



Ash Parmar

Q&A WITH “THE EXTREME MAKEOVER” COSMETIC DENTIST ASH PARMAR

NUCALM®...THE ALL-NATURAL WAY TO EXPERIENCE A RELAXING DENTAL VISIT

A survey in the USA has shown that 82.1% of patients experience some level of dental anxiety when going to the dentist. NuCalm® is a revolutionary system of stress and anxiety management that has helped over 100,000 patients in the USA. Now, this amazing relaxation technique is available at Smile Design By Ash. I am one of the few dentists in the UK offering NuCalm®.

What is NuCalm®?

It is an all-natural, stress intervention system that guides you predictably to a state of deep relaxation creating a perfect way to balance your mind and body. The set up takes only 5 minutes, after which you will relax comfortably in the chair for the entire appointment and will simply not care about the dentistry being done.

What are the 4 steps involved in the NuCalm® process?

Deep relaxation is achieved through 4 simple steps: -

Step 1: You chew couple of all-natural chewable tablets containing a proprietary formulation of chemicals responsible for rapidly creating a natural relaxation response.

Step 2: A gentle micro-current is applied just below your ears by applying thin pads to your skin. Research has shown this



NUCALM PATIENT

helps to rapidly facilitate the relaxation response.

Step 3: Neuroacoustic audio software – embeds hidden beats inside soothing music that pace your brain to a deeply relaxed state just like using a mantra during meditation or deep breathing during yoga.

Step 4: Light-blocking glasses to block visual stimuli and help maintain deep relaxation.

Within several minutes, you begin to draw deep breaths, your body feels heavier and your mind will wander. The subtle benefit of NuCalm® is that it delivers a concentrated, deep, refreshing “power nap”.

What are the benefits of using NuCalm® ?

- You will be in a state of deep relaxation for the entire dental procedure
- Your body will be more receptive to treatment (natural resistance mechanisms are dulled)
- Your motor responses will be dulled – minimizing

risk to you and your dentist or hygienist during the procedure

- You will be conscious and able to respond to voice commands during the procedure
- Your post-treatment experience will be a feeling of rejuvenation and relief (NuCalm helps your brain achieve cellular homeostasis which provides a neuromuscular release of bodily tension)
- Is less intrusive than conventional intravenous sedation techniques
- You can come and go on your own (there are no side effects, no recovery time or supervision required)

All this promotes better dentistry because you are relaxed and still (reduced startle responses, salivary flow, and gag reflexes). The dentist can then concentrate exclusively on doing the dentistry.

In summary, research also shows that 95.2% of patients felt relaxed just after their dental appointment with NuCalm®, and 95% of patients stated they would use NuCalm® again.

To find out more, visit www.nucalm.com

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