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**FRIENDS  
ARE  
FOREVER**

**A WALK  
THROUGH  
HISTORY...**

**HOW I  
LEARNED  
TO MAKE  
KHANDVI**

**ROTARY  
METRO HUNT**



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# WOMEN EXCLUSIVE

# we

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# W H A T S TRENDING

# JEWELLERY



## STATEMENT NECKLACE

this trend of bold and big chunky necklaces looks amazing with both casual and professional wear.



## CRYSTAL

It is said that crystals are healing, now they are fashionable too. Pairs well with pastel shade tops.



## BOLD BRACELET

The bigger the better is the mantra in fashion jewellery this month, with large bracelets, big chunky chains. Pairs well with simple tops.

# FASHION TRENDS



## BOLD

Never be afraid to wear bold, neon shades this month. It helps to stand out in a crowd. It is perfect for that night out with friends.

## STRIPES

Stripes are making a comeback this month. This is a must have for those casual look, a perfect look for a day out with friends.



## CROP TOP LEHANGA

This is an ideal dress for attending the numerous weddings this month. This is an elegant traditional look.

## ASYMMETRIC

Be it a long dress or top, the asymmetric look is a must have. This can be paired with formal pants or jeans.





**S**tirring and stirring; testing, and testing again; hands ached, but in the end, the results were fantastic, and taste buds satiated. Many Indian sweets are made thus, with success. But this one, an effusive savoury snack, eluded us. Khandvi, a Gujarati dish most loved by many, stormed into our lives when we lived in Bombay in the early eighties.

Our home was in Andheri, and this delectable item was available in a sweets and savouries shop in Andheri West, close to the railway station. Me and my folks were great fans of the spongy dhoklas already. So dad often purchased them in the said shop on his way back from work, along with some Vada Pav from a favourite street vendor. Unlike present times, I don't think the humble Vada Pav got sold in shops then. One evening he found the then-unfamiliar item called Khandvi sold in the sweet shop and brought home a sample quantity. It was love at first sight and taste.

The standard weights and measures used to weigh dhoklas were no longer enough to buy this new snack



**SUMITRA  
KUMAR**

# HOW I LEARNED TO MAKE KHANDVI

that looked like neatly rolled yellow ribbons tossed in a delicious seasoning of chillies, mustard and cumin seeds with sprinklings of fresh coriander and citrus juice. We craved more. But unfortunately, Khandvi was a faster-moving item than dhoklas' and vanished off the shelves in no time. Likewise, it slipped even faster, melting and gliding past our tongues, leaving a delightful, moderately spicy and tangy experience in the luscious palate, with its perfect blend of flavours. Dad had to disappoint us often, stepping home only with dhoklas' as khandvis' would've gotten sold out by early evening. He could not make it any earlier, returning from Churchgate, just in time when the in-house makers were putting them out on the shelves.

One day my new Gujju college friend came home. She needed support in mathematics, and I enjoyed teaching her the subject. I was no maths scholar, but being out of CBSE, first-year junior college math was almost a repetition. My friend was good company, too, and my learnings found reinforcement through teaching.

Shibani came every weekend after that and spent the day with us. She enjoyed our South Indian food, and mom, a food enthusiast, loved enriching herself by learning all about her native cuisine by exploiting every possible break in the ongoing tuition. With no recipe books at home and the Internet still a distant discovery for tech scientists, the only option was to probe our neighbours and friends.

Shibani belonged to a lower-middle-class family, living in a small one-room independent construction with only a partition for the kitchen, near Malad railway station. On one of my trips to her house, I observed how her mom made the dosas that was offered to me with great love. Inviting me home was a sweet return gesture from the elderly lady to thank me for helping Shibani with mathematics. She would place the batter on the tawa and spread it with a spatula instead of using a cupped ladle. Her dosas had the thin crust ever that even my mom had not made until then. As kids, most of us demanded crispy dosas. I promptly disclosed the secret of the method to my mom once I got home.

