

Dental *focus*

Holistic dentistry for total health

One major finding of Dr. Weston Price's historic research was that root canal teeth are not sterile and could not be sterilized even after they were removed from the mouth.

The Research of Dr. Price: Root Canal Teeth Can NOT Be Sterilized

In our May 2012 newsletter, we began to describe Dr. Weston A. Price's historical research on the toxicity of root canals in the early 1900s. Even though Dr. Price's research is over 70 years old, it is sound and factual.

Dr. Price found that it was nearly impossible to penetrate and sterilize root canal treated teeth, even after they were extracted.

He submitted the teeth to many different sterilization procedures, including

over one hundred disinfectants (at varying strengths of each), heat, and pressure. Even when the procedures appeared to have controlled the infection, biopsies showed that the teeth were still infected and loaded with bacteria.

Teeth could be sterilized only in a very small percentage of cases and only with great difficulty, using extremely strong chemicals that caused severe pain, destroyed surrounding tissue, and turned

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GOING GREEN: Using Green Energy

Dr. Garcia is committed to creating a "green" office, from digital records and wood floors to recycled Post-It notes! Our newest achievement is using 100% renewable energy for the office.

Renewable energy is electricity that is generated from environmentally-friendly sources, such as wind, solar, and geothermal power. This helps reduce emissions and support a cleaner environment for all of us to enjoy. Join us in going green!

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Canned Soup May Pose BPA Risk

Before you warm up another can of soup this winter, realize that you might be exposing yourself to BPA.

You're probably already familiar with the concerns over bisphenol A (BPA) being used in plastic water bottles, baby bottles, and sippy cups. Dr. Garcia has also expressed her concern with dental filling materials and sealants that contain compounds derived from BPA, since BPA is an estrogen disruptor and has been linked with adverse health effects.

Now a new concern has popped up – canned soup. BPA is still used as a lining in metal cans to prevent rusting and keep food fresh. A research study published in the Journal of the American Medical Association revealed that the BPA from the lining can leech into the soup and end up in our bodies.

In the study, 75 volunteers ate both freshly-made and canned soup. After eating just one serving of canned soup, their urine showed a 20-fold increase of BPA levels. The study did not examine what the health impact might be, but previous studies have linked increased urinary BPA concentrations to cardiovascular disease and diabetes.

So this winter season, you may want to skip the canned foods and opt for those packaged in glass or made fresh. Remember that eating fresh, organic foods will also improve your dental health! *The full study, "Canned Soup Consumption and Urinary Bisphenol A: A Randomized Crossover Trial," was published in JAMA in November 2011.*



Giving Thanks

Thank you for being such loyal patients for the past 20 years! We look forward to caring for your teeth and wellness for years to come!

From Our Kitchen to Yours...

Dr. Garcia shares a special treat for the holidays—a raw chocolate sauce that you can pour over fresh, organic berries for a delicious dessert.

Raw Chocolate Sauce

1 T. Raw, organic cocoa powder
2 raw, organic eggs
2 pinches stevia, or to taste
1 vanilla bean
Bowl of fresh berries, for serving

Split the vanilla bean with a sharp paring knife and scrape out the insides. Blend cocoa, eggs, stevia, and vanilla in a blender until whipped and smooth. Pour over berries and serve. Makes about ½ c. sauce.

See Dr. Garcia make this recipe in her YouTube video, "Dairy-Free, Raw Coconut Recipes from Dr. Garcia."



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Dr. Price: Antibiotics found ineffective in eradicating bacteria

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teeth black when used in the mouth. Antibiotics were also ineffective in penetrating the microscopic dentin tubules and the surrounding bone tissue in order to eradicate these bacteria.

In addition, when the "sterilized" root-filled teeth were imbedded into rabbits, the rabbits would still contract the same disease suffered by the former owner of the tooth.

In one series of experiments, when a rabbit became ill and died of a specific disease, Dr. Price would clean and replant the same tooth in successive animals to verify whether the same illness would recur.

"Sterilized" root canal teeth would still cause disease and death when implanted in rabbits.

As soon as a rabbit died of an implanted tooth, Dr. Price would extract the tooth, wash it with soap and water, cleanse it with pumice, disinfect it, and implant it again into another rabbit.

It was expected that the poison in that single tooth would be completely gone after 20 rabbits had been used, and that, with

each succeeding rabbit, the rabbit's life span would increase because the poison was dissipating.

However, Dr. Price would repeat this procedure 30 times with the same tooth, and every rabbit would develop similar symptoms and die within ten days.

Dr. Price replicated this experiment with several different types of infections, from kidney problems to a severe disease involving the central nervous system, with the same results. In one experiment, he repeated the process in 100 animals, and the disease being investigated always recurred.

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