



## Dental appliance may help weight loss

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Many Americans eat so fast, there isn't time to feel full until we realize we've overdone it. So we keep on eating, consuming more calories than we need. Now, there is an innovative appliance helps accomplish what our mothers always told us -- slow down, take smaller bites, and chew our food longer. Unlike many approaches to diets, this appliance is focused not on what we eat -- but how we eat.

The DDS System is a discreet oral appliance that looks a bit like a retainer, and is placed in the roof of your mouth before you eat. When it's in place, it reduces the size of your oral cavity somewhat, which forces you to take smaller bites. This allows your bodies' satiety response -- the feeling of being content that makes us want to stop eating -- a chance to kick in.

Under development for three years by Atlanta-based Scientific Intake, the patented [DDS System](#) is now offered at the Atlanta Center for Cosmetic Dentistry. "We're very excited to be certified and able to offer the DDS System to patients," said Dr. Debra Gray King, an internationally prominent dentist. "The concept is so simple yet grounded in sound science. This product provides an opportunity for dentists to make an important contribution to improving the eating habits of their patients." "Eating slowly and taking smaller bites is not a new concept, but it can be difficult to do," said Kelly D. Brownell, Ph.D., Director of the Yale Center for Eating and Weight Disorders, and Co-Chairman of the Scientific Advisory Board of Scientific Intake. "We are a nation on the run; people rarely linger over meals, and eating large portions fast has become a real problem.

"We know from research that when you eat more slowly, the natural satiety response can be triggered and you can feel full sooner and therefore eat less. People often tell us that when they slow their rate of eating they tend to be satisfied with less food. The pleasure from eating can stay high because a person is savoring the food.

Eating at hyper-speed has become a part of American culture -- yet few approaches have connected the dots between America's speed-eating and its over-eating. A recent study from Japan has connected eating more slowly with eating less.

Specifically, the Japanese study of nearly 1,700 young women found that eating slowly results in feeling fuller sooner, which translates to eating less.

"The satiety response tells our brains we are full, before we take in those extra calories that we do not need," said Brownell. "Too many Americans never give their body a chance to send that signal. By eating more slowly, the natural signal can come through and help us eat what we truly need."

"Most companies tell you what to eat. Our behavior modification approach is based on how you eat," said William H. Longley, CEO of Scientific Intake. "When we tell people about the DDS System, they instantly grasp the concept and its exciting potential. People who use DDS now have a tool to help them eat slower and eat less."