

WE ARE CURRENTLY ACCEPTING NEW PATIENTS!
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NEW

Perio Protect



Perio Protect is an easy and convenient treatment that has been proven to reduce harmful bacteria by going below the gum line.

This treatment has shown huge benefit for those who have periodontal disease - **but it can also be used by those with gingivitis who would like to prevent the progression to periodontal disease!**

How does it work? "Periogel, by Perio Protect, uses hydrogen peroxide to promote good bacteria and eliminate bad bacteria in the gum pockets by delivering oxygen deep into your pockets. We will take a digital scan of your mouth and gums to send to the Perio Protect lab to create custom trays just for you.



After receiving your custom trays and Periogel, you simply apply a thin ribbon of gel in the trays and place them in your mouth for 15 minutes 1-3x per day.

This is a simple task you can do while you watch an episode of your favorite show, walk the dog, shower or get ready in the morning!

Community Clean Up Day! We're on a mission to honor our land and weave connection to Earth and service into the fabric of our community. We're doing a trail clean up, and we want you to be a part of it! Trash bags and latex gloves will be provided. Please feel free to bring any other tools or supplies you'd like to use. Remember to wear weather-appropriate clothing as it may be muddy on the trail!

Join us March 18th at 10am.

Reserve your spot below! Donation to SPLT is encouraged but not required. Reserving a spot is recommended if we need to postpone due to weather.

Clean Up Day

at Clark's Pond Trail!

March 18th
10am



Employee Spotlight!

How do you spend your time when you're not working?

I am most often with my husband and 3 1/2 year old daughter which I love; we do all kinds of fun play together. In those brief moments I get alone I am almost always creating my art and trying new creative ideas.



Patient Care Coordinator

What do you enjoy about working at Mind Your Mouth?

I really like learning new skills and Mind Your Mouth has given me the opportunity to learn a totally new field while being in a supportive environment. I started with Mind Your Mouth from the beginning and the space Dr. Paret is creating is what makes our office so special and rewarding to me. Audrey is the best front desk colleague I could ask for! It's also given me the space to grow personally which holds deep meaning to me.

What is your favorite animal and why?

That's hard for me to choose! I love all animals (though I'm terrified of spiders and sharks). Goats are one of my favorites though since they are so goofy acting and looking. They make me laugh!



Who inspires you?

Jim Morrison of The Doors - his uninhibited creativity, wild curiosity and bravery to be his true self is something that actually inspires me every day.

EFT or "Tapping" with Jamie Bifulco

Jamie Bifulco fell in love with the wellness industry and helping people transform and heal themselves when she started teaching Yoga in 2005. Since her start in Yoga, Jamie went on to be a certified Pilates instructor, a teacher trainer in BarSculpt, certified in Kundalini Yoga and Meditation and most recently a certified EFT (tapping) practitioner. Jamie has seen profound results in her own healing journey since she started tapping in 2018, and decided to dive deeper into the methodology so she can help others achieve the same amazing results. Jamie loves to help her clients dig deep and find strength to transform themselves with grit and grace. You can book a one on one session with Jamie through her website, linked below.



"I first encountered tapping when I was searching for a way to heal my fear of flying. I came across a story of a woman who healed her fear of flying using EFT (Emotional Freedom Techniques), and was shocked that it seemingly took her only one session with a practitioner to get her on a plane without having a panic attack, and with just a few more she was flying with ease. Curious to try it for myself, I found a few online tapping videos that were geared toward flying anxiety and was amazed at how quickly they helped me as well. After years of tapping as part of my self care, I studied the Gala Darling Method and became a practitioner so I could use this incredible tool to help others."

So, what is EFT? **Emotional Freedom Techniques which is also known as "tapping" is a self-applied stress reduction technique to stimulate acupuncture points while focusing on a negative emotion at hand.** This can be fear, anxiety, grief, a traumatic memory, a limiting belief pattern, physical ailments, a relationship problem, a habit you would like to change- really anything that is bothering you. Using two fingers to tap on the acupuncture points while you think about what is causing you stress sends a calming signal to the brain and helps your mind understand that you are not in any physical danger and it is safe to relax. When we do this, we rewire our brain to take us out of a stress response around the emotion or problem, which opens a pathway to heal it. Once we can relax the nervous system, we are able to tap through acceptance of the issue, solutions for change, reframing perspective and positive affirmations.

The best part about tapping is it is not only extremely effective, but it works FAST. The tapping process eliminates pathways of negative association which then leaves space to create new and more positive associations. Using the flying example, the belief or association a person may have with flying could be any of the following: not in control, fear of turbulence, fear of a plane crash etc. The core belief under all of this is "I am not safe."

We would tap on that belief to get the nervous system to relax and be willing to let it go. This allows room for us to then rewire the thinking around flying to "I am actually quite safe flying," and then the next step would be getting the client to create positive associations with flying such as: flying is a modern miracle, flying allows me the freedom to travel the world, a flight is an opportunity for me to totally relax etc.

One on one sessions are wonderful to tailor the tapping to your specific needs, but if one on one isn't for you at this time, you can find tapping videos on YouTube that address all different issues. Jamie is working on her own channel to offer online videos, in the meantime she recommends checking out Brad Yates and Gala Darling on YouTube. If working one on one is something that feels right for you, you can schedule a session with Jamie through her website.



February is Children's Dental Health Month!

Promoting healthy oral habits when children are young gives them a jumpstart on having healthy teeth and gums as they grow up. **Tooth decay is the NUMBER ONE chronic infectious disease affecting children in the United States.** By age 5 about 60% of children will be affected by tooth decay.

Children with oral health problems are **THREE TIMES** more likely to miss school due to dental pain than children with no oral health problems. AAPD recommends taking a child for their first dental visit by the age of 1.

We see children here at Mind Your Mouth! We carry dental products just for kiddos.

Every time a child comes in for a visit, they will receive a "MYM Buck" and after collecting so many they can cash them in for prizes, such as a handmade animal from Guatemala!



Tips for Kids!

- Avoid added sugars! Fruit and vegetable juices should not be given to children in their first 12 months
- Drink more water! Community water fluoridation reduces tooth decay by 25%
- Make sure to brush twice a day, preferably using a children's fluoride toothpaste
- Supervise children while they are brushing until 7 or 8 years old
- Limit the amount of snacks per day, and try not to give food as a reward

