

# Unlocking Greatness: A Journey to Health, Vitality, and Connection

by Dr. Yolanda Cintron

**W**hat is holding you back from achieving greatness, health, vitality, love, and connection? You were created to make a positive difference. It's a powerful practice to take a blank sheet of paper, reflect, evaluate, and measure each aspect of your life by placing a dot from 1-10 in a circle assigned to each dimension. I personally do this every birthday and in December. I challenge my team, my patients, and you to do the same for every aspect that makes you human.

1. **Spirituality** – Embrace prayer, meditation, and contribution.
2. **Mental (thought life)** – Renew your mind daily.
3. **Physical Health** – Prioritize fitness and exercise.
4. **Oral Health** – Implement regular brushing, flossing, and tongue scraping, and schedule monthly cleanings.
5. **Hydration** – Consume 75 percent of your body weight in ounces.
6. **Sleep** – Aim for 8-10 hours per day.
7. **Sabbath** – Designate a day of rest and rejuvenation without exposure to EMF.

8. **Love and Connection** – Nurture meaningful relationships.
9. **Detox** – Rid your body of toxic loads through diet and clean air.
10. **Personal/Professional Growth** – Create an ideal calendar that aligns with your goals.

Afterward, evaluate where you stand and, if you're a 5, determine what you need to do to reach a 10 in that category. Schedule it; progress only happens with intentional planning, plus the sense of progress brings joy.

Recently, I was inspired by the story of a purpose-driven 100-year-old doctor, full of joy and still planning to help others with his proven health methods. In contrast, I meet countless patients stuck in their stories, fears, and illnesses, hesitant to take action for the very breakthrough they need to be well.

**What's holding you back?** The clock is ticking, and fear is a real and paralyzing force for many. Fortunately, in our modern dentistry office, through Sedation Dentistry and Laser Dentistry, our patients happily transition from fear to freedom. You, too, can be liberated from the toxic loads that hold you back.

I've learned to let go of fear by surrendering my worries, trials, and tribulations to my Creator, the Highest Omnipotent Power of God. Through



Him, I experience greatness. While I diligently work as an expert in my field, the supernatural healing happens through Him. He is our Healer, anointing our hands, minds, bodies, spirits, and souls.

We celebrate the lives, health, and supernatural outcomes of courageous patients who took action this year. We invite you to take control of your health while you still can. Our sedation options can help you overcome fears and join patients who say, "I wish I did it before." Now is the time to mark your calendar, take action, and be free. Your health is your real wealth.

**Call now for a special offer. Code: *HealthyNewYear!***

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