



Word of Mouth

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The patient's practice newsletter

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Mind the Gap!

Designers at New York Fashion Week have revealed a surprising trend: the gappy smile! In a twist of that 'perfect smile' we all desire, designers are now seeking out models with a gap.

In the past, having a large gap between your front teeth has been seen as an unattractive trait, yet designers are now hailing such gappy smiles as a powerful and beautiful quirk. Fashion fanatics are visiting their dentists in a bid to get the new must-have fashion accessory!

Celebrities including Mick Jagger's daughter Georgia, and model Lara Stone, have been at the centre of media speculation about the new look du jour and both models have achieved great success with huge advertising campaigns with Rimmel and Calvin Klein, respectively.

However, the gappy smile seems to have divided public opinion; for so-called 'normal' people, the noticeable gap between their teeth may not be seen as such a blessing. Many people have painful memories of their schooldays thanks to such orthodontic problems and far from embracing their gap, they have sought treatment to help

close the gap and give them a more attractive, balanced smile.

For now, it seems that the gappy smile is a sign of exotic and quirky beauty. However, it remains to be seen how long this particular look will last. In a matter of weeks, the story could be very different and new icons with perceived beautiful traits will probably be gracing the covers of our glossy magazine.

Milk can stop 'Garlic Breath'

If you are worried about garlic breath, drink a glass of milk, say scientists.

According to a BBC news report, milk can "significantly reduce" levels of the sulphur compounds that give garlic its flavour and pungent smell.

These sulphur compounds cannot be broken down in the gut and so they are released from the body in the breath and sweat.

For optimum effect, sip the milk as you eat the garlic, and use full-fat milk.

Best wishes

Dr Paul Downes
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