

Dental *focus*

Holistic dentistry for total health

Physicians and dentists must work together to understand the impact of dental treatments on the rest of your body.

Explaining Holistic Dentistry

The mouth and its contents can have a huge impact on our health, and the way we approach any problems can either support our health or do the opposite.

I have learned that conventional dentists often use materials and methods that are harmful to the body over time, and they are part of some of the most basic services that patients receive. These include mercury-amalgam fillings, root canals, fluoride treatments, and metal implants.

Many studies, some dating back over half a century, have shown that such practices do not completely heal the initial problem. More importantly, they

can result in hidden infections as well as a variety of degenerative diseases, including autoimmune disorders, arthritis, neurological impairment, and even cancer. These methods are especially detrimental to individuals who have weakened immune systems or sensitivities to metal.

But because systemic reactions and chronic diseases have generally been relegated to the medical profession, the connection between the mouth and the whole body has been missed...even ignored. An individual's physician or dentist can be too focused on their particular specialty – or on simply treating the symptoms – to recognize that there

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Dental Insurance: Use it or lose it!

The end of the year is fast approaching. Many of our patients have unutilized dental benefits, which could be going toward their needed dental treatment. Remember, if the benefits for the current year are not used they will be LOST. Most insurance plans allow a certain dollar amount per calendar year. If you have considerable dental needs, we can try to split your treatment plan between the current year and the beginning of next year. Remember, if you don't use it, you lose it! So please call us with any treatment questions, or to schedule your next appointment.

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Dental Fillings Linked to Kids' Behavior Problems

Tooth decay is the most common chronic disease in children. More than half of children have decay by the age of 7.

Dentists have long used tooth-colored composite fillings as alternatives to toxic amalgam fillings, and over 10 million are annually placed in American children's mouths. However, these fillings contain derivatives of bisphenol A (BPA), and they may release BPA into our children's bodies.

BPA is a chemical used to make plastic, and it is also found in food packaging and canned goods. BPA is an endocrine disruptor, interfering with how hormones work in the body, and it has come under scrutiny for possible associations with a number of health problems in recent years.

A new analysis on dental fillings suggests that composite fillings are more likely to have behavioral and emotional problems a few years later. Using data from a previous study, scientists found that children who got composite fillings made with BPA derivatives reported higher rates of anxiety, depression, and social stress compared to children with fillings made from other materials. In addition, the more fillings a child had, the greater the incidence of behavioral problems.

Although the effect was small, and the actual amounts of BPA were not measured, it certainly suggests a causal relationship that requires more research.

The best thing to do, of course, is prevent the need for any fillings. Parents need to help their children avoid cavities as best they can with brushing, flossing, and good nutrition and sleep habits. *The original study, entitled "Dental Composite Restorations and Psychosocial Function in Children," was published online by Pediatrics, on July 16, 2012.*

From Our Kitchen to Yours...

This is a traditional pico de gallo recipe, by our Front Desk Coordinator, Silvia. She loves to use it as a topping for grilled organic skirt steak or an omelette.

Pico de Gallo

2 organic tomatoes, diced
½ white onion, diced
1 jalapeno pepper, seeded and minced
½ c. chopped cilantro
Lime juice, to taste
Salt and pepper, to taste

Mix ingredients together in a small bowl and refrigerate for at least 3 hours to let the flavors develop. Serve with organic tortilla chips or grilled organic chicken or steak.



Holistic Dentistry: Removing obstacles to your health and well-being

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may be a connection between teeth and infection or disease.

This is especially true where there is a delay between a dental procedure and the other bodily symptoms. For example, individuals with strong immune systems can neutralize the various allergens and toxins in their bodies for some time before their systems are overwhelmed and start to break down.

For this reason, it is important to choose practitioners who understand the impact your oral health has on the rest of your body, and who are willing to collaborate with one another to support your overall health and well-being.

Many conventional dental treatments will be the cause of chronic, systemic symptoms and diseases; we must educate ourselves and others about this possibility.

Holistic Dentistry

- Removes dental obstacles to total health
- Eliminates mercury, fluoride, metals, and infections
- Focuses on the entire person, not just teeth and gums
- Sees the mouth as an indicator of overall health
- Aims to treat oral problems without causing harm to the rest of the body
- Uses biocompatible, toxin-free materials in the mouth
- Removes toxic metals using safe treatment protocols
- Emphasizes immune system support through nutrition, detoxification, and good sleep patterns

And we must be willing to ask our dentists about alternatives to conventional treatments, so that we can be sure to have a real choice in our dental care.

As a holistic dentist, I emphasize dental treatments that will cooperate with your health. This not only includes choosing biocompatible materials such as ceramic implants, bridges, and partials, but it involves working with nutrition and osteopa-

thy to support healing.

My goal for my patients is to fulfill the functional, cosmetic, and immunological demands of the body, which is done by reinforcing good health habits, and making better choices for their mouths, so that their bodies can support the immune system without breaking down. The body is a puzzle, and its different parts must be addressed in order to fulfill its needs.

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