

Dental *focus*

Holistic dentistry for total health

Most dentists have not been trained to understand how diseases of the mouth can affect the rest of the body; root canals are an important example. Root canal teeth always remain infected and toxic, and there is a documented relationship between root canals and degenerative disease.

Root Canals: Saving That Tooth Can Make You Sick

SAVE THE TOOTH! This is the mantra of most mainstream dentists today. They will do anything to save injured, dead, and dying teeth and preserve as much of the natural tooth as possible. Extracting a dying tooth is always a last resort.

But clinging to this mandate could endanger patients' overall health. The way a dentist treats an infected tooth can have a huge impact on the rest of the body. In the case of root canal therapy, it could lead to a number of chronic and degenerative diseases.

Approximately 20 million Americans undergo root canal therapy every year

in an effort to prevent the loss of teeth that have been damaged by trauma or infection. It is a standard procedure performed by a dentist or an endodontist, a dentist who specializes in tooth pulp and the tissues surrounding the root of a tooth. It is also completely supported by various dental associations as the preferred alternative to extraction.

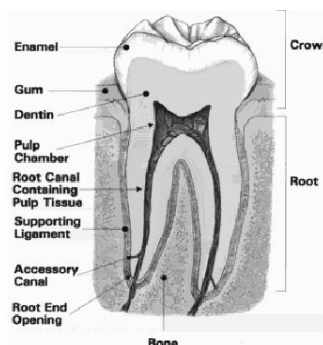
But what many dentists may not realize is that there is a documented relationship between root canals and heart disease, kidney and bladder diseases, rheumatoid arthritis, and other degenerative diseases.

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What exactly IS a root canal?

A root canal procedure involves the removal and replacement of the soft pulp tissue inside the tooth. The pulp contains blood vessels, nerves, and connective tissues, and it provides nutrients and a nerve supply to the tooth. The pulp is located in the root canals that run through the middle of the hard tissue inside the teeth, called the dentin. (Front teeth generally have only one root, while molars, like the one pictured here, usually have two or three.) The root extends into the jawbone and anchors the tooth to the bone. *Image: American Association of Endodontists*



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Honoring Our Mission

Our Mission: Health starts in your mouth. We strongly believe that the future of dentistry is right here, right now, and that we are providing it with biocompatible materials and state-of-the-art technology. Our mission is to provide the highest-quality dentistry to our patients, family, and friends. We are dedicated to helping our patients achieve healthy, infection-free, and metal-free dentistry by removing the dental obstacles that can cause tooth decay, periodontal disease, autoimmune disease, and other illnesses. With empathy and understanding, we aim to guide our patients along a path of optimal health and wellness, for life.

How Does Each Staff Member Honor This Mission?

"My mission is to create a new awareness, and therefore, a new paradigm, of holistic medicine and dentistry, as a whole. An educator, practitioner, and writer for the past 30 years, I provide biocompatible materials and procedures that will support patients' health instead of disease."
- **Dr. Lina Garcia**

"My goal is to provide continuity to the practice, balancing the needs of our patients with our daily schedule to create a harmonious environment for all. I'm committed to maintaining an atmosphere of trust and respect between our team members and patients, and I am here to help patients develop a customized strategy to optimize their dental health. It is so rewarding to know that we have helped our patients overcome the obstacles to their oral and overall health." - **Julie, Business Coordinator**

"My mission is to welcome new patients into our practice and show them how our holistic dental office is different from anything they've experienced before. I enjoy learning about our patients' lives, understanding what they are going through, and helping them meet their needs. We all strive to ensure that the quality of our relationships with our patients is as high as the quality of the dental services we provide."
- **Gwen, New Patient Coordinator**

"My goal is to continually improve our patient care through daily and monthly staff meetings, research into new technologies and green practices, and patient education with our monthly office newsletter, website, and other media. I love that our office is unique - most dental offices treat only the tooth. We treat the whole patient."
- **Natalie, Office Coordinator**

"I strive to make you as comfortable as possible and make each visit a positive and safe experience. You're a part of our family and deserve the highest possible level of care. I enjoy being a part of impacting the lives of our patients, and I'm amazed at the progress we see in their dental and overall health."
- **Julia, Dental Assistant**

From Our Kitchen to Yours...

Hummus is delicious as a dip, sauce, or spread, and it's full of fiber and mono-unsaturated fats. This raw version is made with sprouted chickpeas rather than canned. You can vary the flavors by adding spinach, roasted red peppers, olives, or marinated artichokes.

Raw Hummus

1 1/2 c. organic chickpeas (garbanzo beans), sprouted
1 pinch sea salt
1/2 tsp. pepper
1 lemon, juiced
2 cloves raw organic garlic, minced
2 T. raw organic tahini (sesame seed paste)
2-4 T. organic olive oil

To sprout your chickpeas, soak them overnight in a large glass jar filled with clean water twice the volume of the beans. (The lid should be perforated.) Drain. Rinse and drain at least twice a day for 3 to 4 days, until they sprout.

Blend chickpeas, salt, pepper, lemon juice, garlic, and tahini in a food processor until smooth. While food processor is running, slowly add oil until desired consistency is reached. Enjoy!

Root Canals: Dr. Price researches detrimental effects of root canals

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In the early 1900s, noted dental research specialist Dr. Weston Price conducted 25 years of painstaking research on the detrimental effects of root canals. This work was done under the auspices of the ADA and documented in 2 books (over 1,100 pages) and 25 scientific articles.

Dr. Price determined that root canal teeth always remain infected and can, thus, threaten health. Furthermore, the extraction of these teeth can alleviate a person's particular disease.

Unfortunately, Dr. Price's valuable research has been avoided and overlooked for over 70 years, and physicians and dentists have not been trained to understand how diseases of the mouth can affect the rest of the body. But I believe you should

know about Dr. Price's work to help you make intelligent choices for yourself and your loved ones.

Now, it's important to understand that root canals do not necessarily cause degenerative disease. People with strong immune systems can probably live with root canals symptom-free, unless their immune system is later weakened by illness, trauma, or stress.

Moreover, there are no perfect alternatives to root canals right now. Everyone needs to evaluate their own situation, consider the different procedures and risks, and then decide whether a root canal or tooth extraction is the best option for them.

As a holistic dentist, I want to give you that choice, since mainstream dentists tend to offer only one "option" - a root canal - and

Root canals can lead to a number of chronic and degenerative diseases, like heart disease and rheumatoid arthritis.

often do not realize that root canal teeth always remain infected and toxic. Plus, understanding the documented relationship between root canals and degenerative disease may help you solve health problems you are currently experiencing but have been unable to successfully treat.

It is your body, and only you can decide what is best for it. A tooth is obviously very important, but we need to understand our health as a whole, not a jumble of parts. If we think of the whole before we choose what to do with individual parts, we are on the road to better overall health and well-being.

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