

# Dental *focus*

## Holistic dentistry for total health

*It's still happening – after almost 200 years, dentists are still placing mercury fillings in patients' mouths, despite the dangers of mercury toxicity and the availability of much more biocompatible alternatives such as porcelain. Make sure to educate your friends and family of the new era of mercury-free dentistry, so they can make healthier choices.*

## Mercury-Amalgam Fillings: An Obsolete Practice

Perhaps no issue in the dental world has been more contentious than mercury-amalgam fillings, the “silver” cavity fillings that are made up of 50% liquid mercury. The practice dates back to the 1800s, and, even then, some dentists argued that it was dangerous to put this known neurotoxin into patients' mouths.

Fast-forward to today, the early 21st century. Mercury is one of the best-known, most potent toxins to which we are commonly exposed through our environment. It is more poisonous than lead, cadmium, or arsenic.

Because it is so toxic, many states in the U.S., as well as other countries, have banned mercury from thermometers, thermostats, batteries, car components, and paint.

The American Dental Association (ADA), however, has steadfastly asserted its belief that mercury fillings are stable and safe. It teaches dentists that the mercury is tightly bound with the other metals in the amalgam, rendering it harmless. Plus, it points out that amalgam has been used for over a century, so it must be safe!

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## Refer a Friend, Get a Whole Foods Gift Card!

The greatest compliment our patients can give is the referral of their friends and loved ones. As a thank you for referring new patients to our office, we will send you a Whole Foods gift card when they come for their first appointment.

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# The "Secret" of Oil Pulling for Improved Oral Health

Oil pulling is a great way to maintain and improve oral health. Oil pulling has been used extensively for many years, as an Ayurvedic practice to help with bad breath, bleeding gums, throat dryness, cracked lips, tooth decay prevention, and for strengthening the teeth, gums, and jaws.

For oil pulling therapy, put about one tablespoon of oil in your mouth and slowly swish it and pull it through your teeth for about ten minutes. As you swish the oil, it combines with your saliva and changes from a yellow, oily consistency to a thin, white foam. (If the oil is still yellow, it has not been pulled long enough.) Spit out the oil when you are done – don't swallow it, because it is full of bacteria and toxins. Then rinse your mouth with tap water and brush your teeth.

Oil pulling should be done first thing in the morning. Sesame seed oil is the best oil to use, because it has many antioxidant properties and contains high amounts of polyunsaturated fatty acids.

Dr. Garcia has always been a big proponent of using natural anti-inflammatories, and that's exactly what oil pulling is. Oil pulling helps to neutralize the toxicity in patients' mouths, and Dr. Garcia particularly recommends it to patients who have bleeding gums from periodontal disease.



## From Our Kitchen to Yours...



In honor of St. Patrick's day, Dr. Garcia has created a green treat. Her avocado mousse is a delicious snack, side dish, or dessert! Avocados are a wonderful addition to your diet, because they are filled with monounsaturated fat – the "good" kind that actually lowers cholesterol levels. Here's to your health!

### Raw Avocado Mousse

2 organic avocados  
1 ½ T. raw cream or raw butter  
1 pinch Kal brand stevia extract powder  
1 tsp. raw milk (optional)  
1 banana (optional)

Scoop the flesh out of the avocado and place in a blender. Blend together the avocado, raw cream, and stevia. You can add a touch of raw milk to make the mousse easier to blend. For a delicious topping, cook a banana in one teaspoon of water over very low heat until it softens (5-10 minutes). Spoon over mousse.

## Amalgams: 40,000 lbs. of mercury annually implanted in America's teeth

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Even more disturbingly, the FDA has refused to place any restrictions on the use of mercury-amalgam. In July 2009, the FDA classified mercury-amalgam as a Class II (moderate risk) device, placing it in the same class as gold and composite fillings. It concluded that, while mercury has been associated with adverse health effects at high exposures, the levels released by mercury fillings are not high enough to harm patients.

Research has proven that mercury is not locked into an amalgam filling. Instead, it is continuously released as a vapor and absorbed into a patient's various organs and tissues. It can pass through the blood-brain barrier as well as the placental barrier, allowing the mercury to pass from a mother to her fetus. This exposure has the potential to cause mercury toxicity, which has been connected to infertility, birth defects, bone loss, kidney damage, nervous system toxicity, adverse

### A Recent Case

Just last month, we saw a teenager who had four mercury fillings put in her mouth. These fillings very quickly made her ill and exacerbated her already-debilitating learning disability. Her previous dentist clearly did not understand how these fillings could create galvanic activity in her mouth and affect her developmental processes.

behavioral effects, and brain damage.

Yet mercury-amalgam is still the most popular filling material in the world. Over 50 million dental amalgam restorations are placed every year in the United States alone. And most patients have no idea that "silver fillings" contain mercury! If they did, they may not have placed them in their teeth.

Don't let the ADA and FDA dictate your

choices on dental fillings. Both acknowledge that amalgam fillings release low levels of mercury vapor, and neither can dispute that mercury itself is a known toxin. Nevertheless, they have decided that the mercury in amalgam fillings is not detrimental to our health and well-being. They have decided – for us – that the benefits of these fillings far outweigh any harm they could cause.

Do not be afraid to take a stance against traditional procedures when your health is on the line. Take a look at the research yourself, and make your own determination of whether the dangers of mercury-amalgam fillings outweigh their benefit. There ARE alternatives, such as composite fillings and porcelain inlays and onlays.

As a true holistic dentist, I am dedicated to providing my patients with the most bio-compatible dental treatments available. And mercury is nowhere on that list.

The best compliment our patients can give us is a referral of their friends and family. ~ Dr. Garcia & Staff