

Dental *focus*

Holistic dentistry for total health

Dentists and patients consider it "normal" to keep adding titanium implants without considering how the whole body will be affected or understanding the dynamics between the implants, the body, and the outside environment.

Has Your Dental Work Made You a Walking Antenna?

Have you ever considered the possibility that titanium implants and other dental metals are amplifying the signal between your cell phone and cell phone towers, causing harm to your body's systems?

On my way to the office one morning, I drove past two big cell phone towers, and for the first time, I really thought about what they were doing. The antennas were obviously amplifying my phone reception and clarity, and but they were also transmitting microwaves toward my head as I wore my phone headset.

So I thought about the possibility that metal dental restorations, especially

implants (because they go so deep into our living tissues), can be adding an additional source of high-tech stress to our bodies, bodies that are already being hammered with stress from so many other sources.

Titanium implants, particularly when combined with other "toxic teeth" that make up what I call a "dirty mouth", are causing sleep disturbances, anxiety and other neurological problems, thyroid dysfunction, digestive problems, heart problems, and other chronic symptoms in a number of my patients.

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May 3rd Lecture at Arlington Heights Library



Come hear Dr. Garcia's presentation on holistic dentistry next month in Arlington Heights. It's a great chance to bring the friends and family you've always wanted to meet Dr. Garcia! The lecture is sponsored by the NW Cook County chapter of the Weston A. Price Foundation.

When: Thursday, May 3, 2012 @ 7:00 pm - 9:00 pm

Where: Arlington Hts. Memorial Library, Hendrickson Room South
500 N. Dunton Ave., Arlington Heights, IL 60004

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Patient Spotlight

Suzanne Abrudeanu
President, Waste-Not Gardens

Suzanne is on a mission to create a sustainable, local, food system. "I am highly passionate about providing affordable, organic produce," says Suzanne, whose business, Waste-Not Gardens, Inc., began in 2010.

Suzanne began with an organic garden at her Waukegan home, and then a backyard in Highland Park which she helped cultivate into an organic urban farm. The urban farm serves as an environment showcasing urban agriculture, teaching kids sustainability, self-sufficiency, and stewardship with native and edible landscaping. Suzanne now grows organic produce with Natural Environments Greenhouses and Nursery in Lake Zurich for local farmers' markets and restaurants.

In addition to farming, Suzanne has partnered with the OrganicProduce-Box.com fundraiser program and has helped develop a menu for 2nd Street Market's Organic Hot Lunch Program in Highland Park. For more information, email Suzanne at wastenotgardens@gmail.com.

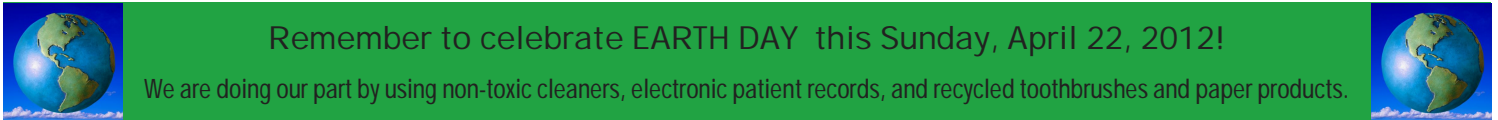
From Our Kitchen to Yours...

Dr. Garcia recently concocted this recipe when she purchased a large box of young coconuts. When you refrigerate it, it becomes rich, creamy, and fluffy. A delicious treat!

Raw Coconut Custard

- Meat from 1 fresh, young coconut
- 2 organic eggs
- 1 tsp. organic vanilla
- 1 T. raw cream
- Stevia, to taste

Blend all ingredients together and refrigerate to get a creamy, fluffy custard. If you prefer a coconut drink, add the water from the fresh coconut and blend until smooth!



Walking Antenna: Corrosion, Metallic Taste, and Unexplained Pain

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I recently saw a patient who came to my office after visiting 20 different physicians, including some at the Mayo Clinic. This patient had been experiencing what she described as "nightly adrenaline rushes", which produced a racing heartbeat that kept her from being able to sleep.

The only "treatment" she ever got was antidepressants and sleeping drugs. But there was one question every physician forgot to ask: "What is in your mouth, especially since those symptoms started a year ago?" The first doctor to ever ask that question was me.

This patient told me about the two titanium implants and the root canal that were done right before her symptoms began. I further learned that this patient had a long history of extensive dental work, including mercury-amalgam fillings, metal crowns, porcelain-fused-to-metal crowns, root canals, and a permanent metal retainer.

Adding those titanium implants and another root canal certainly could have pushed this patient into the seriously imbalanced state of being she was experiencing. Adding to this

Putting titanium implants into the mouth of someone who already has other toxic teeth can push them further away from balance and toward an increased susceptibility for disease.

the insidious, microwave-attracting stress of the implants could have caused her body to get stuck in a state of "fight or flight" stress response. Her symptoms were certainly a strong indication of this.

Removing the two mercury-amalgam fillings and her permanent metal retainer lessened her symptoms. I expect that she will see further improvement after the removal of her titanium implants.

Worldwide, cell phones are being used at an alarming rate. People are not just talking on their cell phones for several minutes a day anymore, but for hours a day. From what I have seen in my clinical experience and from what I have heard from my patients, it is a careless mistake to not be at-

tentive to the very real consequences of our modern microwave communication technology and how it seems to be interacting with metals in the mouth from titanium implants, metal crowns, porcelain-fused-to-metal crowns, mercury amalgam fillings, and root canals (which sometimes have metals in them).

Dentists and patients think it is "normal" to keep adding titanium implants, without really considering the whole body or understanding the dynamics between the implants, the body, and the outside environment. But it is the obligation of the practitioner, and a commitment from the patient, to understand these dynamics before dental choices are made. If we accept and honor these obligations, we can avoid unnecessary exposures to the immune system and perhaps reduce the development of disease.

Please read the full article, "Has the Dental Work in Your Mouth Turned You Into a Walking Antenna?" on drlinagarcia.com and listen to Dr. Garcia's One Radio Network interview on this topic at www.oneradionetwork.com.