

Are the Metals in Your Mouth Making You Sick ?

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Dental Focus

Holistic Dentistry for Total Health



You may not even be aware that the metals in your mouth are negatively impacting your health.

This month we would like to share a story about one of our out of state patients who had an interesting and unexpected experience with titanium implants previously done by another holistic dentist. The patient had two teeth removed and needed implants. This may seem like an easy decision, however, a major concern facing patients today when putting materials in their mouth is how their body will be affected. After all, a patient's immune system can reject the material being used.

So how do you know what material is safe? The patient decided to have a holistic dentist in her area perform biocompatibility testing to determine if titanium implants could be used safely in her body.

What is biocompatibility testing? It is done through blood analysis and provides information on any material sensitivities a patient may have. A report is produced that allows a dentist to select the most compatible material for the patient. The patient also had muscle testing done to confirm that her body would be compatible with titanium. If you are not familiar with muscle testing, it is a technique used by some practitioners that provides muscle biofeedback in response to a stimulus (in this case titanium).

The patient was successfully tested for biocompatibility through both tests. Sounds like this would be a safe material for this patient, right? Unfortunately, after the implants, the patient began experiencing heart and lung issues including difficulty breathing.



**FROM OUR
KITCHEN TO
YOURS**



A special recipe from Dr. Garcia's recipe collection!

Nut Butter Truffle

Metals are frequently used by conventional dentists and many times patients are not even aware of the materials being put in their mouths. In the case of our patient, she was very aware that the titanium was causing symptoms in her body. Other patients may not notice the connection between their dental work and their health issues.

Many systemic diseases including chronic fatigue, cancer, multiple sclerosis, rheumatoid arthritis, and gastrointestinal disease have been linked to metal sensitivity. Every patient should be educated and understand the impact that the materials being used in their mouth may have on their entire body.

Our office strongly believes in educating our patients and providing them with a greater understanding of the materials we are using. We are committed to using biocompatible materials that will not adversely impact a patient's immune system and overall health. Clearly, by putting metals in your mouth there is a chance of causing your body harm, whether you've been tested for biocompatibility or not. Why take that chance?



Eating Fats for a Healthy Body and Mind?

Typically people associate eating fats with weight gain, but adding healthy fats to your diet may actually help you shed some pounds and improve your overall health. The information out there regarding what a healthy fat is can be confusing, however, our bodies need fat to function and we will discuss some ways to add fat to your diet.

Many people think that if they eat less, they will lose weight, but after a trial find out that this is not true. Being healthy and losing weight is not about eating less, it is about consuming more nutrient dense foods that will keep you full for longer periods of time and this includes eating the right fats. When you feel full or satisfied from your meal, that is a good indication that you are getting your nutrition right.

As we talked about in the July newsletter, it is important to listen to your body-it knows what it needs.! A good example of how this works would be adding coconut oil, a nutrient dense food, to your diet. Coconut oil can reduce your appetite and make you eat less without even trying. It has also been shown to reduce sugar cravings and boost metabolism.

1 tbl. raw organic almond butter
1 tbl. raw organic macadamia nut butter
1 tbl. raw organic pecan nut butter
1/2 tbl. coconut oil
1 tbl. cocoa butter
1 tsp. orange powder
stevia to taste

optional: 1 tsp. cocoa powder

Peel the skin of an orange with a potato peeler and dry out the peels by placing them in the oven (not turned on) for a couple of days.

Blend the dried out peels in a blender to make a delicious orange powder.

Melt the cocoa butter by placing it in a glass container and placing the container in a pan with warm water.

Blend all ingredients together and enjoy!

Cocoa Butter Fact:

Cocoa butter contains higher antioxidant properties than blueberries.

Adding fats to your diet goes beyond just weight loss. Dietary fat plays a crucial role in our metabolic health.

What is metabolic health?

Metabolic health refers to the function of every cell in your body. In addition, fats have been reported to improve brain function and mental health. So, if you are limiting yourself, begin slowly adding fats back in to your diet today so you can start enjoying all the benefits.

Dr. Garcia is an advocate of including fats such as coconuts, avocados and cocoa butter in your daily diet. These fats can contribute to the healthy body and mind that we are all striving for. A fun way to start adding in dietary fats is to make Dr. Garcia's Nut Butter Truffle. Happiness may be just one bite away!



A Different Kind of Exercise

Good posture is an important way to maintain a healthy mind and body. Here are five ways to improve your posture:

1. ***Stand up and be mindful*** - Be aware of tension in your shoulders and make sure they are away from your ears.
2. ***Take standing breaks*** - Keep your weight on the balls of your feet. Do not keep your weight on your heels.
3. ***Stand with your back against the wall or stand in front of a mirror in proper position*** - Teach your body what proper posture feels like. Practice every day and your body will get used to it!
4. ***Sit up straight in your chair*** - Make sure your spine is in contact with your backrest.
5. ***Get good sleep*** - Sleeping on your back will help keep your shoulders straight. If you sleep on your side, place a pillow in between your knees to help keep your spine straight.

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