Coming back to the Khandvi story, as our purchases became infrequent and portions not entirely satisfactory, mom took the recipe

One day my new Gujju college friend came home. She needed support in mathematics, and I enjoyed teaching her the subject. I was no math scholar, but being out of CBSE, first-year junior college math was almost a repetition. My friend was good company, too, and my learnings found reinforcement through teaching.



passed on by Shibani's mom and started making the same at home. But there was a problem. A criticality in the process made the simple dish quite tricky to make. She needed assistance from the Khandvi fan, yours truly!

A mixture of gram flour, buttermilk, water, ginger-chilli paste and salt, after being whisked together, has to be cooked, stirring constantly on medium flame, until it arrives at a proper consistency in thickness. The test for doneness is to drop a small portion of the thickened batter on a plate and check if the mixture, now almost a paste, turns into a solidified sheet when flattened out thin using a knife. If the result is positive, it's time to quickly spread the mixture like thin dosas on greased steel plates using the bottom of a steel cup. After it solidifies, we are good to move onto the next step. It is the trickiest part. Many battles ensued between mom and me in stamping our approval on the readiness of the batter.

After stirring for a long time over the flame, mom would say that we are ready for the next step. But my sample tests would prove otherwise.

Sometimes she would assert that it has attained the required stiffness and starts spreading them onto all the thalis. But the formation of sheets would remain elusive as the batter wouldn't release itself from the surface at all. Mom would suggest waiting for some time, yet no miracle unfolded. And then she would conclude she knew it all well right from the start. It was only my presence that distracted her! The fiasco would put off our successive Khandvi trials by a few weeks. After further debates and discussions on the procedure, we would restart our trials, sometimes achieving success by chance.

My college, situated on the eastern side of the railway tracks, closed early one day. With deep Khandvi pang consuming my senses, I decided to hop on to the west and visit my dad's sweet shop. What I witnessed over there turned out to be the most critical thing in the making of this dish. The makers, a couple of them, were sitting on the floor behind the counter, taking out portions of hot batter from the stove and spreading it on both sides of giant-sized steel thalis/plates. Their

hands circled skillfully, spreading out the batter evenly on the inner side of the thali first and then inverting it to repeat the same on its backside. The magic I witnessed when they began to roll the Khandvi almost instantly after spreading it thin, which meant it didn't need much time to dry and set itself. After spreading it out, it sets virtually in minutes. If it doesn't, it never will, and any amount of waiting will not make it fit enough to roll. Eureka! I went and told my mom about my path-breaking observations. And she perfected the art from then on.

However, despite these experiences and learnings, I never dared to make the dish all by myself; I only remained an annoying assistant to my mother. If there is a delay in spreading the batter onto plates, it solidifies in the pan and our efforts were wasted. So we had to act fast, and mom had to tolerate me next to her.

During Covid lockdowns, my mom had an extended stay with my brother in Canada and myself in Chennai, it was a time for all to try out different recipes. Thank to offering on YouTube,

Khandvi was at the top of the to-do list. Although I have participated in many Khandvi sessions with mom, I wavered without her being around. If I felt it was safe to refer to YouTube and take a refresher. A recipe I chanced upon, using a pressure cooker, immensely excited me. Without elaborating further, I will say I tried it, and to my surprise, it worked beautifully, freeing me from the pain of continuous stirring and avoiding the possibility of failure.

My new found success and long time fondness for the dish compelled me to revisit my nostalgic Khandvi story and share it with everyone. If you haven't heard of the glorious Khandvi yet, it's time you tried it out. I will not give you the recipe because I have shared the same link. Thankfully my daughter and husband love it too. My son refused to even try. Well, it's his loss, and there is one less in competition for Khandvi consumption. That is how we will look at it for now until he comes around!

<https://www.youtube.com/watch?v=i4HrJdsTXKQ&feature=share>



# TIPS TO SLIM DOWN YOUR WAIST LINE



**SHINY SURENDRAN**

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Chennai .  
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**M**ost of us are in the same boat, wanting a slim and trim waistline that would make anything we wear look fabulous. A good body shape can give us the extra boost of confidence to carry any attire well and very often people are judged on how they look even before they get a chance to introduce themselves. Below are a few tips to help you get the sleek waistline that you have been dreaming of.

