



FIT FOR LIFE

# Grin and bear it

**Carol Westmorland is keen on keeping her teeth, despite a bout of throbbing. But what to do?**

I was woken, in the early hours, with intense unrelenting throbbing. I felt instant dread. It was that hour of night when you conjure up only drama and to top that it was Friday. This throbbing and I were going to have to come to some agreement. I lay very still with swirling images of me hanging onto somebody's trouser leg wailing for mercy. I woke my husband.

He agreed, as only he could, that you would be a very brave soul to enter the weekend with an undiagnosed throb. Between throbs we (I say we but I am not sure how awake my husband was) hatched a plan.

The last time I saw my two front teeth together was the morning of November 9 2001. I carelessly left one on the outskirts of Penrith when a hedge cutting wedged itself under my front brake block, stopping the bike somewhat abruptly.

I was united with my new front tooth by that Christmas and we have been together ever since. Our relationship now felt under threat.

In the midnight hours I imagined obstacles. Had I missed any appointments? Was I even nice on my last visit? I tried to put these thoughts to the back on my mind.

I planned an early morning ambush.

The morning arrived and I sat outside in wait. I made my dash and pleaded - there was no resistance. No introductions were needed either, which I rather liked. Was I that bad on my last visit? I agreed to do as I was told on the premise



**'THE LAST TIME I SAW MY TWO FRONT TEETH TOGETHER WAS NOVEMBER 9, 2001'**

that I would like my tooth and I to stay together for another 16 years.

I accepted that, for a while, it would have to be pureed food and Bragg Organic Apple Cider Vinegar. If it is good enough for Hippocrates, the Father of Medicine, for its vast healing properties then it is certainly good enough for me. I am adding maple syrup.

The Cycling Time Trialling season starts month end. I need to be able to grit my teeth. All of them.



Carol Westmorland lives in the Eden Valley. She is a Cycling Time Trials national champion, clocking up 445 miles in 24 hours. She also teaches pilates. [www.pilates-cumbria.uk](http://www.pilates-cumbria.uk)