

**CREATIVE SMILES**



**DR. NELLY LYN MONTILLA**

**Pregnancy FAQs**

have done? If not what can I do regarding the hole in my tooth?

A: Women are often safer having an infected tooth extracted than leaving the bacteria in the tooth and risking the chance of an infection, which could compromise the health of you and your baby. Your dentist can assess the extent of risk for you and I recommend that you inform him/her before your appointment of your pregnancy. Ordinarily, however, if ones oral health is not at risk, such procedures are delayed until postpartum.

Q: I would like to know if it is safe to bleach your teeth while you are pregnant?

A: That is an excellent question. Unfortunately, the effects of bleaching during pregnancy are not well-studied and are essentially unknown. I strongly recommend waiting until after your child is born before risking any effects that bleaching materials might have on the fetus. Many dentists do provide an in-office bleaching procedure in which the teeth to be bleached are completely isolated using a rubber dam, reducing (but not eliminating) the risk of bleaching materials entering your system. However, small the risk might be, any elective medical procedures should be postponed.

Q: After becoming pregnant, I noticed my front top teeth rotting away! I was scared to go to the dentist and now have five kids, and it has gotten worse. I can't smile, I can't even look at people and talk because it's very noticeable. My top teeth rotted from the gum line,

and it's all rotten halfway down my teeth. I need help on what to do. Also, I'm on blood pressure medicine, can I see a dentist while taking medication?

A: It sounds like you are experiencing the results of "Pregnancy Gingivitis." This condition arises in many expectant mothers and consists of inflamed and puffy gums during pregnancy. This inflammation can be controlled with dedicated cleaning of the teeth. During these bouts of gingivitis, it is quite common for cavities to form in the pockets underneath the gums. As the gingivitis later improves, the gums then recede to a more normal level, exposing the cavities! I strongly recommend visiting a dentist as soon as possible to have your cavities treated. Yes, you may certainly see the dentist while on high blood pressure medication, as long as you inform him/her of your condition. I wish you well with restoring your smile!

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**CREATIVE SMILES DENTAL**  
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The following information is provided as a general guideline. It is NOT intended in place of professional care. Since every pregnancy may vary, consult your physician or dentist for advice on your particular situation.

(Advertising Supplement)

**ON FENG SHUI**



**JENNY LIU**

(Part I)

MANY of you reading this article would benefit greatly from having a feng shui consultation done for your home or business, but perhaps it seems too mysterious or complicated for you to take the first step. This next series of articles will take you through the process of how we approach a feng shui consultation from the moment you make the request through the follow-up.

Feng shui is a vast, complex system of principles based on the laws of nature. Though you will be required to participate in the consultation by providing information about yourself, it is important to involve an experienced master to get the most out of your consultation.

The first step of any feng shui consultation is for the master to gather information and understand the client and the family members who are living in the home. I interview the client and ask if there are any concerns in specific areas that they want to focus on. What do they feel is creating an obstacle in their life?

The next step is to get familiar with the house and the surrounding property. For an on-site consultation, I visit the home and see it for myself. I draw out the floor plan, make notes of unusual features, and take compass readings to establish the orientation of each room in the house.

For an off-site consultation I need the above information from the client, which can be done by mail or e-mail. To "see" the house, I ask for comprehensive photos of every room from several angles, photos of what are seen when looking out of the windows and the doors, and photos of the yard.

For the floor plan, I ask my client to use graph paper. One

**Virtual Feng Shui Consultation—Where it Begins**

“For those of you who are new to feng shui, everyone has a personal, or innate antenna. Certain orientations are more receptive and positive for you. When you face your positive orientations, your life is more progressive, you have better judgment, and things run smoothly.”

square on the graph paper equals one square foot of their home. If they don't know the square footage, I ask them to measure their rooms in footsteps and allow one square on the graph paper to equal one footstep. The floor plan should also tell me where doors, windows, beds, toilets, and other features of the house are located.

I then request the birth information (month, day, year) and a photo of each person living in the house to calculate the orientations for each resident. For more detailed information about each individual, providing the hour they were born allows me to calculate personal promoting colors, numbers, and symbols.

For those of you who are new to feng shui, everyone has a personal, or innate antenna. Certain orientations are more receptive and positive for you. When you face your positive orientations, your life is more progressive, you have better judgment, and things run smoothly. Facing the wrong orientation brings challenges, conflict and obstacles. Everyone is either of the Eastern Direction Pattern (EDP) or the Western Direction Pattern (WDP). EDP people will find compatible frequencies in the east, southeast, south, and north. WDP people will be compatible with the southwest, west, northwest, and northeast.

From the birth information, I can also determine the positive elements. Every person has five elements within them—fire, wa-

ter, wood, earth, and metal—in different degrees. The client's promoting element means that they lack this element (according to their birth information) so they need more of it. These promoting elements will be used to adjust the personal energies and the feng shui. Defeating elements are those that the client has an abundance of, so we refrain from using them. Neutral elements are those that neither hurt nor help.

Next week, I will demonstrate with a case study how this basic information is used to help a client achieve her potential. This client lives in an apartment in Europe so you will see how effective an off-site consultation can be. Though she could not afford to make all of the adjustments at once, by making small, persistent adjustments, she steadily improved her life over a period of time.

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Jenny Liu is a fourth generation feng shui master and is available for residential and commercial consultations. To learn more, please see her website at Liu-FengShui.com, or call her at (626) 272-4901 for a free estimate. Mention this article in Asian Journal and receive a 10% discount.

