

Dental *focus*

Holistic dentistry for total health

Because the health of your mouth affects the health of your entire body, it is essential to use biocompatible dental materials when restoring your teeth. Unfortunately, conventional dentistry has largely focused on the mechanical properties of dental materials, not the impact these materials may have on the rest of the body.

Biocompatibility Should Be a Top Priority in Dental Care

Nothing is as perfect as your natural tooth and enamel. Everything else that science has created at this point is a distant second. This is why my first goal is to educate patients on excellent oral hygiene and better nutritional integrity.

When a tooth is decayed or fractured, I strive to save as much of the natural structure as I can, and then repair it with materials that most closely resemble natural teeth. That means looking for restorations that have similar functional AND immunological properties.

Unfortunately, conventional dentistry has primarily focused on the mechanical

properties of dental materials: strength, durability, and aesthetics. This is why metals have been the standard for so many years...even though they are not at all similar to our natural bones and teeth. The dental profession has largely ignored the impact these materials might have on the rest of the body.

Why is biocompatibility such a low priority? Emerging research has shown that metal ions from dental materials can cause galvanic, toxic, allergic, and immunologic reactions. Dental metals have been linked to local problems such

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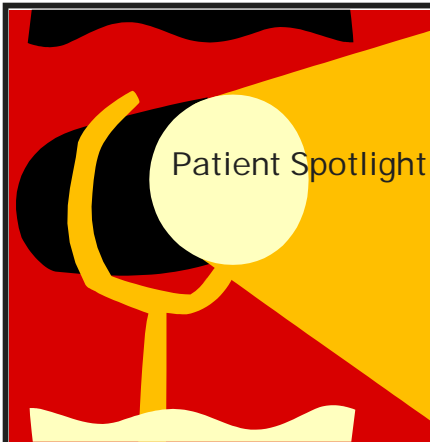
We Have a New Organic Toothpaste!

Our office is thrilled to offer a NEW organic, all-natural toothpaste. It will help you achieve beautiful strong, white teeth while protecting your teeth and gums against decay and disease. Plus, it's got a refreshing taste!

Our toothpaste is free from fluoride, sugars, artificial sweeteners, preservatives, dyes, artificial flavors, sulfates, parabens, phosphates, glycols, and pesticides. All it contains is this: mountain spring water, calcium carbonate, peppermint, spearmint, sage, ratany root, geranium, clove stem, birch tree extract, eucalyptus leaf oil, papaya extract, and menthol. We're sure you'll love it as much as we do, so remember to pick up a tube at your next visit!



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Tell Us About Your Projects and Events!

We want to feature you in our newsletter. Yes, you!

We'd like to devote a section of our newsletter to our patients' activities and interests. Perhaps we'll spotlight a patient working in a holistic field, tell you about a

great new raw or organic product, or announce an activity or interest that some of our patients are getting together to pursue, like hiking, birdwatching, or traveling to a local farm. We can also showcase our patients' special talents, like jewelry-making or gluten-free cooking. In the future, we may even add this information to our website!

If you're interested, e-mail us your contact information and a brief summary of something you'd like other patients to know about you or your

Book Your Child's Back-to-School Cleaning!

Don't forget to book cleanings for your children before the school year starts, especially if they're going out of state! Dr. Garcia can fill out the Illinois Department of Public Health forms that many students need prior to the start of fall classes. Our schedule is booking up quickly, so be sure to call our office soon.

From Our Kitchen to Yours...

This month, we've got two fruity smoothie recipes for you. The first is Dr. Garcia's recipe, and you can often see her bringing a jar of this smoothie to the office for a quick, healthy snack. The second is provided by Natalie, our Office Coordinator, who drinks her smoothie every morning.

Citrus Yogurt Smoothie

3 raw, organic eggs
5 organic strawberries
½ c. organic orange juice
½ c. raw yogurt*
Pinch of stevia, if needed

Blend ingredients until smooth.

*To make this smoothie dairy-free, substitute coconut cream for the yogurt and add more juice for easier blending.

Berry Breakfast Smoothie

2 raw, organic eggs
1 c. organic berries
1 organic banana
2 T. raw coconut cream
½ c. organic orange or pineapple juice

Blend ingredients until smooth.

Biocompatibility: Ceramics are currently the most biocompatible material

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as burning, discoloration, and a metallic taste in the mouth, as well as systemic problems such as chronic fatigue, skin disease, multiple sclerosis, and even cancer.

It is clear that many conventional dental treatments will be the cause of systemic disease, but because of the lack of collaboration between dentists and physicians, the connection remains unrecognized. This lack of communication between practitioners is the reason you must be careful to choose the *right* practitioners, ones that understand and treat your body as a *whole*, not a jumble of parts.

Dentists and physicians must work together in order to properly diagnose their patients, rather than blindly treating the symptoms of a disease that could be rooted in the mouth. And because we know that the condition of your mouth affects the state of health of your entire body, it is essential to

use biocompatible dental materials when restoring your teeth.

At this time in our research, ceramics are the most similar to natural enamel and are the least reactive in the body. Though critics may argue that ceramic is not as strong and long-lasting as metal, consider that even our natural teeth were not meant to be indestructible. Teeth wear down, crack, and decay. They are not made of metal, and neither is the rest of our body.

We are not bionic beings, but biological beings...*our bodies were not made to last forever!* Our bodies were made to break and recover and overcome.

So even if neither your own teeth nor porcelain are as unbreakable as metals, they are much more biologically accepted than ionized metal. This is an incredibly important factor to consider.

Nature didn't make our teeth out of metal, so why are we intent on making dental materials indestructible rather than biocompatible?

Our bodies are already desperately trying to neutralize the environmental toxins and other stressors we face on a daily basis: water and air quality, unhealthy foods and beverages, medications, stress, and lack of sleep. Why risk overloading your immune system with additional pollutants? There is no reason to do so, when we have viable, biocompatible alternatives such as ceramics.

In the future, we may have even better choices, but they will be slow in coming until we start to demand a more holistic approach to dentistry.

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