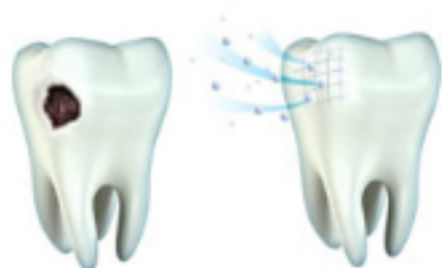


## MARCH - 2024

### WHAT'S UP

Join us at [Dr. Roze BioDental Clinic](#) for a fun **Teddy Bear Hospital event on April 21, 2024!** This special experience is for our youngest patients, making dental visits enjoyable. Kids can bring their favorite plush toy for a 'check-up', learning about dental health in a playful setting. Our team will offer interactive activities on brushing, regular check-ups, and a healthy smile. Save the date for a day of smiles, learning, and fun at our clinic. [RSVP now to secure your spot!](#)

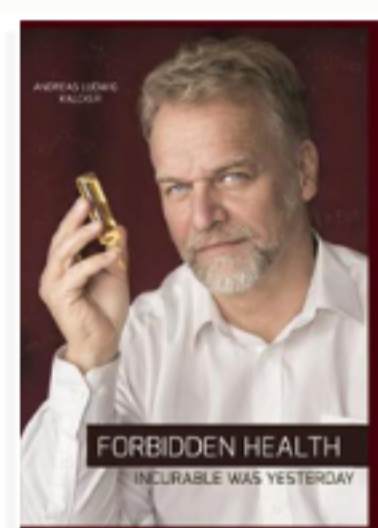


### TREATMENT SPOTLIGHT

Explore the innovative oral health approach of remineralizing early decay! Discover [ozone therapy](#), [hydroxyapatite](#), mineral supplements, and strategies for correcting [airway issues](#). These advancements aim to halt decay and enhance teeth naturally, setting a new standard in dental care. [Schedule your Appointment today!](#)

### NEW ARTICLE

With 20+ years of experience and a passion for oral health, our head of hygiene, [Nuno](#) from Portugal, offers vast expertise. We interviewed him to answer your [top dental hygiene questions](#). Whether you seek tips for a healthy smile or advice on common dental concerns, you're in the right place. Join Nuno for valuable insights and practical oral hygiene tips.



### NEW BOOK

In this month's book spotlight, we're featuring ["Forbidden Health"](#) by [Andreas Ludwig Kalcker](#), a thought-provoking exploration into alternative health practices and the power of chlorine dioxide. Kalcker invites readers on a controversial yet enlightening journey questioning mainstream medical narratives.

### NEW PODCAST

In our podcast episode, ["Dental Health During Pregnancy,"](#) [Dr. Agnes Roze](#) and [Dr. Nicolle Ranzan](#) discuss the crucial aspects of maintaining oral hygiene for expectant mothers. They cover everything from gum disease prevention to the safety of dental treatments during pregnancy. Tune in for expert advice on keeping both your smile and baby healthy.



### DO IT YOURSELF

#### Cleaning retainers without chemicals

The common effervescent tablets used to clean retainers, like Polident and Efferdent contain a known allergen called persulfate. Persulfate residue can stick to your retainer and cause allergic reactions. You'll be making a better choice for your health and will extend the life of your retainer when you opt out of using harsh chemicals.

#### Ingredients :

- 2 tablespoons White Vinegar
- 3/4 cup warm (not boiling) Distilled Water
- 1 teaspoon Baking Soda

#### Instructions :

- Mix together the vinegar and the water in a bowl
- Add baking soda
- Soak for 10-15 minutes and then rinse the retainer to remove any tartar that has accumulated. You don't need to soak it very long, so don't use this cleaner overnight.
- Rinse with cool water. To extend the life of your retainer, let it soak in distilled water if you aren't planning on using it right away.

### MOTTO

Journey of a thousand smiles **A**lways starts somewhere. **N**othing will be achieved **U**nless you take **A**ction. Momentum plus **R**epeated efforts will take **Y**ou further than expected.

TO LEARN MORE ABOUT OUR SERVICES AT DR.ROZE BIOHEALTH CLINIC