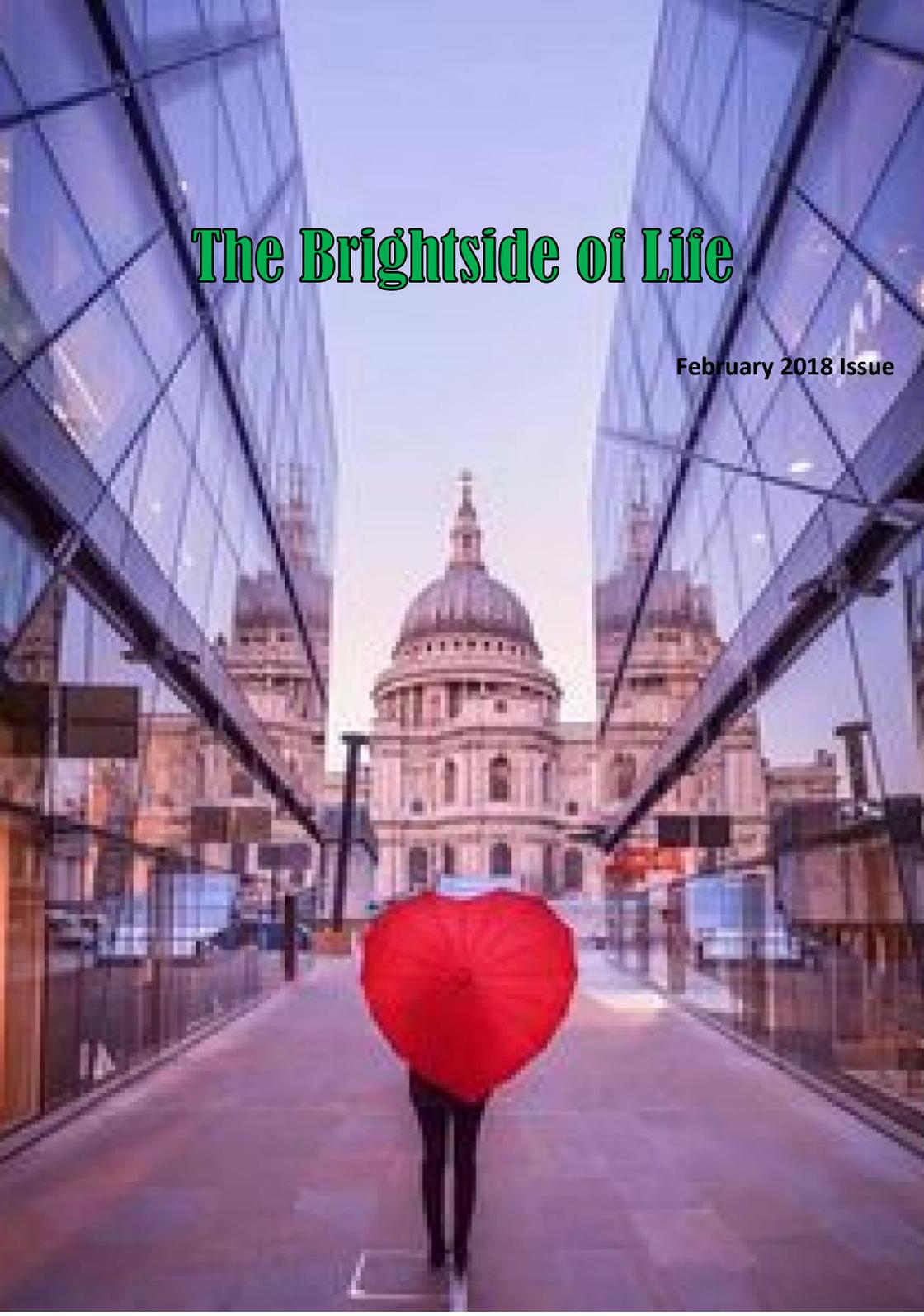


The Brightside of Life

February 2018 Issue



HAPPY PANCAKE DAY



Feast on a mountain of pancakes on Shrove Tuesday and watch runners flip their pans in one of London's charity pancake races.

