

Renowned dentist launches new cookbook

World renowned dentist Dr Linda Greenwall has launched a new cookbook championing the vital part food plays in Jewish culture and tradition.

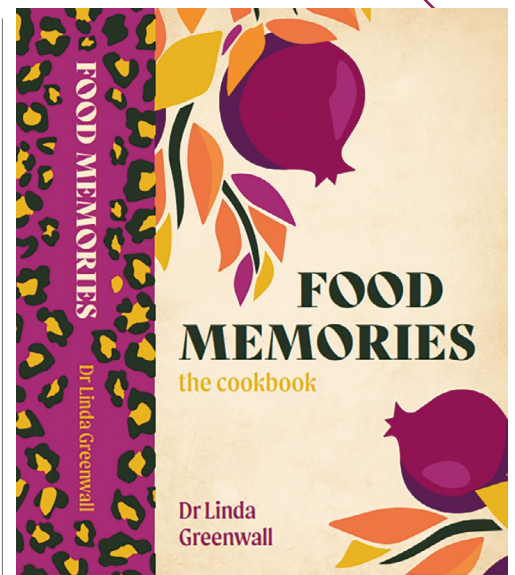
Food Memories The Cookbook is bursting with delicious ideas for breakfast, salads, soups, snacks, meat, fish and desserts. Centred around 295 beloved recipes inspired from everyday heroes, many of the recipes are inspired by Dr Greenwall's extended family members who originated from South Africa and fled Eastern Europe to escape persecution.

The inspiration for the cookbook came during the Covid-19 lockdown in London during March 2020. Despite the many challenges lockdown life brought, it enabled Dr Greenwall to spend precious time with her children and husband preparing as many as 21 meals a day.

The family soon realised they needed to expand their weekly and daily repertoire of what to cook and eat. Approaching her birthday, Dr Greenwall decided they should compile a cookbook using their most cherished traditional family recipes, with occasional new twists on traditional Jewish fayre.

She hopes this new Cookbook will be passed on to the next generation (and beyond) and inspire foodie ideas to serve at family celebrations, special occasions or get-togethers. Ultimately, it's about creating wonderful food memories that last a lifetime.

The book includes a dedicated chapter to becoming sugar free (which is a major cause of tooth decay) and also details Dr Greenwall's own family's immigration story and how this has impacted on family tradition, memories and, of course, food.



Food Memories The Cookbook is available via dentalwellnesstrust.org priced £48. All profit from the book will go towards funding the vital work of the Dental Wellness Trust charity, both here in the UK and internationally.

Online working 'triggers a rise in adults seeking tooth straightening treatment'



The rise of online working, socialising and video calls is having an impact on the number of patients seeking tooth straightening treatments, according to the British Orthodontic Society (BOS).

The Society's latest research shows that over half of orthodontists (65%) say the 'Zoom boom' is a factor for seeking treatment, with more than three in four (76%) orthodontists reporting an increase in adult patients seeking orthodontic treatment within the past three years.

As the demand for adult orthodontics increases, so do the options for patients. This new survey also reveals the cost of living is having an impact on patients seeking treatment. There is concern that people may put themselves in danger with 'direct to the consumer' teeth straightening – also known as 'DIY braces'. A staggering 88% of orthodontists surveyed are concerned that more patients will be seeking 'DIY' treatment options as a result of the pandemic and move to digital communication and commoditisation of healthcare.

Anjali Patel, BOS Director of External Relations, commented: 'It is great to see the number of adults interested in orthodontics remains high and we want to ensure patients are given the very best advice about orthodontic treatment. Our members, specialists and dentists with a special interest, offer a range of options for adults, enabling them to provide a solution to any kind of orthodontic problem.'

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