

MIND YOUR MOUTH

NEWSLETTER

DECEMBER 2022



Thank you!



To those who stopped by to see us during the Knightville Stroll! We had a blast making hot cocoa jars with our community!



Do you have a difficult time sleeping?

Are you exhausted most days?
Do your loved ones tell you that you snore?

It is possible you have Obstructive Sleep Apnea. If you think you may have this, or your doctor has brought this up to you, it may be time for a sleep study to see if an oral sleep appliance could help solve your problems.

We work with a cloud based company called Braebon to facilitate at home sleep studies. The data from these sleep studies can be uploaded then read and interpreted by a sleep physician who can prescribe an oral sleep appliance.

If you are interested in this process, reach out and we can schedule you or answer any questions you may have!

Caroline Bowman

is a wellness provider that we will be referring patients to here at Mind Your Mouth starting in January, and we are so excited to welcome her! Below is a bio on Caroline introducing herself and what she offers.

Caroline Bowman is a registered dietitian nutritionist (RDN) who is passionate about helping busy people prioritize their health and well-being, without restrictive diets or calorie counting. In her South Portland based private practice, she specializes in disordered eating, chronic dieting, and nutrition-related diagnoses, using an Intuitive Eating and non-diet approach. Before starting Caroline Bowman Nutrition, Caroline worked for over a decade as a dietitian in a multi-specialty medical practice, providing nutrition counseling to patients across the lifespan for a variety of nutrition-related conditions.



Visits with Caroline are individualized to your specific needs, and never feel rushed. Unlike the traditional medical visit, Caroline takes the time to truly listen to her clients, and provides a safe and supportive space to explore the old patterns holding them back, and provides a framework to help establish new sustainable habits. She is on a mission to help people feel confident in their bodies and learn how to nourish themselves. She is strongly against diets, detoxes and weight bias, due to the long-lasting harm they cause.

Caroline is excited to be a part of the Mind Your Mouth team, and looking forward to connecting with the community to support their nutrition needs. You can learn more at carolinebowmanrd.com and connect on IG at [@mainenutrition](https://www.instagram.com/mainenutrition). To schedule an appointment, go to her website or ask the Mind Your Mouth team for a referral.

Employee Spotlight!



Sam!

dental assistant

Describe your favorite part about working at MYM?

I love our team. Everyone is so down-to-earth & our laughs often reverberate through the halls of the office. It's great to be able to strike a balance between being professional & fun.

Which concert was your favorite?

I once watched Alabama Shakes side-stage at Lollapalooza. I had never seen a crowd of thousands of people like that before in my life.

Tell us something most people don't know about you.

I used to be a radio DJ!

What is the accomplishment you are most proud of?

Graduating from Brown with a degree in Multimedia & Electronic Music Experiments... then deciding to switch gears & pursue dentistry!

Looking for gift ideas?

Show your loved ones how much you really care about them with a Mind Your Mouth gift card! There are many different options, such as whitening, annual dental memberships, or a general gift card in varied amounts to go towards treatment, products, and more!

