

Dental *focus*

Holistic dentistry for total health

A high fructose diet harms your brain as well as your teeth!

Sugar Slows Your Brain

Holidays are a time of many sweet indulgences. But although those treats may tingle your taste buds, they may be *impairing your brain function* in addition to promoting tooth decay.

A new UCLA study shows that a steady diet high in fructose can slow the brain, damaging your memory and learning.

Researchers investigated the effects of high-fructose syrup, which is similar to high-fructose corn syrup, a cheap liquid sweetener widely added to soft drinks, processed foods, and even baby food. This highly-processed, concentrated form of fructose is very different from the naturally-occurring fructose in fruits, which also contain antioxidants.

The research team first trained rats on a maze twice daily for five days, placing visual landmarks in the maze to help the rats learn and remember the way. They then fed the rats a fructose solution as drinking water for six weeks and tested their ability to recall the route out of the maze.

What researchers saw surprised them!

The rats struggled to remember their way out of the maze. They were slower, and their brains showed a decline in synaptic activity. Their brain cells had trouble signaling each other, which disrupted the rats' ability to think clearly and remember the route they learned six weeks earlier.

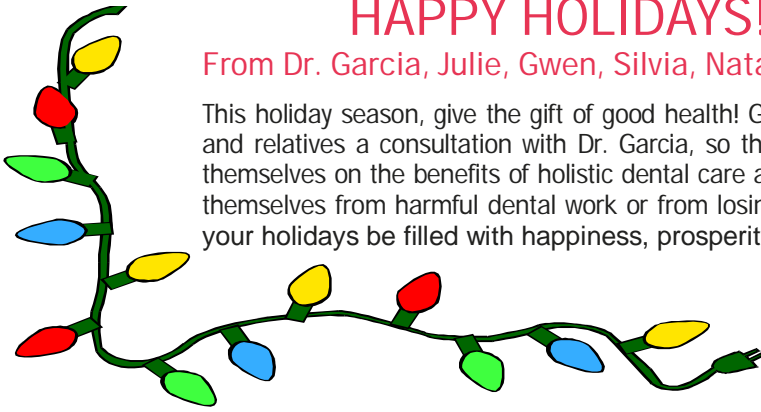
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Where the TOOTH Truth
Shall Set You Free

Be sure to listen to Dr. Garcia's interview for an online forum called the Tooth Summit, which pulled together a number of practitioners' insights on oral health. Dr. Garcia shares her research on alternative solutions to conventional dentistry. It is free to listen to the interviews, and a new one is posted each day. Dr. Garcia's interview can be found at www.wishsummit.com/toothsummit/dr-lina-garcia

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HAPPY HOLIDAYS!

From Dr. Garcia, Julie, Gwen, Silvia, Natalie, and Ana

This holiday season, give the gift of good health! Give your friends and relatives a consultation with Dr. Garcia, so they can educate themselves on the benefits of holistic dental care and maybe save themselves from harmful dental work or from losing a tooth. May your holidays be filled with happiness, prosperity, and health!

Dr. Garcia's New Webisode Series

Dr. Garcia is very excited to announce that she has five new webisodes posted on YouTube regarding holistic dentistry: "Introduction," "Mercury Toxicity," "The Truth About Fluoride," "Are You a Walking Antenna?" and "The Truth About Root Canals." She would love to hear your comments on this new series! We've already had a number of hits and are thrilled that this important information is becoming available to the public.



All of the episodes can be found on our website at www.drinagarcia.com.

Sugar: High-fructose diet linked to impaired memory & insulin resistance

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The rats also showed signs of resistance to insulin, a hormone that controls blood sugar and regulates synaptic function in the brain. Because insulin can penetrate the blood-brain barrier, it can have a number of different effects on the brain. Brain tissue contains a number of insulin receptors, particularly in areas related to cognitive processing (such as the hippocampus).

It is becoming increasingly clear that unhealthy dietary habits can take a heavy toll on mental health in addition to causing dental problems such as tooth decay and periodontal disease. This is why Dr. Garcia has always advised her patients to avoid all processed foods and sugars, to limit their

consumption of natural sugars, and to only sweeten their foods with stevia.

So this holiday season, be sure to load up on plenty of organic vegetables and meats, and try one of Dr. Garcia's recipes for stevia-sweetened desserts (available on www.drinagarcia.com)!

For more information, view the full study published in the Journal of Physiology, "Metabolic syndrome' in the brain: Deficiency in omega-3-fatty acid exacerbates dysfunctions in insulin receptor signaling and cognition," by Rahul Agrawal and Fernando Gomez-Pinilla.

Mammogram Harms Highlighted in U.K.

Thanks to an independent review published in the Lancet medical journal, leaflets distributed to women in the United Kingdom inviting them for breast cancer screening will be now be updated to include the potential harms of being tested.

Although screening has been a fixture in diagnosing breast cancer for over two decades, whether the screening does more harm than good has become highly controversial.

The independent review panel was set up to settle this debate, which centers around the concept of overdiagnosis – screening which correctly identifies a tumor, but one which would never would have caused harm. The danger of overdiagnosis is that it leads women to have aggressive treatments such as surgery, hormone therapy, radiotherapy, and chemotherapy, all of which have considerable side effects.

In the U.K., women ages 50-70 are invited to have a mammogram every 3 years.

The panel concluded that, although screening does reduce breast cancer mortality, some overdiagnosis does occur. For every breast cancer death prevented, three women were treated for a tumor that would never have been fatal. In other words, each patient has a 1% chance of being overdiagnosed if they have a mammogram.

It is vital that women know about the potential harms and benefits before going for a mammogram and are able to make an informed choice about their health, and fortunately more women will have the facts they need in order to do so.

For more information, visit BBC News online or a review of the panel's findings and conclusions in The Lancet - 17 November 2012 (Vol. 380, Issue 9855, Pages 1778-1786).