

SHORTCUTS

By: Lisa Nowicki Baer

Happy Teeth!

It's a new year and in addition to reconnecting with our physical health and well-being it's important to include great new oral health habits. Spiffies Tooth Wipes, developed by pediatrician Dr. Ray Wagner, are the perfect way to get a head start on developing great oral hygiene habits. Many parents don't realize that they should be cleaning their baby's teeth and gums on a daily basis. Spiffies contain xylitol, a natural ingredient that has been known to prevent cavities for over 60 years. They are safe, easy to use and taste great! Spiffies retail price is \$5.50 and they are available at Whole Foods and all Buy Buy Baby stores. For more information or to order online, please visit www.spiffies.com.



Photo Courtesy of DR Products

The American Dental Association recommends brushing for at least two minutes to properly cleanse teeth, gums, and tongue from cavity causing bacteria. That's great advice, but does the ADA realize that you practically have to put a "head-lock" on your kids to get them to brush for two whole minutes? The Twooth Timer will put an end to the "brush rush" in your house. Kids love this oversized tooth that winds up with a simple twist and rings when the two minute time limit is up. Brushing properly becomes a fun game and that's a "win-win" for everyone. Twooth Timer retails for \$11.90. For more information, free downloadable dental health activities for kids, or to order, please visit www.twoothtimer.com.



Photo courtesy of The Twooth Timer Co.

Bust That "Bad Cough" Naturally with Zarbees

A few years ago there was a massive recall on all children's over-the-counter cold and cough medications containing DM (dextromethorphan). Most pediatricians agree that DM is dangerous and should not be given to children under the age of 12 because in extreme cases it can cause dizziness, breathing problems, high blood pressure and even death. But what to do, when your little one is up sick and coughing through the night? Dr. Zak Zarbock, M.D. has developed the first and only all natural cough suppressant that is truly safe and effective even for children under the age of four. ZarBee's Children's Cough Syrup contains a unique blend of dark honey, Vitamin C, and is rich in antioxidants. Available at Walgreen's for \$9.99 in both cherry and lemon flavors. For more information or to order online please visit www.zarbees.com.



Photos courtesy of Honey Naturals, LLC.

Get Splashed!

Sheago's All Natural After Shower Splashes are perfect for just the right amount of morning scent with a splash of moisturizing skin hydration that lasts throughout the day. If you like to moisturize in the morning, but don't have the time after showering, a few sprays of Sheago and you are all set without feeling greasy. Most body splashes contain alcohol that will dry out your skin. Sheago's sprays do not contain alcohol, petroleum, mineral oil, artificial preservatives or parabens. They do however, contain grade A Shea and come in great scents like mango, vanilla, coconut and grapefruit. Tonight, treat yourself to a warm bubble bath, your favorite Sheago spray and some soft and snuggly pajamas. You'll be irresistible! Available at Whole Foods and retail for \$12.99 to \$16.99. For more information please visit www.sheago.com.



Photo courtesy of Sheago

Sweets for your Sweet

Send your sweetie a surprise home baked gift from Sweet Sally's. They offer a new line of fresh "homemade" baked goods, that are yummy, beautifully packaged gifts ready to be sent anywhere just in time for Valentine's Day. Sweet Sally's are made from all natural ingredients and do not contain preservatives. They are trans fat free and are available to order at www.sweetsallys.com.



Photo Courtesy of Sweet Sally's