ABOUT

Treat yourself and join in the fun on Pancake Day in London.

In the Christian calendar, Pancake Day, or Shrove Tuesday, is a traditional feast day which precedes the 40-day fasting period of Lent that lasts until Easter. Pancake Day became a great way to use the foods that were given up for Lent, such as milk, butter and eggs.

Pancake Day falls between 3 February and 9 March, depending on the date for Easter. In 2018, Pancake Day falls on Tuesday 13 February.

Pancake Day Races in London

As well as eating pancakes and crepes, there's a long tradition of Pancake Day races in London which often raise money for charity.

Enter your team into one of the city's pancake races, or cheer on the participants from the sidelines, as they toss pancakes in a frying pan while trying to complete the course as fast as possible. You can even spot famous faces taking part, such as at the annual Parliamentary Pancake Race, where politicians take on journalists to be crowned champions outside the Houses of Parliament.

Pancake Day Restaurants

Tuck into a Pancake Day feast at one of London's best pancake restaurants or creperies, and look out for special Pancake Day menus in restaurants and cafes across the capital.





FOODS TO AVOID on VALENTINE'S DAY

Valentine's Day is getting very close and at this time of year, bad breath is something we all want to avoid!

Top 3 foods that may give you bad breath and our tips on how to reduce the chances of the odour ruining your day:

1. Sweets

Sweets are very high in sugar, and an increase in sugar in your mouth results in more bacteria build-up. The combination of sugar and bacteria results in a release of smelly sulphur compounds, or bad breath.

2. Dairy

Dairy products are great for strong bones, but they can dirty the mouth. This is because naturally occurring bacteria from the tongue feed on the amino acids in milk and cheese, resulting in bad breath.

3. Garlic

There are no surprises that garlic has made this list, but as well as giving off bad breath through impact on the tongue, garlic can also be absorbed into your bloodstream, which means you can potentially give off a second whiff of garlic through your lungs. Garlic can therefore be very potent, and excessive amounts may result in a less than desirable date!



Reducing Fears and Improving Smiles

Andy found Brightside Dental as he had some fears about dental treatment. He wanted The Wand for numbing instead of the traditional syringe and needle which worked very well. Once his mouth was healthy and stable, we carried out some teeth whitening and placed a crown on a tooth which had root canal treatment in the past and was very discoloured and was having a big impact with Andy's smile. You can see the results in the photos.



Follow the link to see Andy share his story:
<https://youtu.be/JdpacCDuvjl>



Treatment by Dr Ketan Shah

Recent Reviews



Raquel Epifanio I had a long treatment here that I felt very comfortable, no pain at all. very easy to book appointments for our availability. wonderfull service, calling a day before always reminding us of our appointment. Thank you very much for your service in everything. simply perfect.

★★★★★ **Mina** gave Brightside Dental a rating of 5 stars

Excellent complaints management

I often think the sign of a good service isn't just how they treat you when everything is working well, but how they react and act when things go wrong. I have been hugely impressed by how Brightside have managed a complaint regarding a crown replacement - using their policies and applying their discretion appropriately and sensitively.

On making a complaint, they acted quickly with an immediate senior level response. I received quick written acknowledgement and this was swiftly supported with effective actions - making an appointment with me, offering me a solution and redoing my treatment - as well as checking on my satisfaction along the way. Going as far as accommodating an appointment so that i could travel without the hassle of worrying about my tooth.

I just want to say a huge thank you to the team, especially the practice manager and the dentist who both worked tirelessly to provide me with a great outcome.

