



Happy Holidays



Dear Friends

December 2011

I am always so appreciative to have this special time in my life to share with you, and to acknowledge the opportunities that are given to me and the wonderful people that surround me.

This is my 19th year of writing my "Happy Holidays" letter. In 1992 I was motivated to share a miraculous healing, when my father underwent open heart surgery and the outcome was not optimistic. Today, 19 years later, at the young age of 91, he is amazing, and enjoying the gift of extended life. I will never forget his doctor, Tyrone David, who was said to have special talents in the operating room, unlike others. It is these challenging times that awaken us to give gratitude for all of the goodness around us. At the time, in 1992, we had a white board on display in our window with "sayings". On that particular day, I fondly remember that the message written on the board was "*miracles happen every day*".

This was a great year for me. I completed and published a book that synthesizes and encapsulates my continuing education in the integrative field of understanding the whole picture of wellness and dentistry. It is titled "**Your Mouth: The Gateway to a Healthier You**. A yoga-based approach to exploring the connections between oral health, whole body wellness, and longevity". It was a two year process, and it gives me great joy to help others understand why dentistry is so important to me. As I say in my book, I am happy that I can help others reframe the importance of their mouth, as I have personally been able to do through my education. I am receiving great feedback. My Dean, from the University of Toronto dental school, says he thinks that this book ought to be introduced to all dental students... "it is not about dentistry but oral health." Others say that it is an empowering book from which we can celebrate and embrace a deeper quality of life. The proceeds from the sale of my book in office, are being donated to **Free the Children**, a charity from the **Me to We** group that helps children become educated throughout the world. Your feedback is always appreciated, as it helps me grow and learn. I have created a web page for my book where I will be including more information about the topics discussed. Included will be a video on facial muscle releasing exercises which will also help us to achieve my favourite mantra, "lips together, teeth apart and tongue in place". Education never stops. Just when I think I have reached the pinnacle of one area, another door opens to an even larger vista, which helps me integrate my previous knowledge into my work, at a more comprehensive level.

Science has given me the confidence to know that we can have our very best smiles until our very last day, hopefully 120 + years of good health. What other part of our body can have this level of preservation? My studies at the Kois Institute, often cited to be the dental equivalent of The Harvard School of Business, have given me the confidence to know how to create these smiles. This past March I finished 9 out of 9 continuum courses. I loved every minute of learning. It is the Ah-Ha's in life that I love, when one's path becomes more clear and purposeful. I truly hope that this energy is conveyed to you when you join us at 1950 Yonge Street. It is a joy to share my days with like-minded people, and your friends and family that you so kindly refer to us.

In July, Lana, Ljiljana, Jessica, Dejana, Dr. Ansari and myself were invited to attend the "Invisalign Summit" in Las Vegas. This elite program is offered once every two years to the top Invisalign offices as an opportunity to network and enhance their skills in this exciting technique.

This summer I travelled to Brazil on a spiritual meditation trip. It was an awesome experience that was enlightening and healing in so many ways. I brought home a crystal bed, that you are all welcome to experience. It is available in the office, on Mondays, Fridays and every other Saturday. Please ask. We will be delighted to book a time for you.

We now have a program which will enable us to contact you through email and text about your upcoming appointments. If you do not wish to be contacted this way, we will happily call you. This program applies to our yearly newsletter as well. Please let us know what is best for you.

As for my team, the 20+ year group continues to grow and now includes Rosemary, Stevka, Karen, Caron, Terri and Sharon, and our 10+ group has Sandy, Ljiljana, Lana, Margaret and Urusa. I am so fortunate to work with friends, and I am blessed to have the best team ever in 30+ years including Drs. Urusa Ansari, Bernie Gryfe and Leyla Emami. They are all fabulous people and wonderful dentists. Within our office we welcome Kinga, Hayla and Dwayne. In January, 2011 Monica, one of our assistants, gave birth to a beautiful baby girl named Bella. Stevka married Petar in Macedonia in October 2010, and he was able to join her in Canada in June 2011. They are true soul mates. Nick, our dental technician, married Tanya. We all celebrated with them in September. It was like a royal wedding!

We have lost some very special people in our lives this year. They are with us on a different plane, and they are truly missed. Our love extends to their families.

Many of our clients have been with us for over 25 years. We celebrated together at Jamie Kennedy's Gilead Cafe, and it felt like a family, with good food and cheer. We hope to continue these gatherings to say *thank you* for your loyalty. I was proud to look down the harvest table and know that we did not lose more than a handful of teeth collectively through the many years that we have known each other.

This saying embodies our wish to you. Thank you for all of your sharing with us every day at 1950 Yonge St. We are truly blessed.

The Blessing of Shalom

When the blessing of Shalom is lacking, however much we have of other blessings, wealth or power, fame or family, even health--these all appear as nothing. But, when shalom is present, however little else we have, somehow seems sufficient.

Shalom means "peace", of course. But it means so much more as well: wholeness, fullness, health, and harmony; utter tranquility; loving and being loved; consummation; forgiveness and reconciliation; totality of well-being. And, even all of these together, do not spell out sufficiently the meaning of shalom. But though we cannot accurately translate or adequately define shalom, we can experience it.

Hershel J. Matt

Shalom & Love, Dana & Team

Dana
Urusa
Karen
Rosemary
Sam
Kathleen
Leyla
Jenni
Patricia
Sandy
STEVKA
Caron
Sharon
Sandra
Hayla
Norma
Kinga
Dwayne
Monica
Francisca
Matasha
Lana
Nick
Lana
Margaret
Maryam