Guide to a Harmonious 2009 -156 pages, full color, soft cover - on sale now for \$25 or two for \$45. To order or preview book, go to www.Liu-FengShui.com or call Julie at (626) 862-1788. Audio book format also available. Download a FREE Zodiac Scroll and see our FREE Library Seminar Calendar at Liu-FengShui.com. Join Jenny Liu for Feng Shui Tea Time: 2009 Feng Shui on Saturday January 31, 2009. For more information call Julie at (626) 862-1788.

(Advertising Supplement)

**People and Events**

**Prominent men to read at Women's History Month Luncheon**



Craig Diamond



Robert Little



Steve Dela Vega



Steve Austin



Stephen and Elsalayne Adamu

RANCHO PALOS VERDES—Five prominent men who come from different cultures but who are married to Filipinas, will read during the literary luncheon on March 28 to celebrate Women's History Month. An advocacy program of Philippine Expressions Bookshop, it will focus on women's issues and the five men will celebrate their partnership with women in combatting violence towards women.

The Readers are Robert J. Little, Jr, who is an engineer and department manager at Northrup Grumman Corporation. With his wife, Linda, they recently established a literacy project in the Philippines called *Unang Aklat: First Books for Filipino Children*. Stephen Adamu, who was originally from Nigeria, is an author of various scientific research materials and a retired scientist from UCLA. He and his wife, Elsie, a retired nurse at UCLA Medical Center are now investors in options, stocks, and the futures markets. Craig Diamond, a VP for Investments at UBS Financial Services, was past president of the Granada Hills Rotary Club. His wife, Mary Anne is president of the Bahay Kubo Center for Philippine Culture & Arts in the Valley and also owns a travel agency. Steven de la Vega, is a designer and master jeweler, who also restores vintage cars that have been featured in magazines and have won awards.

His wife, Carina Monica Montoya (also known as Carina Forsythe) is the author of Filipinos in Hollywood and the latest book, *Los Angeles' Historic Filipinotown*. Steve Austin is a graduate of UCLA where he received a Bachelor of Arts degree, with a major in French, and an MA from CSU Northridge. He is an educator and English Language Coordinator for the Los Angeles Unified School District. He and his community activist-wife, Norma, own and manage their real estate holdings in Santa Monica.

The short stories, poetry and personal narratives of women that will be read appear in books written or edited by talented and award-winning Pinay and Fil-Am authors: Marivi Soliven Blanco (*Speak Up, Woman! Stories on Living, Loving, Leaving & Learning*); Evangeline Canonizado Buell (*Twenty-Five Chickens and a Pig for a Bride*); Rowena Peñaflor Festin (*Poem: To the Man Who Thinks He's in the Market: Sa Lalaking ang Akala'y Nasa Palengke Siya* which appeared in the book, *In the Name of the Mother: 100 Years of Philippine Feminist Po-*

*etry*, 1889-1989 by Lilia Quindoza Santiago); Elynia S. Mabanglo (*Poem: The Ballad of Lola Amonita* which was inspired by the story of a Filipino "Comfort Woman." This poem was published in *Babaylan: An Anthology of Filipina and Filipina American Writers*, co-edited by Nick Carbo and Eileen Tabios); and Marianne Villanueva (*Silence*, from her collection of short stories, *Mayor of the Roses*). Their books will be available during the event.

Guest speaker and resource person for the event is Dr Leny Mendoza Strobel who will speak on *The Power to Heal: Remembering our Babaylan Spirit*. She is an Associate Professor of American Multicultural Studies at Sonoma State University, and a cultural and community advocate. She is also the author of *Coming Full Circle: The Process of Decolonization Among Post-1965 Filipino-Americans* (2000), *A Book of Her Own: Words and Images to Honor the Babaylan* (2005) and *From Our Hearts to Yours: Letters to a Young Student* which she co-edited with Nancy Figueroa-Gochuico (2008). The latter title was a project of Pampanga High School, Class 1968 in honor of its Ruby and Centennial celebrations. Her new book on Filipina Babaylan tradition will be released late this year.

The event is open to all and lunch tickets at \$35 are available from (310) 514-9139 or e-mail linda\_nietes@sbcglobal.net. No tickets will be sold at the door. The venue is Breakwater Room, Ports of Call Restaurant at Berth 78, Ports of Call, San Pedro, CA. For directions, call (310) 833-3553 or visit their website: www.portsocalldining.com/. This program is part of the continuing community outreach program of Philippine Expressions Bookshop to mark their 25 years years of service to Fil-Am communities all over North America. Owner Linda Nietes, who trail-blazed the promotion of Philippine books in America celebrates her 37 years as a Filipiniana specialist this year. This includes 12 years as owner of Casalinda Bookshop in San Antonio Plaza, Forbes Park, Makati, Metro Manila which she opened during Martial Law in 1972, in response to the question: What can you do for your country? Opening her bookshop revitalized the moribund book publishing industry in the Philippines at that time, as well as inspired a number of authors to write again. Her guiding motto is a quote from Ralph Waldo Emerson: Do not go where the path may lead, go instead where there is no path and leave a trail. ■

**FINDING IT HARD to find REAL HELP with your LOAN MODIFICATION?**

Many homeowners are in distress and need help urgently. With so many people struggling with their mortgages or facing foreclosure, there are equally as many who are offering assistance, for a fee. If you are considering Loan Modification, be careful! Don't hire an illegal loan modification company.



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