

## **Assure A Smile Helps Families Eat Well, Smile Bright This Summer**

*Miami dental practice promotes children's health and nutrition this summer, providing free online guides to eating well and a special on kid's dental cleanings for just \$75.*

Miami, FL ([PRWEB](#)) July 31, 2013 -- Good dental health is critical to a child's growth and development, announces Miami dental practice [Assure A Smile](#). Known in South Florida as the Home of Holistic Dentistry, Assure A Smile has dedicated the summer of 2013 to spreading awareness for nutrition and children's oral health.

In addition to welcoming Florida families to [Assureasmile.com](#) for free access to nutritional guides and delicious summer recipes, the Miami dentistry team has also announced a Kids Cleaning Special that includes a full examination, cleaning, and x-rays for just \$75.

"I have three children of my own," says Dr. Theodore Herrmann, founder of Assure A Smile. "I know how important it is to encourage kids to be responsible for their health at an early age."

Patient education is a cornerstone of the Assure A Smile holistic philosophy, illustrating Dr. Herrmann's commitment to helping both children and adults take control of their oral health. The patient experience departs drastically from that of traditional offices, in which dentists take a "drill and fill" approach that does not teach patients why cavities, teeth grinding, and other serious health issues occur.

At Assure A Smile, patients leave with the practical knowledge needed to keep their teeth and gums healthy for life. The practice helps families stay healthy between check-ups as well, providing free online access to important health resources. This summer, the practice is helping South Florida families "eat well to smile bright" with free nutrition guides and summer recipes, accessible 24/7 from computer, tablet, and mobile phone.

From the kitchen to the grocery aisle, patients say logging on to [Assureasmile.com](#) for healthy recipes and grocery-shopping guides is both easy and practical. Most popular this summer is the practice's guide to [avoiding fruits and vegetables with insecticides](#) and other toxins.

"The average family can reduce their exposure to toxic insecticides by up to 80%, just by knowing how to shop," explains Dr. Herrmann, citing a new study published by the Environmental Working Group (EWG), America's leading health research and advocacy group.

This summer, South Florida residents are invited to log-on to [Assureasmile.com](#) for additional oral health resources. To take advantage of the Children's Summer Special, schedule an appointment online or call directly 305-274-0047.



**Contact Information**

**Dr. Theodore Herrmann**

Assure A Smile

<http://www.assureasmile.com>

305-274-0047

**Online Web 2.0 Version**

You can read the online version of this press release [here](#).