

**WHAT OUR PATIENTS ARE SAYING:**

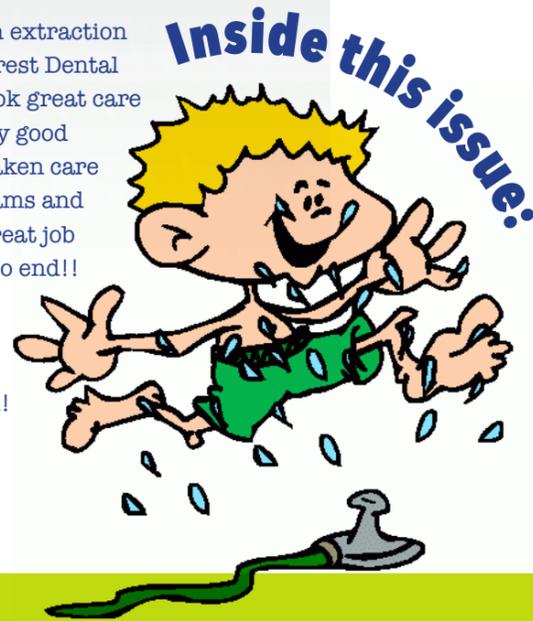
“ This dental office is by far the best I have found. I walked in one day to get a quote on some dental work my mother needed but was not planning on getting her treated there. I was very impressed by their customer service, professionalism and honesty. All the staff is very welcoming but what stood out the most was that I felt that they genuinely cared for their patients. They impressed me so much that now I am one of their patients as well. I highly recommend this place and can guarantee that you won't be disappointed.” - **Isabel G.**

Pinecrest Dental  
463 West Murray Boulevard  
Murray, UT 84123

Thomas Calvert  
3839 W Dora St  
Wichita, KS 67213

“I needed a tooth extraction ASAP and Pinecrest Dental got me in and took great care of me. I felt really good there and well taken care of. And Dr. Williams and his staff did a great job from beginning to end!!

I highly recommend Pinecrest Dental! You won't be disappointed!!!” - **Blake K.**



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# Summer is Here!

**We wish everyone a fun and safe one!**



# The Monthly Smile

June 2018

## 2018 Is 50% Over, Are You Happy With It?

**W**e all want a “quick fix” for things when we are in a jam. An app, a tool, or someone we can call. It's nice to just push a button when we need a new box of paper towels (thanks Amazon.com), or make a call for a flat tire (AAA), but when it comes to the most important things in life like BEING HAPPY, it isn't that simple...but it's obviously incredibly important.

Sonja Lyubomirsky, a psychology researcher, and author of “The How of Happiness,” describes happiness as “the experience of joy, contentment, or positive well-being, combined with a sense that one's life is good, meaningful, and worthwhile.” That doesn't sound simple to me, it sound complex, and it is!

I've found most things that are really important in life take work and development. Family and personal relationships, diet and exercise, a healthy smile (of course!), putting together a service project, a career, and of certainly, HAPPINESS!

*Now that 2018 is already half over, are you making your year as happy as you can?*

Based on some of Lyumbomirsky's studies (sheboyanpress.com), happiness can improve the following areas of our lives. Happy people:

- Are less likely to get sick and live longer.
- More likely to get married, have good marriages.
- Have more friends.
- Are more productive at work.
- Make more money and are more generous.
- Cope better with stress.

In fact, in our modern developed world we should naturally be MORE happy today, right? Wrong. Many studies are showing we are actually less happy, because we are becoming less tolerant of things that take time. Yale University actually started a new course that is their most popular subject ever, with over 1,200 students enrolling when the course was unveiled this semester - nearly 1/4 of Yale's undergrads! “The Science of Well-Being” is now the most popular college course in the history of the 317-year-old Ivy League school. (-Boston Globe)

Here's a formula you can utilize to be even happier with your life. “H = R-E,” or happiness equals reality minus expectations,” says Dr. Amit Sood, a Mayo Clinic complementary and integrative medicine physician. “You cannot always change reality, but you can always work with expectation,” he says. “And the more your expectations are reasonable, perhaps a little lower, the happier you will be.” (<https://www.mayoclinic.org>)

I hope you find happiness in the things you love most, and just like you, I will continue to work at them. Sometimes the pursuit is what makes us happiest of all, so don't overlook the journey.

Until next time,

*Tyler Williams*  
Tyler Williams, DDS



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## HOW TO KEEP YOURSELF HYDRATED AND HEALTHY THIS SUMMER

Yes! Summer is here, the sun is shining and temperatures are rising. But a lot of patients ask me which drinks are healthiest for their teeth. So how do you stay hydrated and healthy, but still enjoy your favorite summer drink? Personally, in the summer I enjoy lemonade and sweet drinks, especially when we are out camping or boating. Just remember, most drinks are acidic and can damage your teeth, but here are some tips about how to still enjoy your favorite drinks over the summer.

