

How does OJW help you lose weight?

- 1. Heightens resolve** by acting as a persistent reminder that you have decided and are determined to lose weight.
- 2. Prevents eating solids** by making it difficult for you to eat all/most of the very worst foods (bread, cake, candy, cookies and pastries, pastas, pizza, French fries, and burgers/other meats that may contain excessive fat).
- 3. Minimizes snacking** because preparing a snack to eat with wired jaws takes special time and effort to prepare (liquefy/puree), which means you'll be less likely to want one.
- 4. Focuses you on nutrition** by making you think more about nutritional value of food, such as fat and salt content, vitamins/minerals and calories.
- 5. Helps control calories** by limiting you to a liquid diet, such as the one offered by Ensure and Slim-Fast, whose known caloric values and contents enable dieters to more-easily control their daily caloric intake.
- 6. Shrinks your stomach** after 1-2 weeks, which lessens the intensity of your need/desire for food.



With **OJW**, you can take pleasure and pride in seeing yourself losing weight for the first time and regaining control of your health, your image and your self-esteem!

TED ROTHSTEIN, DDS, PHD
Cosmetic Orthodontist for Adults and Children
American Association of Orthodontists
Specialist in OJW

CALL (718) 852-1551 E-MAIL DRTED35@AOL.COM

35 Remsen Street, Brooklyn, NY 11201 www.drted.com