

## *Dental Focus*

*Holistic Dentistry for Total Health*



***Fluoride continues to be recommended as a preventative treatment for tooth decay despite that studies have shown it is a neurotoxin (poison).***

The American Dental Association (ADA) used to recommend that children wait until they are two years old to be introduced to fluoride toothpaste. Now, the ADA is changing its guideline and recommending that children as young as twelve months old use a smear of fluoride toothpaste when brushing their teeth. According to the ADA, it is recommended to use fluoride earlier than two years old in order to prevent tooth decay since children with tooth decay have a higher risk of developing cavities as adults. A few questions come to mind concerning this new guideline. Is fluoride really the best way to prevent cavities? Is fluoride safe? Are there other preventative measures? Let's take a closer look at fluoride and tooth decay.



**FROM OUR  
KITCHEN TO  
YOURS**



**Orange Smoothie**

What is fluoride? Fluoride is found naturally in soil, water, and foods. Fluoride is added to tap-water because water authorities say it reduces the prevalence of tooth decay. However, studies have shown that other countries that do not have water fluoridation did not find greater incidences of tooth decay. Fluoride is also found in pesticides and is sprayed on our food supply. As you can see, our exposure to fluoride goes beyond just toothpaste and there is very little control over how much fluoride we receive. There have been several studies that have linked fluoride to many health problems including tooth decay (yes, tooth decay), abnormal brain development and decreased IQ levels in children and more. Is this something you would introduce to your 12 month old?

What causes tooth decay? Tooth decay is caused by "bad" bacteria in your mouth that use sugar in foods to make acids. The acids produced attack your enamel and over time can make a cavity in your tooth.

Since we know that fluoride is toxic and can lead to many health problems, what are other preventative measures that we can take? Excellent nutrition and good oral hygiene habits. As far as excellent nutrition goes, there is far too much sugar in the average American diet with the average American consuming more than 100 pounds of sugar per year. In addition to tooth decay, sugar can destroy your health in several ways including suppressing the immune system, contributing to obesity, causing cardiovascular disease, causing depression and the list goes on. Minimizing your sugar intake will not only decrease tooth decay but improve your overall health. Keep in mind that fluoride cannot protect teeth from a bad diet!

1 cup coconut milk  
2 eggs  
1 orange peel  
Stevia to taste

Peel the skin of an orange and make sure to include the pith (white part). 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 and add all the other ingredients. Enjoy!

**Orange Fact:**

**Oranges are rich in flavanoids that prevent cancer and reduce the risk of cardiac problems.**



**HAPPY SPRING!**



**Climbing Cancer Rates**

Despite the millions of dollars spent in cancer research, It seems that we are hearing more and more about people being diagnosed with the disease. A recent report from the World Health Organization is predicting cancer rates to rise from an estimated 14 million in 2012 to 22 million new cases a year within the next two decades. The report also states that half of all cancers are preventable and could be avoided by changing certain lifestyle choices. Many times you hear about people being diagnosed with cancer and accepting that it is in their genes or bad luck. There has been a lot of emphasis placed on the role of genes in our health, however, studies have shown that genes are not the only risk factor.

Other risk factors include our environment and lifestyle. Environmental factors include sun exposure, air quality, and exposure to chemicals. Lifestyle factors include smoking, diet, and physical activity. We need to focus on the factors that we can control.

Avoiding smoking, cutting back on alcohol and getting regular exercise are great lifestyle choices. The one lifestyle factor that has been studied quite a bit, plays a major role in cancer prevention, and can really support your health, is diet. It is important to take a look at what we are eating and what we are not eating. Adding plant-based foods to your diet is important as well as eliminating refined and processed foods. Make sure to include raw fruits and vegetables in your diet. Choose organic foods if possible. Keep in mind that prevention is power and it is time to take control of our health!

For more information visit [BBC News - Health](#).



## **Great Greens**

It's spring time! This is the season for cleansing. A time for renewal and refreshment! Spring cleaning not only includes sweeping our homes, but also cleaning up our bodies and minds. A great way to clean up your body is by adding greens to your diet.

Five benefits of dark leafy greens include:

1. Cancer Prevention
2. Blood Purification
3. Improved Circulation
4. Strengthened Immune System
5. Promotion of Healthy Intestinal Flora

As for cleaning up your mind, make sure you treat yourself to daily quiet time - meditate, pray, practice deep breathing.

Remember, what is going on outside of us is a reflection of what is going on inside of us.

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