**SLEEP DENTISTRY: THE DENTIST’S CHAIR IS NOT SO DAUNTING ANYMORE!**

Are you stalling a dentist’s visit even though you desperately need it, because your “boggart” (remember those magical creatures from Harry Potter, that lurked in the dark and turned into a person’s worst nightmare when they chanced upon it?) morphs into a dentist’s chair? Well, then rest assured because you are “dental phobic” a condition common to people of all ages. Research shows that almost 30% of people in the world are scared out of their minds when it comes to a dentist. However, have you ever heard about **sleep dentistry Pittsburgh?**

**Sleep dentistry Pittsburgh** also known as sedation dentistry is meant for the weak hearted. It uses medication that have a calming effect on you or completely make you unconscious during a dental procedure, depending on the level of sedation used by your dentist. **Sleep dentistry Pittsburgh** is administered by Board certified anaesthologists. There are 4 levels of sedation that can be given to a patient by various methods:

1. **Minimal sedation:** patients are made to inhale nitrous oxide (laughing gas) coupled with oxygen in carefully controlled amounts. The gas has a calming effect, and is used for short procedures as it wears off quickly. Oral medication like “Halcion” (pill) taken one hour prior to the procedure has the same effect.
2. **Moderate sedation:** patients are given either a larger dose of oral medication or IV and it is the most popular method used by **sleep dentistry Pittsburgh** as it makes them groggy, lose track of time and forget most of the procedure. They may also fall asleep but can be easily awakened. IV sedation is a lot quicker and effective.
3. **Deep sedation:** oral medication, patients are almost unconscious but still wake able.
4. **General anaesthesia:** oral medication, makes them completely unconscious.

**Sleep dentistry Pittsburgh** dentists guide you about which sedation best suits your requirements and ensure a relaxed and soothing ambience. They also follow safety protocols and review your medical history before going ahead with the treatment.

**WHY YOU NEED TO START TAKING DIET SHAKES DURING SPRING?**

Diet shakes or meal replacement shakes are perhaps, the most innovative and effective way towards a fitter and healthier lifestyle. They are essentially dietary supplements that are contrived to replace our regular high on calorie meals and therefore, are considered to be a more nutritious alternative to dieting. Nutritionists world over, recommend these shakes to people who want to shed their extra pounds because of its relatively lower calorie content and nutrient value as it contains essential vitamins, minerals, antioxidants and dietary fibres that are extremely beneficial for our overall wellbeing. They are considered to be as beneficial for weight loss as typical weight loss diets. However, we need to eat sensibly and engage in weight loss workouts for it to be fully effective.

**DIFFERNECE BETWEEN DIET SHAKES AND PROTEIN SHAKES**

People tend to conflate diet and protein shakes as they both are dietary supplements used to support our athletic performance. However, they are used for different purposes altogether. Where on the one hand, meal replacement or diet shakes are intended to replace our regular meals and help in losing weight, protein shakes on the other hand are recommended for body builders, as it helps in gaining muscles and body mass owing to its high protein content. A typical meal replacement shake contains about 200-400 calories as they are meant to be taken in place of a full meal and therefore, are required to be more filling. The calorie content of a protein shake is relatively lower at about 101 calories per serving. A diet shake needs to be balanced and must contain all the essential nutrients in apt proportions in order to serve as a substitute to our usual meals. Therefore, it has a relatively higher carbs and fat content than protein shakes. Diet shakes come for varied purposes and can have different amounts of protein content. A glass of regular diet shake can have about 10g of protein and a glass of muscle building diet shake can contain 40g of protein. Typical protein shakes have about 25g of protein per serving. In addition to this, meal replacement shakes include useful nutrients like omega-3 fatty acids and dietary fibres that aid in fat loss and digestion respectively. They also have essential vitamins and minerals and contain antioxidants that are beneficial for our health.

**WHY IS SPRING THE IDEAL SEASON FOR WEIGHT LOSS?**

When the long winter coats come off, we realise the exact extent of the “winter damage” on our bodies. The freezing winter months come with an incessant craving for hot and steaming food that helps us keep warm. However, piping hot bowls of mutton stew or scorching cups of hot chocolate come with enormous amount of calories. The chilly weather and a significant reduction in our metabolism add to our woes as they make us lethargic and prevent us from hitting the gym. Stepping out in the cold for strolls and other errands is simply out of question. All this adds up to a bulkier you!

Spring on the other hand is the season of change, as it brings much needed vitality and vigour after the long winter months and motivates us to depart with our laziness and to step out and enjoy the weather to its fullest. Our metabolism mirrors the verve of the season and makes us want to move about and start losing the winter bulge. The inviting weather is ideal for outdoor workouts and exciting trips and excursions!

**BENEFITS OF TAKING DIET SHAKES DURING SPRING**

* **Easy to prepare:** now that spring motivates us to lose weight, we need a healthy and time saving alternative to conventional weight loss diets. And what better than easy to prepare diet shakes that barely take 5 minutes to concoct!
* **Easy to carry:** perhaps, the most important benefit of diet shakes is its no fuss portability. Spring has an inviting quality about it and inspires us to step out and make the most of the pleasant weather. Most people take this opportunity to travel and explore new locales. However, when we are on a strict weight loss diet travelling becomes a little troublesome, as we cannot eat anything other than our low fat meals and eating at restaurants is not an option. Diet shakes then, are our ultimate saviours!
* **Healthy option:** the myriad of shakes, smoothies and soft drinks that become a rage during the spring season bring with them a deluge of calories. But with diet shakes you can have your cake and eat it too! Literally. Diet shakes are as tasty as conventional shakes and are way healthier.
* **More filling:** the increased metabolism and physical activity increases our appetite and can very easily make our weight loss program go down the drain. With diet shakes however, we have nothing to worry! Specially formulated to substitute regular meals, these shakes are quite filling and keep our hunger in check.