G

Georgia Traher

3 reviews

★★★★★ 2 weeks ago

Always calm and professional! I have quite a fear of needles but I've had four fillings now and have never had a problem with pain

Brightside Dental Supporting B1G1



Brightside Dental has been involved with a charity called Buy1Give1 (B1G1) since 2014, following hearing a talk by their chairman and being inspired by the work they do. A big reason is that the full donation goes to the cause you are supporting and you know what impact you are having, for example two of the areas we regularly give is providing learning tools for children in Nepal and bricks to help families build houses in India. We make donations for every new client that joins our practice and for every hygienist visit. To date, we have made 39304 giving impacts and look forward to reaching 50000.



Thank You for your Referrals

Farzana Sultana, Sophie O'Reirdan,

Uzma Jackaria, Benita Hexter,

Tom Kennedy, and Amber Rodriguez



What's On The Menu:

Coconut and Banana Pancakes

These vegan coconut milk pancakes with passion fruit and banana topping couldn't be simpler. They're perfect for a brunch with family and friends



Ingredients

- 150g plain flour
- 2 tsp baking powder
- 3 tbsp golden caster sugar
- 400ml can coconut milk, shaken well
- vegetable oil, for frying
- 1-2 bananas, thinly sliced
- 2 passion fruits, flesh scooped out

Method

1. Sift the flour and baking powder into a bowl, and stir in 2 tbsp of the sugar and a pinch of salt. Pour the coconut milk into a bowl, whisk to mix in any fat that has separated, then measure out 300ml into a jug. Stir the milk slowly into the flour mixture to make a smooth batter, or whizz everything in a blender.

2. Heat a shallow frying pan or flat griddle and brush it with oil. Use 2 tbsp of batter to make each pancake, frying two at a time – any more will make it difficult to flip them. Push 4-5 pieces of banana into each pancake and cook until bubbles start to pop on the surface, and the edges look dry. They will be a little more delicate than egg-based pancakes, so turn them over carefully and cook the other sides for 1 min. Repeat to make 8-10 pancakes.

3. Meanwhile, put the remaining coconut milk and sugar in a small pan. Add a pinch of salt and simmer until the mixture thickens to the consistency of single cream. Use this as a sauce for the pancakes and spoon over some of the passion fruit seeds.

What Our Clients Say About Us...

“Best Care and Were Very Professional”

I was very nervous going to the dentist to have my root Canal. With the experience and care at Brightside they gave me the best care and were very professional.

I would advise anyone going to have root canal treatment done not to worry and trust the dentists. I am now pain free and also can eat on both sides of my mouth which is such a relief.

It also doesn't take long and if anyone has the choice to have root canal or lose the tooth I advice on the root canal.

-Eamonn Goggin

“I'm Delighted with the Outcome”

For a number of years, I put up with an awful smile. My front teeth were crooked and one of them was discolouring and dead.

One of my friends had work done at the surgery and had such good results and decided to go ahead. I'm delighted with the outcome of the treatments and many people have remarked that it takes off me.

I like the way there is a lot of flexibility so I can fit in appointments around my job, there's always a lot of information given and it's very clear what the next steps are. I've been very happy by the way I've been treated by the staff.

-Kathleen Cavin

“I've Seen A Total Transformation in How I Feel About My Teeth”

Have been terrified of the dentists for years due to some bad experiences in my youth.

Had Brightside recommended to me by a family member and I couldn't be happier. Have seen a total transformation in how I feel about my teeth. Everyone in the practice is brilliant, puts you at ease and tells you exactly what is happening and why. I was skeptical about the 'pain-free' promise but it is absolutely true. I had several fillings and other work done and I didn't feel a thing. I'd recommend Brightside and Dr Shah to anyone, especially if you are scared of going to the dentists. After 5 minutes you'll wonder what you were ever scared of.

-Daniel Ryan

“My Treatment was Pain Free”

Ketan is an excellent dentist for phobics like me! He was very sympathetic towards any worries and fears you may have and every option and every stage of treatment is explained carefully. Also it was pain free!!!

-Sue Furby

Brightside Dental

For Information on Calm & Gentle Dentistry

Call us now: 020 3468 2080 or For More Patient Stories Visit Us:

www.BrightsideDental.co.uk