1. A healthy diet – To shed the excess belly fat, step up your protein and fibre intake. A good amount of 150 to 200 gm of protein in every meal is ideal together with 200 to 300 gm of vegetable intake. Instead of simple carbohydrates, switch to consuming complex carbohydrates such as whole grain, quinoa, oats and sweet potatoes.

The main problem for many of us is the sweet cravings that we have post meals. This can be an indication of low protein intake. Besides increasing the protein in the diet to curb the sweet cravings, you can try other healthier alternatives such as dark chocolates, dates stuffed with almond, sesame balls, peanut chikki or even a dry fruit laddoo. Portion control plays a major role in fat loss and along with that, remember to hydrate well. Consuming 2 to 3 litres of water per day does not only keep you full and reduce unnecessary food cravings, it also helps flush out toxins and gives you a glowing skin.



2. Pay attention to your gut health – Many of us might not be aware of the importance of a good gut health but it is a very important factor to get a flat stomach. Gut bacteria are responsible for extracting energy from food. It can affect your weight by influencing how different foods are digested in the body and it also produces chemicals that help give a feeling of satiety. The gut bacteria also digest certain flavanoids which may help prevent weight gain.

Poor gut health caused due to presence of inflammation in the body can result in symptoms such as bloating, burping and flatulence which can hamper weight loss. Hence, it's essential to maintain a healthy gut barrier and prevent inflammation so that nutrients are absorbed efficiently into our blood stream. Some foods that are good for gut health include a diet rich in high fibre foods like whole grains, a rainbow of fruits and vegetables, nuts and seeds, polyphenol rich foods such as green tea and dark chocolate and fermented foods such as yogurt, kombucha, kefir and homemade pickles.

3. Consume Omega 3 Fish Oil – Omega 3 fatty acids in fish oil is known to improve brain health, heart health, for better skin. Some studies show it might also aid in weight loss by suppressing

hunger and appetite, increasing metabolism. It may boost the effect of exercise by amplifying the calorie burn during workouts. It also helps to curb sweet cravings and reduce inflammation in the body which in turn helps in inch loss around the abdomen. The recommended dose for adults is 3 grams per day.

4. Exercise targeting the belly fat – Fat to break it to you but there is no such thing as spot reduction in weight loss. A good diet and a proper exercise routine can result in a sustainable overall weight and inch loss. However, there are certain exercises that you can focus on to tone the tummy that make it appear flatter. Doing planks, yoga, oblique crunches, compound resistance exercise and high-intensity interval training (HIIT) that includes moves like burpees and mountain climbers may be beneficial. For postpartum women who are struggling to lose their mommy pooch, it might be most probably due to untreated diastasis recti. It causes the belly to stick out because there's a separation between the right and left side of the abdomen due to pregnancy just like a 'zipper that's undone'. Consult a good physiotherapist who is familiar with treating this condition before moving on to a rigorous workout regime.

5. Reduce the stress – Did you know that there's a term called stress belly? True to its name, stress belly refers to the excess stomach fat that is caused by chronic stress. Cortisol, a hormone released during stress causes the body to store fat as a survival mechanism. Studies have shown that prolonged periods of stress can cause the body and brain to feel depleted and hence increase craving for junk and sugary food.

Typical symptoms include a sense of being overwhelmed frequently, feeling hungry all day long and increase in appetite during meal times. This can be curbed by having well balanced meals at regular time intervals and indulging in physical activity at least 30 minutes per day. Other de-stressing activities that you could try out is meditation, taking a stroll in the park, listening to your favourite music or hanging out with people you love.



# ROTARY METRO HUNT

A finely conceived event to promote public transport, Rotary Metro Hunt, conducted by District 3232 on July 7, 2022, was a unique concept different from the usual car rallies. Assembling early Sunday morning at the Chennai Metro, it was a long-awaited opportunity for many first-timers to participate, explore the rides and experience the excellent infrastructure. Thanks to DG Dr Nandakumar and First Lady Sumedha Nandakumar for coming up with the novel idea.

