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**Service Foods and Lemons Dental Esthetics Highlight the Role
Dental Care, All-Natural Foods and Proper Nutrition Play in
Overall Health**

The two Georgia-based companies are educating patients and clients on the correlation between oral problems, heart disease and a healthy diet

ATLANTA, March 17—Service Foods, a leading provider of high-quality, all-natural food for home delivery, and Lemons Dental Esthetics, a respected member of the American Dental Association (ADA), have joined forces to improve their clients' health through expert dentistry, all-natural foods, proper nutrition and healthy living advice.

Numerous studies have shown that there is a link between gum disease, also known as periodontal disease, and heart disease, which can cause heart attacks and strokes. Dr. Keith Kantor, CEO of Service Foods, and Dr. Terry Lemons, President of Lemons Dental Esthetics, are working together to raise awareness of this link and to educate their clients on the importance of living a healthy lifestyle. "Most people do not realize that the plaque on teeth is chemically very similar to the plaque that builds up in arteries and can cause strokes and heart attacks," explained Dr. Lemons.

Gum disease occurs when bacteria in the mouth infects the gums and the underlying bones in the teeth. The bacteria in plaque that cause gum disease also cause platelets in the blood stream to clump together, thereby raising the risk of heart attacks and strokes. Foods containing high levels of sugar and starches actually promote the production of this harmful bacteria; however, eating a diet consisting of high-quality, all-natural food can help prevent this process.

"Together, we want to educate our patients and clients and let them know that all-natural foods, proper nutrition and healthy living can diminish the plaque that builds up on our teeth and in our arteries. This won't stop you from needing to have your teeth cleaned twice a year, but it will certainly make the dental hygienist's job easier and the patient healthier overall," said Dr. Kantor.

As part of their joint awareness efforts, Service Foods and Lemons Dental Esthetics will be actively reaching out to their many clients and patients. Dr. Lemons will be providing expert dental advice to Service Foods' clients via email and social media platforms such as Facebook and Twitter. "If I can still do a great job with my patients' dental needs and now have a larger impact on improving their overall health and maybe save a few lives in the process, it's a real win/win situation. This really does take dentistry to the next level," said Dr. Lemons. "By working with Service Foods, we can have a much bigger stake in improving our patients' lives and offering more value for no additional costs."

Likewise, the registered dietitians, all-natural chefs, nurses and physicians at Service Foods will be educating Lemons Dental Esthetics' dental hygienists and patients about the correlation between plaque buildup, gum disease and proper nutrition. Service Foods will also be providing the practice's hygienists and patients access to the high-quality, all-natural food and personalized meal plans from Service Foods to help them prevent oral problems and heart disease as part of a healthy lifestyle.

"Our goal is to improve America's health one family at a time, and I'm positive that we can make huge strides in this goal by working with Dr. Lemons and the professionals at Lemons Dental Esthetics," noted Dr. Kantor. "Also, we're always looking to provide more value to our clients, and the expertise Dr. Lemons provides easily fits that bill."

About Lemons Dental Esthetics

Founded in 1996 by Dr. Terry J. Lemons, Lemons Dental Esthetics is a full-service, cosmetic-oriented dental practice with a family component. The team of dental specialists and staff at the Suwanee, Georgia strive to improve the overall health of our patients by focusing on preventing, diagnosing and treating conditions associated with teeth and gums. All the professionals at Lemons Dental Esthetics and its partner facility, Johns Creek Medspa, maintain the highest levels of accreditation and pursue ongoing education to stay abreast of the latest trends in dentistry. For more information, visit www.lemons dental.com.

About Service Foods

Service Foods offers a full line of all-natural foods free from growth hormones, preservatives, steroids, antibiotics and colorings. The company provides free delivery directly to customers' homes. In addition, dietitians, nurses, visiting doctors and fitness experts are on staff to counsel clients in leading a healthier lifestyle. Service Foods has been in business since 1981 and is based in Atlanta, Georgia, with warehouses in several states. To learn more about Service Foods, Inc., visit www.ServiceFoods.com.

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