

A New Year...A New You...

Beautiful teeth take years off your face. Instantly!

BEVERLY HILLS COSMETIC & RECONSTRUCTIVE DENTIST David S. Frey DDS

Anti-Aging - No Scalpel Required Why an improved "bite" can take years off your face.

Did you know that the secret to real anti-aging remedies starts with your dentist? That the benefits of a facelift are occurring scalpel-free? While plastic surgery and skin rejuvenation treatments can turn back the clock, and a beautiful, pearly white smile can make a person look more youthful, the true secret lies in the bite! Yes! Your bite can affect how you look and feel. A mal-occlusion or "inefficient" or "bad bite" can actually accelerate the aging process. Scientific literature over the past 40 years supports this.

"Your lower jaw acts like a lever, and when it strikes the upper jaw, there should be contact on both sides of the mouth and with an even amount of force," says Dr. David Frey, a cosmetic and reconstructive dentist located in



Beverly Hills, CA. "If your front teeth are hitting first, it can create inefficiencies that can affect more than your teeth."

According to Dr. Frey, author of two books on cosmetic dentistry, a regular expert resource to national TV shows and whose patients have been seen in People Magazine, signs on your teeth can determine if this is happening

to you. Chipping or fracturing of your front teeth, worn down teeth, deep over-bites, crowded and crooked front teeth, tipping or not aligned front and bottom teeth will tell you if your bite is inefficient. Very small teeth and very large teeth can also be an indication that your bite may be off.

Having an off-bite can affect your over-all health. Correcting a bad bite is known to help people with TMJ, head-aches, neck, back and shoulder pain. It can affect posture which, in turn, affects your over-all strength, balance and flexibility. It can also affect how you look!

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To find the 'correct' position for the perfect bite, Dr. Frey utilizes state-of-the-art equipment and computer imaging technology. He can even show a patient the end result of where they would be after wearing braces to correct their bite. Locating the proper bite position is important to creating a natural face lift. Once he has located the proper bite position, the skin and muscles surrounding the face become more relaxed, the skin around the eyes appears to be more taut, and lines and wrinkles are not as obvious.

"Using that position when performing a "smile revitalization procedure" is advantageous for better overall looks and health of the patient," continued Dr. Frey. "Their faces will look more in proportion and they will appear better looking because beauty is all about proportions."



Very subtle dental movements of the lower jaw that places the jaw where the muscles are most relaxed will allow patients to not only look healthier, but be healthier. While it's incredible to believe that a dentist can change a bite, and in turn have the power to influence a patient's looks, it is also incredible to believe that it can also increase their athletic performance. Shaquille O'Neal, Terrill Owens, Bode Miller, Apollo Ono and the entire Super Bowl Champs (to name a few) have bought into the theory that a better bite will help them perform better in their prospective sports. They have been endorsing a Neuro-muscular mouth-guard that holds their bites in the proper 'magic' position. Patients of Dr. Frey who engage in daily sports activities such as golf, tennis and running will all say that they have seen personal improvement due to Dr. Frey's treatments.

Achieving that 'magic' bite position helps create the most beautiful, lasting smiles. And by incorporating proper function into the smile, it not only allows for longevity and comfort but also transforms the patients face. As is apparent from Dr. Frey's patient pictures, the skin around the eyes becomes more taut, and less lines and wrinkles appear around the lips. Patients smile easier and correctly as their faces come alive and they can take a "bite" out of aging! ●

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