Not many use the metro rides as the houses and workplaces are not in proximity to the nearest metro (although that's expected to change with the Metro's speedy expansion program). For most of us, the only prior experience was perhaps a ride or two when it all began, for the sake of a "wow" experience akin to international metros. A selfie was a must, and it was promptly shared on social media too!

Alandur was our meeting hub and interchange point for CMRL, on the southern end. We assembled here at 8 AM. The First Lady, Rtn Dr Sumedha, welcomed and guided the participants



that constituted Rotarians, Anns and Annettes from Rotary. Several District officials, who acted as volunteers took care of every small detail. The registrations went smoothly. The participants' kits were distributed along with neon green vests for easy identification.

DG Dr Nandakumar gave a brief and enthusiastic speech with words of encouragement and caution to the participants for a safer return from their rides. Ann Swarnalatha Jothikumar read out the rules of the game. The chief guest, MD of CMRL, M.A. Siddique, I.A.S. spoke engagingly. His sincere endeavour to keep the Metro clean is highly commendable. Reiterating that cleanliness was in total control, he confidently challenged passengers to spot a speck of dust. Maintaining the toilets with stricter hygiene was their next goal, he said.

Chennai Metro has been running on two lines so far: blue line and green line. With over 100 registrations, dividing the participants (along with their teams of four members) into two groups worked well. They were sent on opposite routes with different questionnaires. The groups proceeded to their respective platforms. The question papers were handed over to the teams, the trains arrived, and the event was flagged off. (Blue line - Alandur to Government Estate and back—group B, paper 1; Green line - Alandur to Anna Nagar and back—group A, paper 2.)

The fun had begun! As in car rallies, a few scavenger items had to be unearthed from messy handbags or procured, pestering the busy shopkeepers outside the stations. Though unusual, these items to be collected stimulated the teams' enthusiasm. Many of these shopkeepers were amused, even mystified, by peculiar requests from a bunch of "crazy" people on a fine Sunday morning. It lent a déjà vu feeling, resembling the plot line of a Harry Potter book!

Live breakfast counters helped us to set out from our homes carefree without any pressure of

household chores. Sumptuous buffet lunch with desserts upon return from the Metro Hunt kept everyone in high spirits after completing their allotted tasks. The little kit with gifts, soft drinks, gift vouchers and water made the participants feel special and ensured they remained hydrated and energised to complete their mission for the day.

Some funny incidents need a mention. A requirement in the scavenger list was a string of flowers. Ironically with no flower vendors in sight in Namma Chennai, which is famous for mallipoo—the older train routes have plenty of vendors—we boldly requested a woman wearing flower to part with a short length of her precious jasmine strand. The kind and the gracious lady agreed, but the strong thread played spoilsport unyielding to our mighty pulls, and we gave up. Soon we found a bright and lovely young girl and earnestly presented our request again. She hesitated to part with her fragrant accessory as the special day was her birthday. We showered our sweet blessings on her, and she thoughtfully pulled out a strand of a real flower that she had gotten from her temple visit as prasada and handed it over to us. As we parted with thankful smiles, she called us back to share some chocolates making it a touching and wonderful moment of celebration.

Metro Hunt by Rotary District 3232 was an effort to promote Chennai Metro, helping people see immediate benefits in reducing carbon footprints and enjoying convenient, safe and faster commuting. Constant announcements on the train with maps indicating all the Underground Stations and overbridges outside Metro for crossing roads made for passenger-friendly experiences. Tasks for participants to count the number of repetitive ads, spotting go-green posters at stations, and so on made them survey every nook and corner of the platform, easing fears (if there be any) about safe travel in metro stations.

The event, coincidentally falling on World Friendship Day, contributed to the exuberance of everyone, given the occasion to connect in person.



# FRIENDS ARE FOREVER



MONISHA  
RAVI



**F**riends are the most crucial relationship one can form in their life. "Because of you, I laugh a little harder, cry a little less, and smile a lot more", goes the saying.

Friendship is defined as a relationship between people who are friends. When we are in a quandary, friends are always there to console, advice or just listen to you vent. To celebrate this relationship, friendship day came into existence.

