



The Home of Pain Free Dentistry Presents,

# The Whole Tooth

heathDENTAL

Winter 2015

Get ready to sparkle this season!

## Air Polishing

**SPECIAL  
INTRODUCTORY  
PRICE!**

**£45**

Normally £90!

**Air polishing is our gentle  
stain removal system**

**Offer expires 31.12.2015**

**Ask your hygienist for  
more details**

This month we would like to introduce our new nurse Heather!

Heather joined us at the start of October. She has settled in really well and is currently working towards her qualification in Dental Nursing.

## heathDENTAL turns 10!

In September we celebrated our 10<sup>th</sup> birthday with a lovely evening hosted by principle dentist Sat Kelley. It was the perfect occasion to award our longest serving dental nurse Dawne. Dawne has been at the practice since it opened in 2005 and was pleasantly surprised to be presented with an all-expenses paid trip to London to see the Jersey Boys!

Many thanks to all who celebrated the evening with us.

While in the village residents and friends of Dickens Heath turned out for the Festival on The Green, as the village celebrated its 10<sup>th</sup> anniversary. A great time was had by all and entertainment was put on throughout the day. We had our own stall and were raising money for the Dental Mavericks, a volunteer group of dentists who aim to reduce daily dental pain for the children of Morocco. We were thrilled to be a part of the celebrations and managed to raise a fantastic £130!





Unhappy with your dentures?  
Struggling to eat confidently?

COMPLIMENTARY DENTURE  
CHECK

18<sup>TH</sup> November 2015

6pm – 8pm

Limited Space – BOOK NOW!

Aged over 18?  
Hate your crooked or crowded  
smile?

You could have a straight  
smile by next summer!

Ask us more about  
**FAST BRACES TODAY!**

FREE Consultations available

Recipe of the Month

Use up that left over pumpkin with this  
fabulous recipe!

Pumpkin Curry with Chickpeas



- 1 tbsp sunflower oil
- 3 tbsp Thai yellow curry paste, or vegetarian alternative
- 2 onions, finely chopped
- 3 large stalks lemongrass, bashed with the back of a knife
- 6 cardamom pods
- 1 tbsp mustard seed
- 1 piece pumpkin or a small squash (about 1kg)
- 250ml vegetable stock
- 400ml can reduced-fat coconut milk
- 400g can chickpeas, drained and rinsed
- 2 limes
- large handful mint leaves
- naan bread, to serve

Heat the oil in a sauté pan, then gently fry the curry paste with the onions, lemongrass, and cardamom and mustard seed for 2-3 mins until fragrant. Stir the pumpkin or squash into the pan and coat in the paste, then pour in the stock and coconut milk. Bring everything to a simmer, add the chickpeas, and then cook for about 10 mins until the pumpkin is tender. The curry can now be cooled and frozen for up to 1 month.

Squeeze the juice of one lime into the curry, then cut the other lime into wedges to serve alongside. Just before serving, tear over mint leaves, then bring to the table with the lime wedges and warm naan breads.

Source: [www.bbcgoodfood.com](http://www.bbcgoodfood.com)