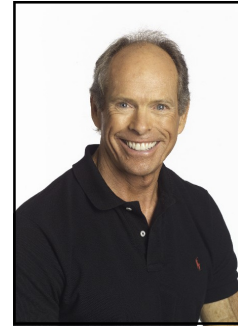


Achieving Optimal Dental Health

6 CEU

Joe Dillon: 65 years old, 6 feet, 2 inches tall, 185 pounds, 7% body fat, resting heart rate of 40, Personal Trainer of 22 Olympic Gold Medal Winning Athletes, Former Fitness Instructor in the U. S. Marine Corps, Twice-Wounded Vietnam Combat Leader, National Award Winning Speaker since 1979.



Purpose: The purpose of Joe Dillon's *Achieving Optimal Dental Health* seminar is to teach you how to teach your patients how to achieve optimal oral health and how to simultaneously attain optimal systemic health and performance – regardless of your age.

Over Arching Concept: The organizing concept of Joe's *Achieving Optimal Dental Health* seminar is this simple and profound fact: **We age from the brain down.** Joe Dillon will teach you how to take exquisite care of your brain and how this translates in the absence of disease in the oral cavity. Joe will focus predominately on nutrition and the biochemical correlation between periodontal health and systemic health. He will also discuss in detail how reducing inflammation in the oral cavity directly effects reduction in systemic inflammation, which is THE key to reducing systemic disease. In addition, he will address exercise and supplementation. This seminar is appropriate for all dental professionals.

Benefits to your patients as you apply Joe's principles:

- **Lose Weight:** Lose the right kind of weight, namely, fat weight, NOT muscle weight
- **Reduce Inflammation:** How oral health directly correlates to overall systemic health
- **Increase Energy:** More energy right now - within less than a week
- **Mental Sharpness:** Think quicker and with greater clarity – regardless of your age
- **Memory:** Best short term and long term memory you have had in years
- **Muscle Tone:** Your whole body will be toned and defined – regardless of your age
- **Youthful:** You will look, feel, and act years younger
- **Rekindle YOUR Sex Life:** Feel sexier and perform with more sexual energy
- **Sleep:** Get to sleep easily, sleep soundly, wake up wide awake and refreshed
- **Healthy Back:** Eliminate back, neck, and shoulder pain drug free
- **Look Good Naked:** Have the body you are proud of: with or without clothes on

Joe Dillon is an Outstanding Teacher: Joe Dillon will teach you exactly **What** to do, **Why** to do it, and **How** to do it. Joe will answer any and all of your questions as he speaks so you are never confused or in doubt. Joe is energetic, enthusiastic, and highly motivational. Joe's clear, simple, direct style has reached every audience he has ever spoken to for over 30 years regardless of the group. Joe walks his talk. His power as a speaker comes from his encyclopedic knowledge, his vast experience, his authenticity, and his exceptional communication skills. No one who hears Joe Dillon in person will walk away untouched by his inspirational message of hope and encouragement. Joe will convince you that you and your patients can do it and that you are worth it.

Whatever YOU Do Counts: Joe's program is NOT about perfection. Joe's program is about progress: One step at a time. Joe's program is about providing you with safe, simple and effective strategies that work in the real world. Joe Dillon's seminar will enhance your value as a Dental Professional by teaching you how to help your patients not only improve their dental health, but also their overall health. His program works despite a busy, demanding schedule. Joe's program will work for you and your patients. It is not about time. It is about doing what actually works, regardless of YOUR age.

MSU - GF COT Dental Hygiene Student Table Clinics

1 CEU