The concept for this day began as a marketing strategy by Joyce Hal, Founder of Hallmark Cards in the 1920s itself. However it has been recognised globally that Dr Ramon Artemio Bracho coined the term Friendship Day only in 1958.

Dr Bracho, it was said, used this term to promote the concept that friendship will help overcome any differences among people throughout the world. He began an organisation called the World Friendship Crusade, to promote his ideas.

In 2011, the United Nations, in the General Assembly spoke about the importance of friendship between nations, countries and different ethnicities. It is interesting to note that Paraguay was the first to celebrate Friendship day in 1958





Even though, this day is celebrated on different days throughout the world, the concept of exchanging gifts, spending some quality time remains the same. In India , the day is usually celebrated in the beginning of August. One can see friends just hanging out in coffee shops having a great time together.

Some plan trips for this special day or try new activities together. There is no one better to try some rock climbing with , than your friend who is squealing beside you 50 feet above the ground.

Spending some quality time with your friends is a stress buster. They always lend a listening ear and offer the support that you need. Some friendships lasts decades, beginning from kindergarten into your adulthood. So take the time and effort to do something special for your friend.

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# AVOCADO

**A**vocado or the butter fruit as it is called is packed with nutrients. The buttery fruit, is characterised by its dark green skin, a buttery flesh and a huge pit in the middle.

Avocados have gained popularity due to its use in Mexican cuisine, namely the guacamole. However, most of us are unaware of its rich goodness.

Avocados are a rich source of vitamins C, E, K, and B6, as well as riboflavin to name a few .

The fruit is used as an anti inflammatory. It contains omega 3 fatty acids, and plant

hormones that help regulate any inflammation. Avocados have also been seen to help reduce joint pains.

Just having half an avocado, gives the body the required amount of vitamin K for the body. Research shows that vitamin K is vital for bone health in the body.

Avocados have been prescribed to expecting mothers. They contain folate that is required for the healthy development of the baby.

Many suffer from heart related diseases, and the avocados have been proven to help with that as well. It contains sodium,



which helps in reducing high blood pressure. It further helps to control the cholesterol in the body.

Our eyes are prone to damage , due to excessive strain, uv damage . Avocados are also good for eye health. The lutein and zeaxanthin, which is required for good eye health is present in the fruit. It has been recognised to help reduce the chance for macular degeneration.

Avocados help with the excretion of waste from the body. It helps promote good gut health as well.

For the skin, Avocados have been used to treat dry and dehydrated skin. It also contains biotin, which helps retain the moisture in the skin.

The Vitamin C and Vitamin E in the fruit helps in protecting the skin from environmental stressors.

# A WALK THROUGH HISTORY...

**I**t was a hot and sunny day, as we landed in the Indra Gandhi Airport at Delhi. This being my first trip to the capital, I was naturally fascinated with everything,

After checking into the hotel, the first thing I did was to go out sightseeing. I was to spend a 1 month vacation in Delhi, for an internship, where I had allocated three days for sightseeing.

After all these years of seeing the India Gate on TV, during the parade, I was excited to see it in person. The India Gate is a war memorial that was





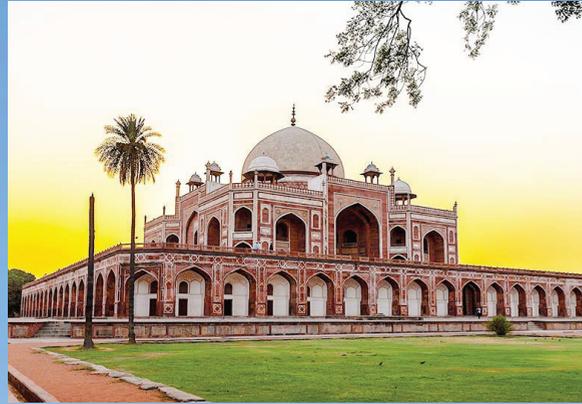
constructed to honour the fallen soldiers during the First World War and the third Afghan War. It came into existence in 1918, which was commissioned by the British as a war memorial. After taking many selfies and videos in the India Gate, I moved on to my next place.

