

Dental *focus*

Holistic dentistry for total health

The mercury in amalgam fillings is a neurotoxin that accumulates in the brain and nervous system and can cause allergies, inflammation, autoimmune dysfunction, and organ damage.

Illnesses Linked to Mercury-Amalgam Fillings

Being a toxic heavy metal, mercury damages biological systems in many ways. Once absorbed, it is distributed to all parts of a cell and then proceeds to disrupt cellular processes. Mercury increases free radical production, damages cell membranes, inhibits enzyme activity, interferes with protein synthesis, disrupts metabolic processes, affects neurotransmitters in the brain, and triggers cell death.

What does all of this mean for you and your body? Allergy, inflammation, autoimmune dysfunction, organ damage, and disease.

In laboratory studies, mercury toxicity has been seen in a variety of organ systems. However, mercury seems to have a particular affinity for the central nervous system (the brain and spinal cord).

Mercury is a known neurotoxin – it easily passes the blood-brain barrier and accumulates to significant levels in the brain and nervous system.

The nervous system controls body movement, responds to sensory stimuli, helps control all other bodily systems,

...continued on Page 2



Hear Dr. Grasso and Dr. Garcia on One Radio



Our very own osteopathic physician, Dr. Grasso, was just interviewed on January 9, 2012, by Patrick Timpone on the One Radio Network. In the segment, “Defining Traditional Medicine,” Dr. Grasso answers the question, “What is osteopathy?” He explains the history behind this unique hands-on practice and discusses how treating the whole body will lead to ultimate health. Listen to his interview, as well as Dr. Garcia’s November interview, online at www.oneradionetwork.com.

Dr. Lina Garcia, DDS, DMD
33 West Higgins Road
Suite 600
South Barrington, IL 60010
Phone: 847-426-9000
Fax: 847-426-9050
Email: info@drlinagarcia.com
Website: <https://drlinagarcia.com>



Patient
Spotlight

Michelle Wlezien

Owner of *About
Face + Body*

Michelle and her husband, Greg, opened their all-natural & organic cosmetics/skin care products store thanks to their beautiful baby girl, Ava.

When Michelle was pregnant, she wanted to consume only natural, organic foods and products. But she was stunned, frightened, and furious to find out about the chemicals lurking in mainstream beauty and personal care products.

Together, Michelle and Greg created About Face + Body to provide safe and effective natural products that are free from the toxic chemicals used in conventional products. "We only carry super-safe products that work," she says.

About Face + Body carries wide array of natural makeup, skincare, haircare and baby-safe items. Be sure to visit the store's website at www.TheNaturalBodyStore.com or go to their beautiful downtown Geneva store, where you can sample all of the products.

Three Drinks Per Week Can Increase Breast Cancer Risk

Dr. Garcia has always been an advocate of drinking fresh vegetable juices, filtered water, and stevia-flavored drinks rather than alcohol. But there is another reason you may want to reconsider that glass of wine or champagne.



According to new research published in the November 2011 issue of JAMA, sipping as few as three drinks per week could increase the risk of breast cancer.

Many studies have linked alcohol consumption to breast cancer risk, but the risk of lower levels of consumption – which is common in the United States – have not been well studied. This study followed over 100,000 women for 28 years (from 1980 to 2008) in order to examine the association of breast cancer with alcohol consumption during adult life.

Researchers discovered that the cumulative amount of alcohol a woman drinks is the best predictor of her breast cancer risk. Even low levels of alcohol consumption (as few as 3 drinks per week) are associated with an increased risk.

Drinking 3 to 6 glasses of wine per week was associated with a modest increased breast cancer risk of 15%. And women who drank 2 or more alcoholic beverages *per day* had a 50% increased risk of breast cancer compared with women who never consumed alcohol. Researchers speculate that one probable explanation for this result may involve alcohol's effects on estrogen levels.

For more information, read "Moderate Alcohol Consumption During Adult Life, Drinking Patterns, and Breast Cancer Risk," JAMA 2011; 306(17): 1884-1890.

Mercury-Related Diseases: Kidney and brain are targets for toxicity

Continued from Page 1...

and is responsible for consciousness, intelligence, and memory.

Mercury damages nerve cells and inhibits brain chemistry, which can result in significant neurological effects. Problems can range from tremors and seizures to depression, anxiety, ADHD, and autism. Scientists have also found that inhalation of mercury can produce lesions similar to those in Alzheimer's diseased brains. Parkinson's disease – a degenerative disorder of the central nervous system – has been connected to heavy metal toxicity, as well.

The kidney is another target organ for mercury toxicity. When the kidneys filter blood that has absorbed mercury vapors, mercury begins to accumulate in them. Chronic mercury exposure can damage the kidney's small blood vessels, which are then less able to prevent blood proteins from leaking into your body.

Mercury has also been shown to cause a number of adverse effects on immune function. (And autoimmune dysfunction often overlaps with, or leads to, neurological problems.) Mercury's affect on your cells can trick your body into thinking it is being attacked by foreign invaders, which causes your body to destroy its own tissues.

Exposure to mercury has been cited as a cause for autoimmune diseases such as multiple sclerosis, Lou Gehrig's disease (ALS), rheumatoid arthritis, chronic fatigue syndrome, fibromyalgia, diabetes, and lupus. Mercury's ability to impair the immune system can also influence reproduction, and exposure to mercury (as well as other heavy metals) is now considered a risk factor for infertility.

Since mercury exposure has been implicated in a wide range of systemic diseases, it is now being targeted as a contributing

Mercury is a known neurotoxin – it easily passes the blood-brain barrier and accumulates to significant levels in the brain and nervous system.

factor in common health problems such as heart disease, high blood pressure, digestive problems, and even cancer.

The mercury vapor that is released from mercury-amalgam fillings accumulates in the brain, nervous system, hormone glands, and major organs in direct proportion to the number of amalgam fillings one has. Scientific evidence clearly shows that mercury is toxic, so why aren't we taking every precaution to decrease our exposure to this poison? The continued use of mercury-amalgam fillings is simply unacceptable, and I would never place such a toxic material in my patients' mouths.

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