

# Dental *focus*

## Holistic dentistry for total health

*Fluoride is a neurotoxin that is added to our water supply and other consumer products, often without our knowledge or consent. Here are some ways to protect yourself from fluoride exposure. Every attempt to avoid fluoride – no matter how small – is important!*

## Protecting Yourself from Fluoride Exposure

How can you protect yourself from being overdosed with fluoride?

First, you must remember that fluoride is added everywhere – water, foods, processed beverages, medications, and dental products. So you might have to do a little research to find out about the fluoride levels in the products you use and consume every day, since there are no warning labels on most of these items.

You probably can't prevent all fluoride exposure, but every little attempt to remove fluoride is necessary, since

fluoride accumulates in our bodies at a rate of about 50% per day.

Water fluoridation alone means a lifetime of exposure, so you should check the fluoride levels in your water supply, whether it comes from a municipal water supply or a private well. If your water comes from a community water source, you can contact your local water supplier (the number should be on your water bill, and the EPA requires suppliers to create annual drinking water quality reports called Consumer Confidence Reports); check with your local, county, or state

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## Beware Fluoride in Bottled Water

Before you grab your next bottled water, CHECK THE LABEL FOR FLUORIDE! Manufacturers are now selling bottled water with added fluoride, despite the fact that we are already over-exposed to fluoride. Even worse, we found fluoridated mini water bottles marketed for children! There is no dispute that too much fluoride causes dental fluorosis (discolored, pitted teeth) in children. Fluoride can also damage unborn babies and adversely affect kids' intelligence. The theory that fluoride ingestion prevents cavities has been disproved, so there is absolutely no benefit to fluoridating our children's water sources.

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## From Our Kitchen to Yours...

Chia seeds are an ancient superfood that boost your energy and metabolism and aid intestinal regularity. Chia seeds are also a complete source of protein, so they're great as either a snack or part of a meal. Dr. Garcia recently created this chia parfait for an easy and portable lunch, and she hopes you will give chia seeds a try!

### Walnut Pineapple Chia Parfait

½ c. raw walnuts, ground in a food processor  
1 organic apple, chopped in a food processor  
3 T. soaked chia seeds\*  
2 T. raw yogurt  
Pinch stevia  
½ c. chopped fresh pineapple

Layer the ground walnuts in a 2-cup glass bowl (or split between two 1-cup glasses). Put the chopped apple on top. Mix together the chia, yogurt, and stevia, and layer on top of apples. Finish off with chopped pineapple.

\*The most common way to eat chia is to first soak the seeds and create a chia gel. To make a basic chia gel, add 1/3 cup of seeds (2 oz.) to 2 cups of water, stir, and let sit for a few minutes.

## Sports and Energy Drinks Can Rot Your Teeth

Sports and energy drinks are supposed to replenish fluids and nutrients lost during exercise, training, or competition. Some people even sip them like water all day long.

But though hydration is important, a sports drink is no better than soda or other sugary drinks. Sports drinks are just sugar water, with some electrolytes thrown in.

Not only do they provide empty calories, but the high levels of sugar and citric acid in these drinks can cause irreversible damage to your teeth!

A recent study published in the May/June 2012 issue of *General Dentistry* found that the high acidity levels in sports drinks erode tooth enamel (the protective outer layer of the tooth), particularly among adolescents. Damage caused to tooth enamel is irreversible and can cause teeth to become overly sensitive, cavity-prone, and more likely to decay.

If you want a beverage you can drink all day, stick to water. Flavor it with lemon, lime, or orange, or add a little stevia if you want. But don't sip sports or energy drinks, because you might rot your teeth!

For more information, visit [www.sciencedaily.com](http://www.sciencedaily.com).

## Fluoride: A Cumulative Poison that Must be Avoided or Removed

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health department; or visit the CDC and EPA websites, which supply water quality information for many communities.

If your drinking water comes from a private well, contact your state or county health department for a list of certified laboratories that will test your water. (The EPA does not have the authority to regulate and test private drinking water wells, so there is no public information on them.)

Using home water filtration or purification systems can reduce the fluoride concentration in your water by 13% to 99%, depending on the type of system. Distillation or reverse osmosis systems are the most effective and can remove nearly all of the fluoride.

Be mindful of your dental products – no fluoride toothpaste or mouthwashes – and be assertive with your dentist. Refuse fluoride treatments, even if your dentist looks at you funny and ends up labeling you as a challenging or “new age” patient. You've

done your research, and it is your dental, mental, and physical health that is at stake.

Finally, practice good oral hygiene and nutrition. After all, the entire purpose behind adding fluoride to tap water and consumer products is to prevent tooth decay.

We now know that this practice is ineffective and toxic, and that tooth decay rates have been declining worldwide due to better nutrition and dental care. This includes proper flossing and brushing; routine dental visits; a diet full of organic, non-processed foods; and minimal consumption of grains, sugars, fruit juices, and sodas. If children learn such healthful behaviors at a young age, it is highly likely that they will never acquire any cavities.

As with all cumulative, toxic substances, you should avoid fluoride exposure whenever possible to prevent adverse health effects. Until the battle to prevent forced fluoridation and preserve clean water and

### What Can I Do?

- Always read labels on dental products (do not use those with fluoride)
- Refuse fluoride treatments and supplements from your dentist
- Determine the fluoride content of your tap water (through a published report or certified testing lab)
- Filter your water or obtain it from a private well
- Do not cook or rehydrate foods (such as formula) with fluoridated water
- Eat a healthy organic diet
- Avoid processed foods
- Practice good oral hygiene to prevent tooth decay

food is won, it is up to each of us to protect ourselves from fluoride's toxic effects. **For more information watch “Fluoride: The Hard to Swallow Truth” on YouTube.com.**