My next stop was the Lotus temple. This I learned was built by the Bahá'í faith. I had to look this one up when I went there, as it was completely a new one to me. The faith preaches the concept of oneness regardless of class, faith and religion. The lotus temple was exquisitely created. I was actually awe struck at the architecture. Shaped in the form of a lotus petal, this structure was constructed in 1986. It has been recorded over the years, that this structure has won many awards for its architecture.

After a peaceful time at the Lotus Temple, I stopped the sightseeing for the day. I was really excited for the next day, as I was going to the Red Fort. As a big history geek, I am a big fan of Mughal period, so I was really looking forward to it.

With the next day, just as hot, I stepped into the Red Fort, determined to spend most of my day. The Red Fort, was constructed under the rule of Shah Jahan. It is also known as L I Qila. This beautiful piece of architecture was constructed during the heights of the Mughal rule in India. The construction of the fort





began on 1638. One can just picture the crowds of people, the courtiers sitting around with the king at the helm, and beautiful women, singing and dancing.

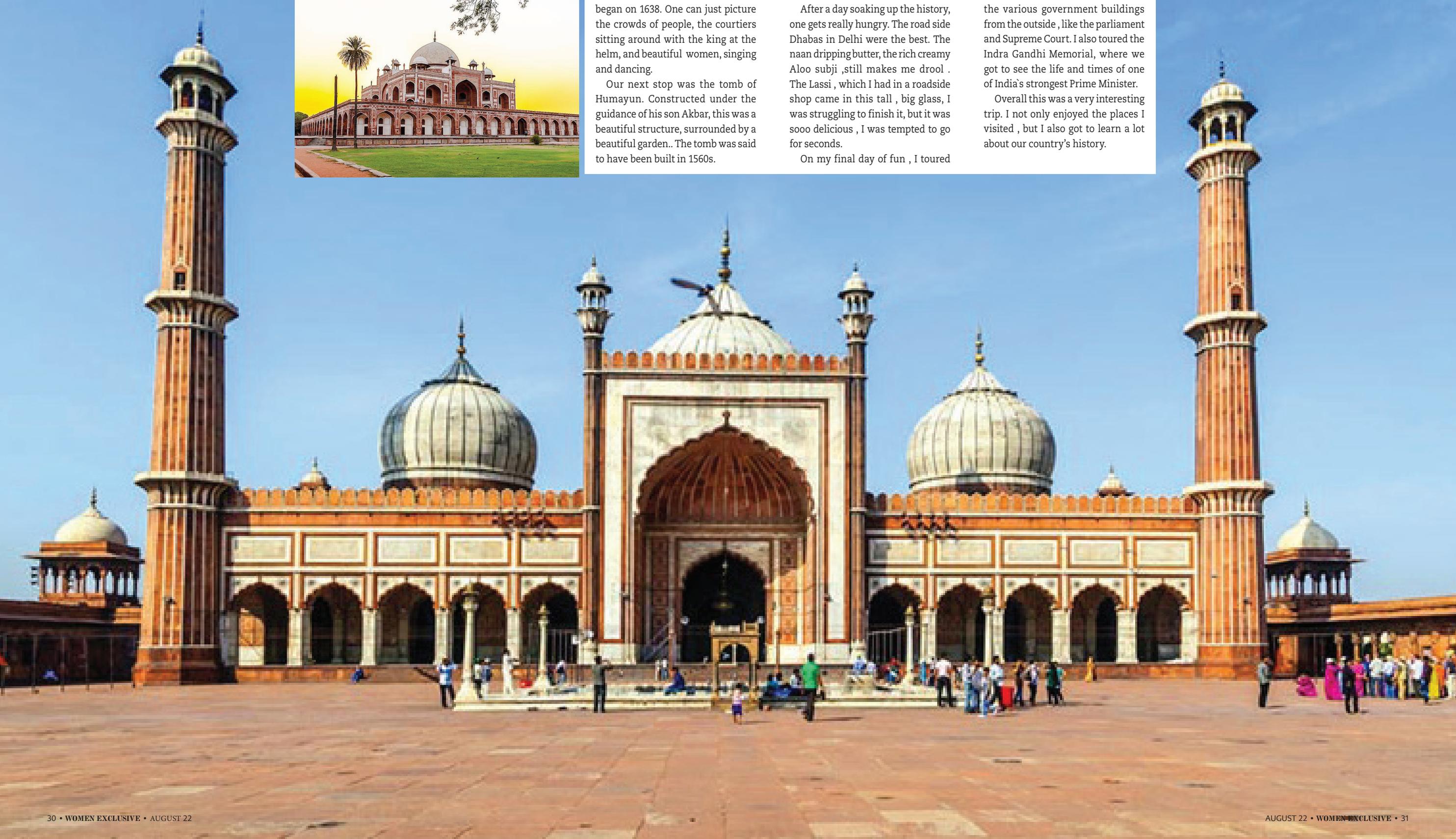
Our next stop was the tomb of Humayun. Constructed under the guidance of his son Akbar, this was a beautiful structure, surrounded by a beautiful garden.. The tomb was said to have been built in 1560s.

