharing app (imagine if Instagram and Tumblr had a baby) is just another interesting way in which Greatists share their healthier choices, the tastiest recipes and the most amazing adventures with others. Check out some of our favorite #ReasonsToSmile below. To join the fun, download the Backspaces app and start sharing your own reasons today! My Three #ReasonsToSmile from mikaylee My Three #ReasonsToSmile from Jordan Shakeshaft My Three #ReasonsToSmile from Mindy Nienhouse My Three #ReasonsToSmile from Giuliana Hazelwood Our Three #ReasonsToSmile from Greatist Studies showed that showing these pearl whites can improve mood and convey confidence and kindness. But it seems that most of us can tell the difference between real and fake smiles. While counterfeiters smile only with their mouths, real smiles usually move the whole face and eyes as well. In social situations, the real deal can be more effective - subjects in a favorite study playing a game against an authentic smile. But it's not just others who will catch our fake smiles. While some studies show that you can pretend until you do them, others have found forced smiles can make us feel worse. Takeaway: If you don't feel it, you don't feel like you're going to have to fake a smile – you might get down. Instead, let those real smiles shine when you have them. Dress for successYou're never fully dressed without a smile - but having a great outfit can make your day, too. Quote! If you smile when no one else is around, you mean it.- Andy Rooney Keep your smile natural. A healthy smile is not always achieved overnight, but takes a variety of methods to help create and maintain. Here are 10 easy things you can do to improve the appearance and health of your teeth. Dental floss removes plaque between the teeth and under the gum, where a toothbrush cannot reach. Daily dental floss helps prevent tooth decay and gingivitis. When left alone, the plaque and tartar accumulate swells below the surface of the gum lines. This can cause periodontal diseases, which leads to bone destruction and tooth loss. For proper floss, wrap the dental floss tightly around the finger and insert into the space between the teeth. Gently slide up and down under the gum lines two to three times. If bleeding occurs, this is most likely due to gingivitis or gum disease. When flossing daily, bleeding associated with gingivitis to moderate usually stops after about two weeks. If you can't stand flossing, try an oral irrigator. This device sprays water or mouthwash to remove plaque and food between and under the gum. Having routine cleaning every six months helps promote good oral health and a nice smile. When your cleanliness is irregular, you can develop a periodontal disease. This can cause unsightly swollen, withdrawal, and bleeding gums. It is also related to health conditions such as heart attack, stroke, diabetes, obesity, premature births, and sleep apnea. In addition to removing stain and tartar from the teeth, dental hygienist will also screen for health conditions such as high blood pressure and oral cancer. Since many health conditions manifest themselves in your mouth, your dentist and hygienist can make you aware of problems that you should follow on with your doctor. Smoking causes teeth to stain. The smoke stain is sometimes a superficial stain that can be polished, but can also soak deep in the malt. Smoking also harms healthy gums, causing them to retreat and develop large pockets around the teeth. This causes the teeth to appear more and creates dark spaces between them. Smoking also makes it very difficult to reverse gum disease. Drinks like coffee, tea, and red wine are known for staining teeth. Similar to smoking, these drinks can build a superficial stain that your dentist or hygienist can polish. But they can also cause internal staining of tooth malt. Drinking alcohol through a straw can help reduce the stain on your teeth and can help reduce the risk of tooth decay. It can also help to rinse the mouth frequently with water, so that dark liquid does not sit on your teeth for a long time between meals. Depending on your needs, there are a variety of bleaching products available: gel pens, rinses, toothpastes, strips, over-the-counter trays, custom trays and laser whitening. While choices can be overwhelming, each type can have specific benefits that help you target problem areas. Whitening toothpastes and rinses are good for coffee and tea drinkers. Gel pens are good to touch up small areas, would be a tooth that has moved back and collects more stains. Custom trays and laser bleaching provide professional bleaching and the most dramatic results. High-quality electric toothbrushes are clinically proven to remove more plaques and get more healthy gums than standard manual toothbrushes. Many now feature whitening modes and sensitive teeth. The toothbrush bodies are made to last for years, while the heads can usually be changed as they age, or for sharing between family members. If you don't ready to remove the dough for an electric toothbrush, make sure you purchase a soft manual brush with bristles. While medium and hard brush brushes are available on the market, dental professionals strongly recommend their use. Stiffer brushes and aggressive brushing cause the gums to retract and can carry the tooth away from the teeth. Water is the healthiest drink for smile and your body. Helps to wash teeth and discourages tooth decay. Tap water is the best choice because it has the recommended dose of fluoride. Often bottled water comes from a source where fluoride levels are not monitored, or do not contain fluoride at all. A healthy level of fluoride promotes tooth health and discourages degradation. Frequent consumption of acidic or sugary drinks can

dramatically increase degradation rates. Athletes quickly become a risk group as the effects of sports drinks take a toll on their teeth. Conditions, such as high blood pressure, diabetes, obesity, and bruxism (also known as grinding teeth) can affect all the health and appearance of the smile. When the body is strained by one health condition, it is more difficult to treat another. Rather than covering symptoms, it can help you improve your health through preventive methods. Eating right and getting enough exercise can dramatically improve the appearance of the body, teeth, and gums. Dental disorders never correct themselves. Left untreated tooth decay can easily turn a small cavity into a large dental abscess. If a small filling can be all that was needed, it may now require a root canal and a crown. Treating tooth decay early means that you will need smaller and less invasive dental restorations. This helps maintain the structure and stability of the tooth and keeps treatment costs lower. If left untreated, caries can spread to other teeth and cause infections in the rest of the body. This is a given, but many people still need to be reminded to brush their teeth at least twice a day. Because plaque can harden in tartar, brushing frequently helps teeth to remain whiter and healthier than in people who brush less often. How the brush is also important. Hair angle towards the gum at an angle