1. Don't use them as your primary hydration—enjoy your drinks a couple times a week to reduce exposing your teeth to acid!
2. Minimize the time you drink---the faster you enjoy your favorite drink, the less time it has to damage your teeth!
3. Drink it with a meal or snack—when you are eating, you stimulate your saliva which helps neutralize the acidic drink faster!
4. Don't SWISH IT---don't hold your favorite drink in your mouth or swish it around, it just exposes more teeth to its effects than are necessary!

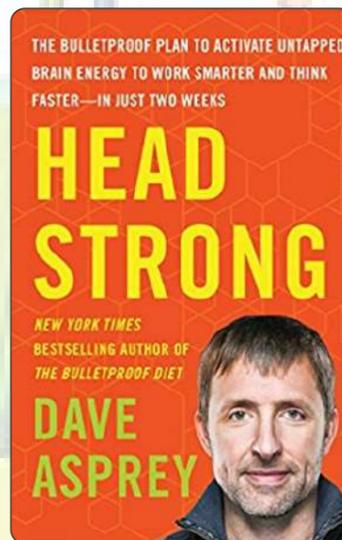
AND DON'T FORGET, WATER IS ALWAYS BEST!

## GET "AHEAD" BY READING THIS BOOK!

### HEAD STRONG: THE BULLETPROOF PLAN TO ACTIVATE UNTAPPED BRAIN ENERGY TO WORK SMARTER AND THINK FASTER-IN JUST TWO WEEKS

If you'd like to increase your mental energy and nutrition at the same time, this is for you! I found this audiobook recently on Audible (Amazon), and it was fascinating. The author describes what foods to eat (including grass-fed butter, so yes they can taste great) to boost our immune system, decrease inflammation and "biohack" our mental energy to get the most out of our body. Though I don't agree with everything in this book, it will change the way you think about eating, living and mental energy. It even provides insight on how to make breathing better. (Especially if you suffer from allergies or sleep apnea!)

Dave Asprey is an MBA from Wharton, works with doctors and the latest medical research, and consults with working professionals on how to improve their health down to a cellular level. When you read, you'll learn what you can do to start improving your life today. Enjoy! -Tyler Williams, D.D.S.



### Q& A WITH OUR SCHEDULING COORDINATOR, CAMPBELL

**Q: What changes have you seen in the practice since you started working here?**

**A:** Some changes that I have seen in the practice since I started working here is even though our patients were happy before I see them more happy. I also see that people have really enjoyed their care and give us good constructive feedback on how we can better serve them. We are a really patient oriented office and anything we can do to make people feel more at home when they are at the dentist we will do it! My favorite thing about the our office is seriously the people.

**Q: What is your favorite thing about our office?**

**A:** I love who I work with, I love who I see everyday, I love our patients, I love making jokes with the team and Dr. Williams. Heck, I even enjoy our FedEx guy. Everyone is very happy and welcoming into the office which makes it a great second home!

**Q: What's your favorite thing about our patients?**

**A:** My favorite thing about our patients is when I have seen you guys over and over again and I know what's going on in your life and not only am I the receptionist at your dental office but we are a family or friends. Because everyone here I do truly care about. Please stop into the office sometime and come see me!

## HAVE A FRIEND IN NEED OF GREAT CARE?

Visit  
**PINECRESTDDS.COM/  
SMILE-REFERRAL**  
to send your friend a special welcome offer!



If you'd like a print or digital copy of this newsletter sent to you or someone you know, simply call us at (801) 512-2986 or send an email to [reservation@pinecrestdds.com](mailto:reservation@pinecrestdds.com)

**CONGRATULATIONS TO THE WINNERS OF OUR 7-DAY MEXICAN RIVIERA CRUISE, THE MILLERS!**  
**THANK YOU FOR YOUR WONDERFUL REFERRALS!**



## MONTHLY QUOTE >>>

**BETTER TO STEP OUT OF YOUR COMFORT ZONE, ENJOY NEW EXPERIENCES, THAN STICK TO ROUTINES AND BE BORED WITH THE SAME END RESULTS. - April Mae Monterrosa**



## JUNE WORD SEARCH

U Y D P S R N J U N E Q  
M V C I J E N J G U X K  
I N A R Q M O Q B P C V  
G P N T T M I L D G A C  
A A O E B U T M B N M O  
R A E X H S A X E S P L  
R W I D D I C Y A O I L  
K L N N A S A T C S N E  
X P G E L Q V V H S G G  
G R A D U A T I O N T E  
D D F Z D K X C Q B J I  
A N N I Z S S C H O O L

Beach	June
Camping	School
Canoeing	Summer
College	Trip
Graduation	Vacation

