

Risbrudt Reports

We feel called to be a nurturing, supportive and health-centered practice based on integrity, trust, commitment, quality, service and dedication to technical and behavioral excellence.

Remarkable!!!!

Nearly every Friday morning, I meet with three other guys from my church for an hour and a half before work. We study what God has to say to us in today's world, and take time to know, appreciate and encourage one another. We use a variety of study guides, and our current study guide calls for five minutes of absolute quiet time each day. We are then to record what thoughts come into our minds during that time. Five minutes—you'd think that would be easy. Well, it's simple but not easy!! Try it sometime—it's a busy world!!

This morning during that time of quiet, I thought about the uniqueness of each and every one of you who presents for care in our practice. Not a single person is the same. In fact, your DNA has a unique signature in all of recorded history. Remarkable!!

I feel that it takes time to develop a relationship with you to appreciate that "signature uniqueness." In that respect, I feel this practice is set apart in our



"Emme in the Pacific"

profession, since in this "hurry up world" there is seldom enough time allowed for that kind of relationship-building. In building these relationships, we find out together what you want for your oral health, both on a short term and a long-term basis. That takes time!

It is remarkable to me how few opportunities a patient has to reflect on just what it is they want for their preferred dental future. The "tyranny of the urgent" seems to take precedence and oft times does not allow you to think about what you want your teeth to look like and how they will function 5, 10 even 25 years from now. Often, a patient will say: "No dentist has ever asked me what I want for my teeth!"



"A.J. and Elle at Risbrudt Cousin Camp"

Ever contemplate the Milky Way on a beautiful clear summer night? Doesn't it nearly bring you to tears? Each of us is but a grain of sand in the vastness of the Universe. Yet, each one of you is unique in all of creation—we don't want to ever forget that here at Suite 128.

If you have friends or loved ones who would appreciate that kind of signature care, we hope you'll keep us in mind.

Thanks for being here with us on our journey on Planet Earth!!

Thomas H. Risbrudt, DDS, FAGD and Staff

More on Snoring and Sleep Apnea.....

I am in the process of completing the requirements for becoming a Diplomat in the American Academy of Dental Sleep Medicine. Part of the requirements is submission of a number of sleep studies and successful case completions with an oral sleep appliance. In order to accelerate this process, for a limited time only, we are offering a significant discount on the cost of an oral sleep appliance and the necessary follow up studies to prove its efficacy. If you or a loved one has been contemplating doing something about snoring or sleep apnea, may we suggest that the time is now??!!

Contact Melissa at our office.

Get Acquainted With Our Online Wellness Store!

We keep refining our website to make it more friendly and helpful. Now you can access our online store to order your supplements from our quality supplier and have them shipped directly to your door.

Many of you have had the benefit of judicious supplementation surrounding extensive dental work, especially surgical procedures such as implants or periodontal surgery. Nutritional supplements, thoughtfully applied, can smooth out and accelerate healing following these kinds of procedures.

On our website home page, on the upper left corner under our Practicing on Purpose logo is a field labeled "links." That's where you will find the link: "Order your vitamins online" to our online wellness store, where you can purchase supplements from our quality supplier and have them shipped direct to your door. It will save you a trip to our office to pick them up. Also available in the same field is extensive research for information on various conditions, and how nutrition and supplementation can aid in recovery or prevention.

We invite you to take a look!



"Summer Fun - Kralyn Joy"

Good Economic News!!

Good economic news favoring children in the West! According to a Visa Inc. survey, Tooth Fairy payouts for children in the West have actually gone up in the last year. Payouts have risen from \$2.80 to \$2.90 in the last year.

Despite all the trimming parents may be doing at home, 90% of children younger than 12 continue to be visited by the Tooth Fairy! Hooray!!

Health and Wellness 2011

My family and I started down the wellness and alternative healing path over 30 years ago. Back then, the alternative health practitioners were considered "kooks" by many of their medical colleagues. Now, alternative health is becoming more mainstream, particularly as the healthcare system feels the strain of cost-containment. This seems to cause folks to re-examine their orientation towards wellness, rather than disease. It's easier to stay well than to get well!!

Why did it make sense to me back then? My staff and I were talking about it at a staff meeting the other day. I recalled taking biochemistry with the medical students my freshman year of dental school. We often were privileged to hear the head of the department of biochemistry lecture to us. He was a Nobel laureate, loved what he was doing, and it showed!! I loved the course. I was a chemistry major in undergrad, so it became perfectly logical to me that the laws of chemistry applied to body chemistry, and that all the chemical reactions that make the chemistry of our bodies work are intimately intertwined. Fearfully and wonderfully made!!

The holistic mindset guides us in the decisions we make in the application of our care for you, our valued clients and friends, and here's how:

- Natural herbal products for rinsing and treating gum disease (No alcohol or harsh chemicals!)
- No harsh chemical bactericidal applications. (Instead, we use a product called Sterilox, which you can research on the web, on all hard surfaces and combined with distilled water circulating through our water system)
- Nutritional supplements to aid in healing and maintaining health
- No amalgam=no mercury
- Ultrasonic toothbrushes, oral irrigation devices, and other home care aids for prevention of tooth and gum disease
- No or minimal drug therapy for TMJ/TMD/headaches (Protection from wear and future breakdown)
- Use of all ceramic restorations where indicated. (No metal)
- Digital x-rays=significantly less radiation
- E-Central: Electronic, paperless billing, confirmation of your appointments and ongoing communication with our office by e-mail, text, or phone.
- Paperless charting and documentation
- Completely Latex-free

We have found alternatives for nearly all harsh chemical applications that have the same or better efficacy for your health and safety.

Risbrudt Reports is enthusiastically created and published for our fine family of clients at:

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and Others Who Care

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