After a day soaking up the history, one gets really hungry. The road side Dhabas in Delhi were the best. The naan dripping butter, the rich creamy Aloo subji ,still makes me drool . The Lassi , which I had in a roadside shop came in this tall , big glass, I was struggling to finish it, but it was sooo delicious , I was tempted to go for seconds.

On my final day of fun , I toured

the various government buildings from the outside , like the parliament and Supreme Court. I also toured the Indra Gandhi Memorial, where we got to see the life and times of one of India's strongest Prime Minister.

Overall this was a very interesting trip. I not only enjoyed the places I visited , but I also got to learn a lot about our country's history.



# COSMETIC CONTOURING OF TEETH



**DR. K R ANANTHI**  
Clinical Director  
Ananthi's Dental  
Clinic & Implant  
Centre, Adyar

Cosmetic contouring is a cosmetic dental procedure performed to improve your teeth's appearance when they are slightly crowded or uneven. It has several different names including: odontoplasty, enameloplasty, stripping, recontouring, slenderizing, and enamel reshaping. Cosmetic contouring is a quick, easy way to repair minor smile defects. It is completely painless, and can be completed in a single office visit.

**Who's a good candidate for tooth reshaping?**

It's important to note, tooth reshaping is designed to correct minor or subtle imperfections on your teeth. It's not an option for major dental issues. If your teeth overlap or are severely crooked or misaligned, your dentist might suggest dental braces or another procedure instead of tooth reshaping. To be a candidate for tooth reshaping, you'll need healthy teeth and gums. This procedure involves removing some of your tooth enamel. This procedure is not recommended if you have decayed teeth, unhealthy gums, or an infected pulp.

**How long does it take and last?**

Cosmetic contouring can often be done in one visit. The procedure is relatively quick, simple, painless, and inexpensive. Cosmetic tooth contouring is permanent in the sense that the surface of your own natural teeth is removed in order to reveal a smoother tooth profile. The procedure of course cannot guard against future chips or damage created by regular wear and tear on the teeth.

**How does tooth reshaping work?**

For the most part, tooth reshaping is a simple, fast process. The first step is to have a dental examination and X-rays, so your dentist can check the health of your teeth and gums. The dentist will also check your enamel. If you have weak or thin enamel, your dentist will likely recommend another procedure, such as dental veneers. Getting veneers involves placing a porcelain cover over the front surface of your tooth. This can also improve the appearance of a chipped, cracked, or misaligned tooth. If you have healthy teeth, gums, and enamel, your dentist begins the process by removing some of your tooth enamel by using a sanding disc or fine diamond bur. This part of the procedure helps minimize



imperfections in a tooth. Next, the dentist will trim or shorten the length of longer teeth, as well as shape and smooth uneven teeth. This can improve your alignment and bite. If you have a chipped tooth or gaps in between your teeth, your dentist can combine tooth reshaping with bonding. Bonding uses a tooth-colored resin — similar in appearance to putty — to mold and further shape a tooth. When applied to teeth, the bonding material hardens and matches the appearance of your natural teeth. Your dentist applies the bond, shapes it, and then allows it to harden. If you

require bonding, this procedure can take an additional 30 minutes to an hour.

