

Eat More Quality Fats for Healthy Teeth and Overall Good Health

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Dental Focus

Holistic Dentistry for Total Health



While cleaning your teeth is essential for healthy teeth, what you eat is just as important.

Many people seem to be afraid when it comes to adding fats to their diets. A common thought when eating fats is, "I am going to gain weight." For quite some time, a low fat diet was the popular trend, but along with this trend there has been an increase in obesity and chronic disease. There is much advertising for low-fat and fat-free foods as healthier options, but these foods are highly processed and often times contain more sugar than full-fat foods.

Fat is an important part of a healthy diet. It is essential for a healthy body and healthy brain. In fact, our brains are composed of at least 60% fat so they need fat to work properly. Consuming adequate amounts of quality fats is critical for brain function, immune function, healthy skin and hair, and more. The types of quality fats that should be part of everyone's diet include saturated fats, monounsaturated fats, and polyunsaturated fats.

Saturated fats have a reputation of being a heart-disease promoting fat. However, saturated fats can be good for your body. Consuming saturated fats has been shown to support the immune system, promote bone health, improve liver health, contribute to overall weight loss, and reduce the risk of cardiovascular disease. Good sources of saturated fats include raw butter, raw whole milk, and coconut oil.

Monounsaturated fats have been recognized for their positive effects on cardiovascular health and have been shown to reduce LDL and triglycerides while increasing HDL. They



FROM OUR KITCHEN TO YOURS



Fermented Vegetable Salad

2 Tbsp fermented vegetables
1 leaf of kelp cut in pieces 1
Tbsp lime or lemon
1/4 cup macadamia nuts
4 cherry tomatoes
1/2 Tbsp raw butter (optional)

Mix all ingredients together
and enjoy!

also help reduce inflammation and lower blood pressure. Good sources of monounsaturated fats include olive oil, macadamia nuts, avocados, chicken, and egg yolk.

Polyunsaturated fats include omega-3 and omega-6 fatty acids which provide nutrients to help develop and maintain your body's cells. It is important to maintain a healthy balance of these fatty acids. Most people are getting enough omega-6, but are not consuming enough omega-3. Too much omega-6 in the diet and too little omega-3 can increase your risk of heart disease. Foods containing omega-6 include vegetable oils, nuts, and seeds. The best sources of omega-3 fatty acids includes cold-water fatty fish like salmon, sardines, and shellfish.

It is extremely important for your oral health and total body health to eat nutrient-dense whole foods which include quality fats. Keep in mind that optimal oral health comes from supporting the body inside and outside. Make sure to choose your fats wisely and make them a part of your daily diet.

**Fermented Foods:
Promote the growth of
healthy intestinal bacteria
and can improve your
overall health.**

**ENJOY YOUR
LABOR DAY
WEEKEND!**



**Oral
Hygiene
Protocol**

Dr. Garcia recommends a four step process:

1. Brush your teeth
2. Wipe all the surfaces of your teeth with a clean gauze
3. Floss
4. Oil Pulling

This easy four step process will keep your mouth happy!

Oil Pulling

Oil pulling is an ancient Ayurvedic technique that involves swishing oil in your mouth. Dr. Garcia recommends using 1 tablespoon of oil in your mouth and gently swishing the oil around for 10-20 minutes. Then spit out the oil and thoroughly rinse your mouth out with water. It is best to do oil pulling on an empty stomach.

Dr. Garcia recommends using an organic sesame or sunflower oil pressed from raw seeds.

Oil pulling can be used to treat infection and inflammation in the gums, help prevent or reduce plaque on teeth, and help prevent or reduce bad breath.



Three Ways to Manage Stress

Everyone experiences stress, but it affects every person differently. Many people today suffer from chronic stress, but do not realize it until their health begins to suffer. Fortunately, there are stress-management techniques that you can incorporate into your daily life to give your body a break and reduce the negative effects of stress. Here are three simple activities to encourage a relaxation response:

1. Exercise - Yoga, lifting weights, and walking can do wonders. Sometimes just taking a ten minute walk outside may be all you need.
2. Deep Breathing -Take 5 minutes a day anytime, anywhere. Breathe in for a count of 4, hold for a count of 4, and breathe out for a count of 4. Make sure to breathe from your belly and breathe slowly.
3. Epsom Salt Baths -Promote relaxation. Also, great for detoxification and reducing inflammation and pain in the body. Add a few drops of lavender oil or your favorite essential oil to enhance your experience.



Dr. Garcia's book is based on her many years of experience as a biological dentist.

The information found in this book is invaluable and is an amazing guide to optimal health.

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