

Dental *focus*

Holistic dentistry for total health

Be highly involved in your dental care, and always be aware of WHY a tooth needs to be fixed, HOW the dentist proposes to fix it, and WHAT materials will be used.

The WHAT, WHY, and HOW of Dental Care

When you find yourself in a dentist's chair, what has made you come in? Is it for your regular cleaning? Or because you've chipped a tooth or are feeling some discomfort or pain?

If you've come to your dentist with a problem tooth, you count on him to find a way to fix it quickly and effectively. But have you ever really asked him to *explain* why he chose a particular procedure over the alternatives? Did your dentist even *mention* alternatives?

You should be highly involved in your dental care, and you should be aware of WHY a tooth needs to be fixed,

HOW the dentist is proposing to fix it, and WHAT materials will be used. Hopefully, your dentist will use the most conservative procedure (i.e., cutting out the least amount of tooth) and recommend the most biocompatible material. But that is likely *not* the case.

Once you understand WHY your tooth needs to be fixed, pay close attention to the type of restoration the dentist proposes (HOW to fix it). How much of the tooth will the dentist cut?

If the restoration is an inlay or onlay

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"Spring Forward" this Weekend

Although wind and snow are still fresh in our minds, these intermittent warmer days are heralding the start of spring and warmer temperatures, more daylight, and the rebirth of flora and fauna!

Spring officially starts on March 20, 2012, but before that we can't forget Daylight Saving Time, which begins this Sunday, March 11, 2012, at 2:00 a.m. **So remember to move your clocks ahead 1 hour this Sunday!**

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From Our Kitchen to Yours...

Our new Front Desk Coordinator, Silvia, shares her recipe for this delicious Lebanese salad. It's a refreshing side dish or snack, with a lemony punch.

Taboule Salad

1 (5.25 oz) package Near East Taboule wheat salad mix
6 organic Roma tomatoes, diced
2 organic English cucumbers, diced
3 organic scallions, sliced
½ c. fresh lemon juice
1/3 c. to 1/2 c. extra virgin olive oil (to taste)
Salt and pepper to taste

Prepare taboule according to package directions and fluff with a fork. When cooled, mix in the remaining ingredients. Refrigerate overnight for best flavor, and serve with organic chips or wrapped in lettuce.

Coffee Enemas for Detoxification

Recently, Dr. Garcia has talked to many of her patients about coffee enemas as a way to help detoxify the body and flush out the liver. The caffeine from the coffee gets absorbed into the liver, where it becomes a very strong detoxicant. A coffee enema also aids the colon in the elimination process, which is vital to the maintenance of health and the prevention of illness.

The process takes 30-60 minutes, and the only items you need are one quart of brewed organic coffee (strained to remove the grounds), an enema bucket, and a colon tube. (Dr. Garcia recommends the bucket, #9915, and tube, #9905, from Ultra Life, Inc.)

The basic enema procedure is this: arrange a towel on the bathroom floor (you'll be laying down for the enema), place the coffee-filled enema bucket on a low stool (about 2 feet off the ground), attach the tube to the bucket, insert the colon tube, and allow the coffee to flow into the colon. When the flow is completed, lay on your left side for 5 minutes, your back for 5 minutes, and your right side for 5 minutes, all while gently massaging the colon. After the 15 minutes, expel the enema. Dr. Garcia recommends taking the enema in the morning, after a bowel movement but before eating. You will feel invigorated for the rest of your day!



Happy St. Patrick's Day!

May joy and peace surround you,
Contentment latch your door,
And happiness be with you now
And bless you evermore.

WHAT, WHY, HOW: Porcelain is best choice for HOW to restore

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(my preferred choice), the dentist only needs to cut out the decayed, fractured, or weakened part of the tooth and put a restorative material in its place. The remaining tooth structure remains intact. This preserves the largest amount of tooth enamel, because the dentist only substitutes the compromised part of the tooth.

A crown requires removal of ALL tooth enamel, whether it is damaged or not, to make room for the full-coverage crown. It is as far as you can go in terms of tooth restoration, before needing to remove the tooth entirely. So it should only be used as a last resort.

If your dentist suggests a crown, ask if it is possible to restore the tooth with a more conservative restoration such as an inlay or onlay. In my experience, I find that I can address almost any restorative need with an inlay or onlay. These restorations save the natural enamel of your teeth while restoring their function and integrity.

In my experience, I find that I can address almost any restorative need with an inlay or onlay, which is much more conservative than a crown.

So inlays and onlays are my number one choice for HOW to restore teeth. Porcelain, then, is my number one choice for WHAT material to use when restoring them. The other option – ionized metals – is not even offered in my practice, because of all the harmful side effects dental metals can cause: galvanic activity, metal toxicity, metal allergy, inflammation, and autoimmune disease.

Porcelain, a type of ceramic, is a much more biocompatible material, and it most closely resembles natural tooth enamel in terms of appearance and functionality. Because it is biocompatible, it is highly unlikely to react with your tissues or cells

and cause allergic reactions, irritation, inflammation, or negative immune responses. (Biocompatible materials are ones that are as neutral as possible when placed in your mouth.)

Biocompatibility does NOT mean that you must sacrifice functionality. Dental ceramics are strong and durable, and they look and act most like your natural teeth. Though we have yet to find a dental material that is as perfect as enamel, materials available for dental restoration are continually being developed.

Fortunately, in modern dentistry, the use of ceramic dental materials is steadily increasing, and dentistry is finally seeking to create materials that are functional AND immunologically sound. But since metal-free dentistry is not yet the norm, we must educate ourselves about these alternatives, so that we can be sure to make the best choices for our health.

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