

ADVICE & PREVENTION



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Shari Rudavsky

Laser dentistry takes pain out of procedures

Question: You've been doing laser dentistry.

Answer: Most people use this technology for?

Mostly for soft-tissue procedures. But it can also be used for hard-tissue procedures, such as cavity preparations or removing bone to have better access to take out a tooth.

Where it really gained popularity was in cavity preparation without anesthesia. The prep work is the painful part. Let's say someone picked up a drill and started drilling on your tooth; that would be painful. A laser is another way to prepare a tooth. If you're taking decay out, it's the way to remove the decay.

Ask the doctor



Dr. Brad Sammons is a dentist in private practice on the Southside.

Many things can be done with a laser, and all it takes is a little imagination. The sky is the limit with this technology.

Q: How does it work?

A: This laser works on a certain wavelength of light and will actually explode water molecules. The body is made up of 70-plus percent water. A lot of people look at this and think that the water is abrading the tooth, but the wavelength of light coming out of the tip hits the water and causes thousands of

little micro-explosions every second. Those micro-explosions of water prepare the tooth.

Q: Why does that help with pain?

A: We work below the threshold of pain. The laser is a cooling type laser. There are a lot of different theories on why we can do some of these procedures with no anesthetic. There's a pain theory or phenomenon called the sodium potassium channel, and some peo-

Renee Bogard, 37, yoga instructor, owner of Altered Body Mind Yoga Studio

Yoga holds key to total health improvement

I started practicing yoga in 1998 for several reasons. I had a lot of stressful life circumstances going on. I was looking for some kind of internal peace.

Although I was a personal trainer teaching aerobics, I had injured my knee, and teaching was getting too hard on my knee.

I had always been fascinated by Eastern philosophy. In the early 1990s, while working as a flight attendant, I traveled to India and Nepal. The culture, the people and the history really inspired me to find a better way to meet my physical needs and to work out the spiritual component of my life. I wanted to learn more.

At first, I started with private instruction in meditation, Eastern philosophy and yoga as a spiritual discipline. I started studying with other teachers and learning classic hatha yoga in 2000. I went on weekend retreats for intensive yoga instruction and meditation.

I had a full-time job as a teacher's assistant at a Montessori school, but I was really fascinated with yoga. Three different teachers gently persuaded me to become a teacher since I was so passionate about it.

In January 2005, I completed hatha yoga certification and registered through the Yoga Alliance,

which regulates teachers. At first, I thought I was just going to teach children yoga. But I had all these good things come to me.

Before I knew it, I was a full-time yoga instructor. I taught at Eli Lilly and Co., schools and corporate sites. It became a niche — working with teachers and social workers.

I still travel to my corporate classes, but now I mostly teach at my own studio. This Saturday is my open house from 1 to 9 p.m.

On weekends and during the evenings, I teach hatha yoga for adults and children, vinyasa yoga, which is a more athletic style, and restorative yoga that's good for pregnant women, seniors and those recovering from injuries.

I also take clients on yoga retreats to Brown County and other sites. In April, five of my clients and I went to an all-inclusive yoga resort in Costa Rica, where we had twice-daily yoga sessions and worked with local underprivileged children for a day, teaching them yoga and good nutrition.

Everything I love about my different jobs in the past and my love of yoga is all rolled up in one career. For me, yoga has helped me mentally, emotionally and spiritually, as well as physically.

I feel much stronger and more flexible than when I was doing

BOGARD'S ADVICE FOR PEOPLE CONSIDERING YOGA



» **You don't have to be flexible.** People wrongly think because they are not flexible, they can't do it. You learn to be more flexible.

» **Try a class suited to you.** There are lots of different types of yoga for people who want an athletic, restorative or meditative type. But it's not a religion or a cult. It's a lifestyle practice.

» **Make time for your health.** You can't just practice a little while and stop. Consistency yields the greatest rewards. A minimum of one class a week is good, so you can get group energy and instruction to make sure you're aligned properly. Then you also can practice at home.

other fitness routines. It's my main physical workout, although I love to hike, too. The breath work, deep relaxation and stress relief it provides is immeasurable.

Before I found yoga, I was a lot more insecure and held back on what I wanted to do to please other people. Yoga has given me confidence and a sense of inner peace and grounding in my life.