



Dentist in Anchorage Teaches How to Avoid Cupcake Cravings in New Blog Post

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Healthy Smiles Dental, a dental practice in Anchorage, Alaska, has released a new blog post that explains how people can avoid cupcake cravings. Most people will enjoy sweet treats from time to time, but some people experience cravings for something sweet like cupcakes and find themselves eating too much of them. Aside from the large number of calories that come with sugary treats, they also increase the risk of certain diseases, including tooth cavities.

The article explains that such cravings are due to sugar addiction because eating sugar stimulates the reward center of the brain. This results in a "high" with the person experiencing high energy levels and enhanced mood. However, this is followed by a sugar crash with a resulting reduction in energy and a craving for more sugary treats. Fortunately, overcoming a sugar addiction is not as difficult as many people would think. The key is to slowly reduce sugar intake every day until the amount of sugar has reached an acceptable level. It is also possible to replace sweet snacks with healthy alternatives, such as cheese, nuts, fruit and vegetables.

It may also be a good idea to keep sugary treats out of sight, such as a box of chocolates or a box of cupcakes, to avoid eating all of them in just one day. Putting them behind other items or in a storage area

that is not frequently used may help in keeping them out of sight. Those who are interested in reading more articles related to oral care can check out the Healthy Smiles Dental blog on the practice's website at <https://www.anchoragehealthysmiles.com/>.

Meanwhile, the article advises people who find that their sweet cravings have resulted into tooth cavities, to consult with a dentist in Anchorage. It is advisable to have those cavities treated by a dentist because they could get worse over time. The dentist will clean the teeth and fill the cavities to protect the teeth and preserve the patient's beautiful smile.

Healthy Smiles Dental provides comprehensive dentistry services to ensure that patients will be smiling with confidence. Dr. Terry J. Preece has developed a reputation of being a trusted dentist, having accumulated an experience of more than 35 years of offering comprehensive, full-care dentistry. He always ensures that patients are comfortable and that he offers affordable services. To provide a pleasant dental experience, he makes use of advanced technologies and amenities, such as movies, massaging, neck pillows, blankets, heated dental chairs, super effective topical anesthetic, The Wand computerized anesthesia system, stereo headphones, digital x-rays, and more.

They also believe that it is vital for them to help people to understand why dental disease can occur and how they can prevent it. By keeping their teeth healthy, patients would be able to benefit from an economical maintenance program for their teeth. The dental practice also works with most insurance plans and have expertise in helping patients get the maximum benefit from such plans. They also have a number of financing options and payment plans that help patients keep their dental care costs within their budget.

Healthy Smiles Dental also offers cosmetic dentistry services. According to the American Academy of Cosmetic Dentistry, cosmetic dentistry has the goal of providing a positive change for the patient's teeth and smile. There are a number of elements that typically make up a beautiful smile, such as size, color, shape, symmetry, contour, arrangement, gum appearance, proportion, surface texture, and more. With the expert knowledge regarding these elements and his skills and experience, Dr. Terry J. Preece is capable of providing patients with a beautiful smile through porcelain crowns, dental fillings, teeth whitening, dental implants, dental veneers, and more.

Those who are in need of a dentist in Anchorage may want to check out the Healthy Smiles Dental website, or contact them on the phone or through email. They are open on Mondays and Wednesdays, from 9:00 am to 6:00 pm; on Tuesdays, from 10:00 am to 7:00 pm; and on Thursdays, from 8:30 am to 4:30 pm.

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For more information about Healthy Smiles Dental, contact the company here: [Healthy Smiles Dental](#) Dr. Terry

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Healthy Smiles Dental

At Healthy Smiles Dental, we recognize that dentistry is an art and a science. Our goal is to provide our guests with the smiling, healthy confidence they seek at the greatest level of comfort possible.

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