

# The Braces Cookbooks



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## NEWS



## Trivia

John Greenwood (1760-1819), a cabinet-maker by trade, became the favorite dentist of George Washington. In 1790, he adapted the foot-pedal (treadle) of his mother's spinning wheel as the driving force behind a spinning dental drill. "They say" his son also used it, but then the idea died away for almost a century. In 1868, American dentist George F. Green came up with a pneumatic dental drill powered with pedal-operated bellows; in 1875, Green patented an electric-powered drill that revolutionized the profession of dentistry.

## Dent-Chew Brush

Here's a product under development that I think is worth a look and possibly supporting: the Dent-Chew Brush. (<http://www.dent-chew.com/>) This specialty, dissolving brush unit tackles a problem that few of us consider: how can people with limited hand/arm-use effectively brush their teeth? Developed by former Vietnam-era medic John Gallagher, this single-use oral hygiene device could mean the world for people unable to brush their own teeth. Hundreds of tiny "bristles" work along with a liquid tooth-cleaning compound (dispensed from an internal channel) as the person literally chews on the unit until it dissolves, then swallows. (Check this video (<http://www.dent-chew.com/videos/segment2.php>) for an intro.)

The potential market also includes:

- Military – included in MREs
- Truck drivers
- Campers
- Airlines - a perk included with the meal
- School Lunch Programs – included with meals
- Disaster Relief

In addition, the dissolveable design of the Dent-Chew Brush allows it to be a simple means of delivering embedded medications and nutritional supplements to nations in need. The video portion of the Dent-Chew website (in four segments) relates how Gallagher came up with the concept when he saw the need in a VA hospital. It goes on to show the product details, a unit being used as a personal one-time toothbrush, and information for potential investors. The Dent-Chew Brush needs broader exposure and

the company is looking for investors.

### **Damon System**

Bethany Hamilton endorses the Damon System of Braces

The Damon System of "tieless" braces has been endorsed by professional surfer Bethany Hamilton of Hawaii. I saw her live on a webinar, discussing the Damon System (<http://damonbraces.com/>) orthodontic treatment that gave her a beautiful smile and more confidence. Wow – as if getting back on a surfboard at age 13, one month after losing her left arm to a shark – wasn't a display of confidence!

Now 21, Bethany received her smile treatment because an orthodontist in Manhattan Beach, CA, saw her on TV. Dr. Patrick Turley (<http://www.drpatrickturley.com/>) said he was inspired and wished he could do something to help her recover. (Read this great article about the connection the two people made, "Dentist helps 'Soul Surfer' regain her smile," (<http://www.ada.org/news/6247.aspx>) published in the American Dental Association News. His website makes this one discreet mention of her treatment – this man is not one to blow his own horn.)

### **Fun**

Lynn, owner of the online supply company DentaKit.com, wrote the following poems when inspired by her own adult braces a few years ago:

The Night Before Christmas for Braces Wearers

'Twas the night before Christmas, and I'd been put through my paces  
To cook, clean and wrap with my teeth set in braces.

The cookies so crunchy, the roast beef so chewy  
But alas I must eat food that's softer and gooey.

My family munched on their crackers and chips  
(Well, those only would have gone straight to my hips).

With my chompers a-hurtin' from ear to ear  
It's been hard to come up with that old Christmas cheer.

But I know that it all will pay off, all of this grief  
When two Christmases from now, Santa brings me straight teeth!

This year, however, I'll cut him some slack  
And wish for a case of that good dental wax!

So goodbye crooked teeth  
And spaces too tight!  
Merry Christmas to all  
And to all a good bite!

Ortho, Ortho, Ortho (to the tune of Dreidel, Dreidel, Dreidel)

I had a malocclusion  
I hated every day  
The ortho said he'd fix it  
And to him I did say,

Oh ortho, ortho, ortho  
How much more do I pay?  
When will my teeth be straightened?  
What can I eat? Oy vey!

And so I wore my braces  
Brushed after every meal  
I also wore elastics  
Yes, I was no schlameel.

Oh ortho, ortho, ortho  
When is my next appointment?  
And for this awful canker sore  
Do you have any ointment?

I couldn't chew the brisket  
Or bite the chocolate gelt  
At least there were the latkes  
In my mouth they did melt!

Oh ortho, ortho, ortho  
I need some dental wax  
And please give me a lot sir,  
For these painful train tracks!

So now it's two years later  
My braces have come out  
As I light my menorah, I think:  
A miracle happened in my mouth!

Oh ortho, ortho, ortho  
How much more do I pay?  
When will my teeth be straightened?  
What can I eat? Oy vey!

### **Recipe of the Month**



### **Gingerbread Softies**

For holiday time or any time, these cut-out cookies combine the classic spices of ginger and nutmeg with the rich flavor of molasses. With a little care, they do not harden when cooled.

½ cup sugar  
½ cup shortening  
½ cup molasses  
¼ cup water  
¾ teaspoon salt  
¾ teaspoon ginger  
½ teaspoon baking soda  
¼ teaspoon nutmeg  
2 ½ cups flour  
Extra flour (about ¼ cup) for rolling  
and cutting  
Rolling pin and cookie cutters  
(optional: prepared frosting)

Preheat oven to 375 degrees. Bake for 8 to 10 minutes.

In a large bowl, combine sugar, shortening, molasses and water, using an electric mixer and beating until creamy. Mix in salt, baking soda, ginger, nutmeg and flour; dough will be stiff. Divide the dough into two mounds, wrap each in waxed paper or sealed containers, and chill them for at least one hour.

Set up a smooth, clean surface (counter or cutting-board) and dust it with flour. Put one of the chilled dough mounds in the center, and sprinkle it with more flour. Use a rolling pin to roll out the dough until it is about ¼-inch thick, then cut out shapes with cookie cutters. Be sure to roll out and reuse the scraps until all the dough has been

shaped.

Slide cookies onto an ungreased cookie sheet. Bake for 7 minutes at 375 degrees. If desired, decorate the cookies with frosting. Store in covered container. If they start to harden up, place a fresh slice of bread in the container, reseal it and enjoy them the next day.

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