of 45 degrees, with only enough pressure to make the tissue a lighter color. Make small strokes easy, focusing on just one or two teeth at a time. This will keep your gums healthy and remove the most plaque. It may take some time before you start noticing changes in bleaching or improving oral hygiene. While these changes don't come overnight, they are certainly worth your time and effort, both for the sake of your smile and your overall health. Mother Teresa once said: We will never know all the good that a simple smile can do. I've been smiling my whole life. And to some extent, we already have inherent knowledge that the smile not only feels good, but actually does too well. However, many of us shy from smiling as often as we should I am not the one who judges; we all have our own problems to solve in life. But all too often, we actually punish ourselves by choosing not to smile when we should smile! So next time you get the opportunity to smile, just smile, and enjoy all positivity spawns. If you're not convinced, well here below are the reasons you should be.1. The smile makes you look attractive. Your smile says a lot about you. That's true. You're not convinced? Try this. Try to think of some of the people you're attracted to. Made? How many of them were actually smiling? You don't have to tell me because I already know the answer. We are naturally hardwired to be attracted to people who smile. Something about seeing someone smile builds all this positive energy in our minds. And every time we see them, we associate them with all that positive energy. So next time you're around a bunch of friends or strangers (it really doesn't matter) and you want to draw attention, just smile. 2. The smile makes you happier. Now, this is as true as it is weird. The smile actually makes you the smiling, happier person no matter what. Normally, we are hardwired to smile only in pleasant situations. The brain, in turn, releases endorphins, which decreases stress and improves the overall mood, thus making the situation pleasant. But being a voluntary action, we can trick the brain into believing that an otherwise boring situation is actually pleasant by simply smiling. So the next time you get bored, or God forbid sad, try this - kick back, take a few deep breaths and smile. Smile and watch your brain do its magic!3. The smile improves the immune system. It has been reported that when you smile, the body releases more white blood cells than usual. And the main purpose of white blood cells is to protect the body against both infectious diseases and against foreign invaders. So smiling more often actually makes your body more immune to disease and therefore makes you healthier. In fact, this is the main reason why so many famous celebrities are invited to children's hospitals. If they can get the children to smile, that will, to some extent, enhance their overall health. So with this in mind, don't just go smiling on your own from now on. Make others smile! 4. Smiling makes you a better leader. The smile encourages trust. We can all agree with that. A person who constantly smiles seems more trustworthy than someone who isn't. And what more are we looking for in a great leader than trust? Take a look at all the popular leaders in the world. I'm not saying great leaders, because not everyone can be popular. But the popular ones, who are also more successful, smile more often than others. This applies to leadership at all levels. Fear and intimidation can function as a charm for a while, but it doesn't last long. Leaders really make a sign in history are those who smile.5. Smile helps you make a better impression. Have you ever been in a room with strangers and struggled to socialize as far as you wish you could? You wouldn't want to be. Be. person who can get along with everyone in the room in the blink of an eye? Well, if you look at the people who can do this, you'll find that the key to their success is, you guessed it, smiling. yes, I smile more than you do. But guess what? Their personality doesn't match yours. Put on more smiles, and you'll be sweeping all the charm towards your direction in no time!6. The smile makes you more productive. We talked about the value of smiling like a mood booster earlier, but it doesn't end there. The effect of a good smile follows you to work and actually helps improve overall performance there. And this is actually supported by research. A 2010 research led by Andrew Oswald, professor of economics at Warwick Business School, showed that employees who smile more often are more productive and creative in the workplace. So if you're an employee or an employer, smile more often and make others around you smile more often too. It will be great for everyone involved.7. The smile makes you more approachable. Imagine you're in a room with two people you've never met before. You have to ask them for a favor. And it's not any favor. It would actually be mutually helpful. Both people are on their phones. One smiles, the other doesn't. After a while, they put their phones down, and you're ready to get close to them. Which of the two would you go to, or at least would you go to the first? Once again, I know the answer. There's something in a smile that attracts confidence. Makes the person wearing the smile look warm and good. The qualities that make it an approach.8. The smile makes you more confident. Not only does the smile make you seem more confident, but it actually makes you confident in the long run. If you're a person who smiles a lot, you tend to attract more attention, trust and respect than those around you. This, in turn, makes you look for attention, trust and respect in every situation, which is the hallmark of trust - believing you deserve something. And you're doing this? The only way you knew. Smile more! Which, in turn, makes you even more confident. It's almost like a chain reaction. An endless cycle that makes you more confident and happy with each iteration.9 Smiles are contagious. Well, they are, aren't they? How many times have you seen someone smile and without getting any reaction from the other side? Very few, right? People smile, even if they're polite. And we talked about the sight-seeing effect of the smile, even under the pretext of. When you smile, you ask the other side to join the fun with you. And 99% of the time, he joins you. Smiles are one of the most contagious things in the world, probably just laughing, which is somehow just a louder smile. So more and spreads the joy!10. Smiles are free. we have we have a lot of smile benefits. But we are still to discuss the most important reason why you should smile more often – because they are free! When was the last time you blew up something so beneficial, but absolutely free? Smile, smile. You'll be happier and make everyone around you happier. Dale Carnegie wrote this on his book to win friends and influence people: A smile costs nothing, but it creates a lot. It enriches those who receive, without poverty with those who give. It happens in an instant and her memory sometimes lasts forever. Old Carnegie sure was on to something! 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