✨You are never too small to make a big difference✨

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www.smilepowerortho.com

😁 A Trip Through Time: The History of Orthodontics!

Did you know people have been trying to straighten their teeth for thousands of years? Orthodontics has come a LONG way from ancient times to the amazing smiles we create today!

🦷 Ancient Beginnings: Archaeologists have discovered ancient Egyptian mummies with metal bands wrapped around their teeth! Even thousands of years ago, people were looking for ways to improve their smiles.

🔩 The Birth of Modern Braces: In the 1700s, French dentist Pierre Fauchard helped pave the way for modern orthodontics with devices designed to straighten teeth. By the 1900s, braces were becoming more recognizable, using metal bands and wires to guide teeth into place.

✨ A Modern Makeover: Today, orthodontics offers more options than ever! From traditional braces to clear aligners like Invisalign, technology helps us create beautiful, healthy smiles with greater comfort and precision.

✨ Welcome to the Digital Age!

Orthodontics has come a LONG way! Traditional impressions using trays filled with messy putty are being replaced by digital impressions. With a quick scan of your teeth, we can create a detailed 3D model of your smile without the goop!

🌟 The Best Part? Orthodontics isn't just about straight teeth. It's about improving your bite, supporting oral health, and helping you feel confident in your smile!

From ancient metal bands to modern clear aligners, one thing has never changed: a healthy, confident smile never goes out of style! 💙

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See the back for a braces friendly recipe!

SMILE OF THE MONTH!

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

Find the following words in the puzzle.
Words are hidden → and ↓ and ↘

THANKFUL	STUFFING	HARVEST
GRATITUDE	GRAVY	PILGRIM
TURKEY	PIE	FOOTBALL
FAMILY	PUMPKIN	GOBBLE
FRIENDS	LEAVES	
FEAST	AUTUMN	

Candy Buy Back and Ice Skate Raffle!

Candy Buy Back!

Save the candy from Halloween that you cant have with your braces and trade it in for OrthoBucks! Exchange will be available through the month of November

1 pound = 2 Orthobucks!

What are you thankful for?

Answer to enter our raffle to win a $100 voucher to Walnut Creek Ice Skate Rink!

Chicken Pot Pie Soup

Ingredients

2 tablespoons butter
1/4 cup finely chopped onion
1 1/2 cups from 1 carton (32 oz) Progresso™ Classic Chicken Broth
1 1/2 cups milk
1 package (1.6 oz) garlic and herb sauce mix
1/4 teaspoon pepper
1 cup diced peeled potato (about 1 medium)
1 bag (10 oz) frozen mixed vegetables
2 cups chopped deli rotisserie chicken

Step 1

In 3-quart saucepan, melt butter over medium-high heat. Add onion; cook 2 to 3 minutes, stirring occasionally, until tender.

Step 2

Stir in chicken broth, milk, sauce mix and pepper with whisk until smooth. Stir in diced potato; heat to boiling. Reduce heat to medium; cook 5 to 7 minutes, stirring occasionally, until potatoes are tender.

Step 3

Stir in frozen vegetables and chicken; cook 10 to 15 minutes, stirring frequently, until thickened and heated through.