**Tooth reshaping aftercare tips**

Tooth reshaping and/or bonding is an excellent way to improve the shape and appearance of teeth. However, good aftercare is crucial for maintaining your results. Your dentist will provide aftercare instructions. If the dentist uses a bonding agent, although it will harden during the procedure; there's a risk of the resin chipping or cracking. To lower this risk, for example, you should avoid biting your nails, eating hard foods, and chewing gum. There's also the risk of staining with bonding, so make sure you brush your teeth at least twice a day to avoid teeth stains. You should also reduce consumption of foods and drinks that can stain your teeth, such as coffee and carbonated drinks. Even though there's no downtime after tooth reshaping, you might have some minor sensitivity for a day after the procedure.

**Take home message**

A chipped, cracked, or misaligned tooth can lower your self-confidence, and you might hide your smile from others. Dental work can correct many issues, but these procedures can be costly. The good news is that tooth reshaping provides a low-cost alternative for improving the appearance of your smile. This procedure isn't right for everyone, though. Make sure you understand the pros and the cons. An odontoplasty can solve minor cosmetic issues, such as small chips, tooth length, and minor misalignment. Depending on the health of your teeth and enamel, your dentist might suggest another procedure to improve your teeth like braces or veneers.

# LOOKING FORWARD - AUGUST 2022



## ARIES

This is going to be a fruitful month in terms of your career. There may be a good chance that you will be noticed at work. You will be quite busy this month at work. There is a good chance to find your one true love this month.



## TAURUS

This is a very prosperous month career wise. You will find your ideal job this month. Your ideas will be taken into considerations by your superiors and colleagues. There are chances of overseas job as well. You will spend quality time with your friends. Financially, this will be a profitable month.



## GEMINI

Keep track of all your work ,as there are chances that you may feel overwhelmed. Stay away from any office politics this month. You will see a lot of travelling this month. Relationship wise , this is a great month to travel with your loved one. You will spend some quality time with your family.



## VIRGO

This month will see an increase in opportunities work wise. Business people will see more clients coming in. There will be an amicable relationship with colleagues and superiors this month. This is the perfect time to do fun activities with your loved ones. However there may be some small arguments that will be resolved soon.



## LIBRA

There is a lot of potential for growth this month. You will see an increase in workload., so take some time off to spend with your loved ones. This month will also see you taking some valuable advice from your superiors. This is a wonderful month for relationships. For those who are single , you may find your soulmate this month.



## SAGITTARIUS

Career wise this will be the best month. There will be some ups and downs with business partners. You will have a good relationship with your colleagues this month. Your love life will be amazing this month. You will have a greater understanding of partner's feelings this month. You will spend more time with family this month.



## CAPRICORN

This month will see you working towards charitable causes. You will also be inspired to be very creative this month. Make sure you don't have any major disagreements with your loved ones month. There may be some ups and downs in the relationship. Financially, make sure you don't make any major financial changes without researching them.



## CANCER

This is the ideal month for spending a well deserved time with your loved ones. There will be a definite improvement career wise. Be cautious while dealing with new business partners.



## LEO

There may be some ups and downs career wise. There may be some issues with a superior. This will be a good time to make some changes to your workings style. There may be an increase in spending this month, so make sure to stick to your budget this month .

## SCORPIO



You will see a good relationship with your business partner. There are chances for major global expansion for your business. Those in the creative business, will see a increase in creativity. In terms of relationship, this will be a very good month. Those in along distance relationship , will get some good news.

## AQUARIUS



This month you will face any hurdles in the workplace with ease. However be careful while starting new business ventures. You will see new opportunities this month. Those looking for a new job, with find the dream job this month. Relationship wise, this month will see ups and downs. This month will see you experience some minor medical issues, so take extra care of your health.

## PISCES

Relationship wise, this is the best month take some advice from your spouse. For students , this is the best month to figure out what you want to do in life. The bond between spouses will strengthen this month. Financially, there may be some unexpected expenses so make sure to stick to your budget this month.

