

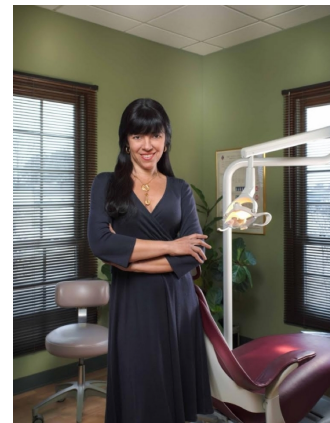
Dental Focus

Holistic Dentistry for Total Health

Proper nutrition is the best preventative measure for protecting the health of your teeth and body.

Nutritional therapies have been used to help people heal from many illnesses including diabetes, heart disease and cancer. In addition, nutrition can have a huge influence on our dental health. Although many people may think that oral hygiene and dental visits are the most important preventative measure for tooth decay, it is actually nutritional habits. This is because tooth decay is a consequence of systemic metabolic disturbance. Therefore, when there are teeth decaying, there are other health issues in the body. When your metabolism is balanced, meaning your getting the right nutrition, this will contribute to good dental and overall health. While there is no one diet that will cure all health issues, there is a right diet for everyone.

In order to determine your perfect diet, it is important that you learn to listen to your body. This includes paying attention to your appetite, cravings, energy levels, mood and mental clarity. In order to help develop whole body awareness, it can be valuable to keep a daily food diary. Pay special attention to and make a list of foods that make you feel good and foods that make you feel bad. Your body is constantly communicating with you. It would be wise to take the time to understand what it is saying. Nutrition often times gets overlooked when it comes to our aches and pains, but that minor stomachache or headache may not be from stress or the weather.



**FROM OUR
KITCHEN TO
YOURS**



**Coconut Cream
Berry Smoothie**

While there are other factors that impact the overall state of your health, nutrition remains extremely important and is one of the factors that you have quite a bit of control over. Every day we are faced with food choices such as fresh or frozen, raw or cooked and organic or conventional. It is up to you to commit to eating more wholesome foods and to make the best choices possible. Keep in mind that eating well takes planning and preparation. Don't get caught off guard. Take care of your body so it will take care of you!

3/4 cup coconut water 1/4
cup coconut milk
1 egg
2 Tbsp raw cream
1 frozen banana
10 raspberries
5 strawberries

Place all ingredients in a blender until smooth. Pour into a glass and top with shredded coconut and raspberries! Enjoy!

Raspberry Fact:
Raspberries are a rich source of dietary fiber and antioxidants.



Fluoridation: What You Need Know

There are so many questions and concerns today regarding fluoridation. What is fluoride? Is fluoride good for you or is it actually dangerous? Is it necessary to prevent tooth decay? If fluoride prevents tooth decay, why is it that fluoridated countries do not have less tooth decay than non-fluoridated countries?

Fluoridation is the practice of adding compounds containing fluoride to drinking water. It has been promoted in this country since the 1950's and has been said to reduce tooth decay. Let's examine this claim. Fluoride is a chemical compound containing the element fluorine, as well as one or more additional elements. Fluorine is a yellowish gas and is both poisonous and very reactive with other elements. In fact, it is known to be the most reactive of all the elements in the Periodic Table of Elements.

Fluoride is a toxin and we do not need it to prevent tooth decay. Tooth decay is prevented by good nutrition and fluoride has no nutritional value for the human body. Fluoride can have a superficial effect on reducing cavities when applied topically to teeth, but does not have the same effect when drinking fluoridated water. In addition, ingesting too much fluoride has been shown to be harmful to children's teeth and cause dental fluorosis, a condition that results in defects in the tooth enamel including staining and pitting. This condition is more than just cosmetic. It can be an indication of damage to other parts of your body.

Research shows that the effects of consuming fluoridated water to prevent dental caries is a very dangerous practice. It has been shown to cause or contribute to numerous health problems. It continues to be promoted by the American Dental Association and Center for Disease Control as "safe". However, recently, the U.S. Department of Health and Human Services released the final Public Health Service recommendation to lower fluoride levels in drinking water. It is important to stay informed and to be aware of what you are putting into your body. Keep in mind that the FDA confirms that fluoride is a "drug". Shouldn't the choice of taking a drug be yours?



Anti-Inflammatory Foods to Keep You Healthy

Many chronic illnesses are caused by inflammation including arthritis and allergies. There are several foods you can eat to reduce inflammation including:

1. Ginger - May not only reduce inflammation, but is known to relieve gastrointestinal distress. It is very helpful in reducing nausea. It can assist in the detoxification process as it can promote healthy sweating (great for colds and the flu). It can also help warm you up on a cold day.
2. Turmeric - An old Indian spice that has powerful anti-inflammatory effects. It has been used in Ayurvedic and Chinese medicine to treat digestive and liver problems. This spice is what makes American mustard yellow!
3. Mushrooms - Mushrooms, such as Shitake, have powerful anti-inflammatory effects. Shitake mushrooms are known for their immune boosting properties.
4. Garlic - Packed with antioxidants and is known for its anti-bacterial and antiviral properties. Garlic can boost your immune system and is great for preventing and treating colds.



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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