My Smart Life lecture at Kalman Oral Surgery & Implant Center

Last week I presented a lecture/workshop titled: “Rushing Dentist Syndrome: The Impact of the Never-Ending Patient List on your Health and Waist” to over 60 dentists. I shared with them the connection between metabolism and stress and offered 10 tips on how to nourish your life and manage stress more effectively.



I thank the dentists who attended for their positive feedback and their enthusiasm about living the Smart Life.

I share with you one testimonial:

“Ronit gave an amazing presentation and very relevant to everyone there (including myself). I already used her advice

in preparing food for tomorrow…as I'm making an omelet (with the yellow) with spinach and mushrooms (I also add a drop of vanilla extract and a drop of Cold-Pressed Extra Virgin olive oil, and find it gives it a great taste). I also have all the herbs growing in my backyard and just went out to get some, as per her advice. One important thing I learned from Ronit's lecture is that I have to work on getting to sleep early. I am really going try that now that I learned that we get 2 for 1 for every hour of sleep before midnight!!!"

– Dr. Daniel Pompa.

