

# Dental *focus*

## Holistic dentistry for total health


## Dr. Garcia Featured in Oprah's Magazine

Oprah Winfrey's magazine "O" is currently featuring Dr. Garcia in its January 2012 issue, in the "Feeling Good" section of the magazine. The article, titled "What's Up with These Docs?", talks about innovative health practitioners who are taking a new approach to conventional medicine. Dr. Garcia is very excited to share her interview with you.



### THE HOLISTIC DENTIST

"The mouth is a window into your overall health." —LINA GARCIA, DDS, DMD, SOUTH BARRINGTON, ILLINOIS



Poor oral health isn't as simple as cavities and swollen gums. Infections in your mouth allow bacteria to reach other parts of your body, from your arteries to your lungs. "Teeth aren't our main concern—avoiding future health issues is," explains Garcia. To that end, holistic dentists aim to treat the sources of your periodontal problems—with natural rinses, diet counseling, even meditation—in addition to the symptoms



We wish you a holiday season filled with happiness, prosperity, and health. May you be reminded of all of the important things in your life—for us, it is all of our loyal patients, friends, and families. Best wishes in the new year!  
*From Dr. Garcia, Dr. Grasso, Julie, Ana, Natalie, Cristina, and Gwen*

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