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We make kids smile!



January 2016

Gator News

Monthly Contest



Announcing the
**January Patient
Contest**



Match Dr. Jaime's
Favorite Things
on a ballot and enter
to win a



SNOW

Party!

(With REAL SNOW! For you and
10 friends)



*Must be 32 degrees to schedule party

Awesome Advice

FROM DR. AL~

Teething Tablets



Dr. Al Burns



It's a **NEW YEAR!** Let's talk NEW products.

There are lots of teething products and aids out there. At Alligator Dental we follow a standard regimen as our line of defense against teething pain to include pain medication, teething toys and Orajel. However, in recent years other items have come on the market. These include Teething Tablets. So what are Teething Tablets and do these things really work?

What are they?

Teething tablets are a combination of **natural** herbs and supplements that have similar effects as pain medications. They are simple to use, inexpensive and are considered a more 'natural' way to help with teething.

Do they work?

In my experience they **do work**, just not nearly as effectively as medications like Tylenol or Motrin. For anyone wanting to avoid medications Teething Tablets are a decent alternative and generally may help a child with mild teething pain. Anyone struggling with controlling teething pain should definitely give them a try - while keeping in mind that **nothing can replace** consistent use of Ibuprofen.





Gators in Action:



Alligator Dental was a proud sponsor of the Sights & Sounds of Christmas and the Jingle Bell Kids Run in San Marcos.

We love providing ways kids can have FUN and be Healthy!



Meet

Kelly Bush

Patient Account Specialist at Alligator Dental San Marcos!

Family Info:

I am married to Todd Bush and we have 3 boys ages 7 months to 6 years old: Deegan, Trevor, and Braxton. We also have a puppy named Dookie.

Favorite Place to Eat:

Pluckers

Favorite Store to Shop At:

I love Target – they have everything

Favorite Kids Movie:

The Lion King

Favorite Place to Visit:

Vieques, Puerto Rico

Something Unique about me:

I love to take my three boys to Schiltebahn and play for hours

Recipe: SLOW COOKER POT ROAST

-Compliments of Shyla from Alligator Dental in Seguin

Ingredients:

- ½ (3/4 oz.) packet Hidden Valley Homestyle Italian Dressing & Seasoning Mix
- ½ (1/2 oz.) packet Hidden Valley Original Ranch Salad Dressing & Seasoning Mix
- 1 (.87oz) package dry brown gravy mix
- 2 pounds boneless chuck roast
- 1 ½ pounds new potatoes, halved
- ½ cup water
- parsley for garnish (optional)

Directions:

1. In a small bowl combine Italian seasoning, Ranch seasoning and gravy mix. Blend well.
2. Prick the entire roast with a fork. Rub the dried mix on the roast.
3. In a slow cooker, spread potatoes on bottom. Place seasoned chuck roast on potatoes. Pour water around roast.
4. Cover and cook on high 6 hours or low 8 hours. Roast should have an internal temperature of 145 degrees F.
5. Garnish with chopped parsley. Serve.

Tip: For thicker sauce, remove roast and potatoes and transfer to a platter. Pour the cooking juices into a saucepan. Stir together 3 Tablespoons cornstarch and 3 Tablespoons cold water. Bring juices to a boil and whisk cornstarch mixture into boiling juices; spoon sauce over meat and potatoes.

Can add ½ pound baby carrots and 1 sliced onion along with the potatoes in the bottom of the slow cooker.

This is a fantastic meal for a cold January night!



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