



...don't be afraid any more...



Nutrition

Well-being and vitality are elementary preconditions for a person's quality of life up until old age. Unfortunately, getting older cannot be avoided but health-conscious living can slow down the aging process. Your personal eating habits and diet contribute considerably to achieving this goal.

When you get older, eating and drinking are particularly important! Those who eat in a healthy way will be able to enjoy life to the fullest when they become older since they will stay healthier, more active and hence happier!

Frequently it is not easy to follow a well-balanced diet. The appetite decreases and you don't feel like eating. Maybe you are also one of those people who have problems to chew owing to their „third teeth“. As a result some persons cannot eat meat, fresh salads or other nutritious food so that sufficient quantities of necessary nutrients are no longer supplied to the body. This involves a hazard to the health since a well-balanced diet provides the body with sufficient quantities of essential vitamins and minerals. If this is not ensured, you may become sick or lose your fitness.

Activities

Being active and old are not contradictory - on the contrary: today being physically and mentally fit is no longer a privilege of young people. The older generation catches up with the younger one at a rapid pace. Accordingly, a wide and multifaceted range of activities is being offered.

Whether sports activities, time for creativity or social commitment are concerned - you find time for things you have been interested in for a long time.

Maintain your vitality and joie de vivre as long as possible. The basis to achieve this is created by a healthy diet and way of eating - also with your „third teeth“.





Self-confidence



A self-confident smile shows everybody that you are a natural, friendly and happy person. But you also notice that your smile leads to enhanced well-being.

Safely fixed and aesthetically appealing „third teeth" offer you the self-confidence to play an active part in social life and you will face every challenge with a smile.



Joie de vivre

Play an active part in social life, spend quality time with your friends and people you know and enjoy the second half of your life with no regrets.

Those who want to speak, eat and laugh without any worries need to rely on their teeth. Smiling is much easier if you have fixed and appealing teeth; functional and appealing teeth ensure reliability in every situation and are a symbol of health, vitality and joie de vivre.



Health

Life is a never-ending process of changes. Getting older is part of life and becomes apparent with laugh lines and attractive grey hair. But also respiration, digestion, immune system, sensory organs, sleeping habits and numerous other functions of the human organism will be going through changes.

Your dental health is an important factor in this process. Healthy teeth reduce the risk of cardiovascular diseases or diabetes. The resulting increased self-confidence will improve your personal health.

Take the responsibility for your own health to be able to enjoy the second half of your life to the fullest and to overcome any discomfort in a better way.



Integration

Those who are not satisfied with their "third teeth" and feel insecure will withdraw from their activities and become isolated. It is rather unimportant whether such behaviour leads to isolation in professional or social life. The crucial aspect is the process which is behind the isolation.

It is a slow and subtle process which can hardly be stopped since the people around such persons do not know how to react and what to do and, above all, what the reasons for such withdrawal could be.

Enjoy life to the fullest again! It is never too late to live up to all the pleasures life has in store for you.



...don't be afraid any more..

Stamp of practice