

Dental Focus

Holistic Dentistry for Total Health



Maintaining good oral hygiene is one of the most important things you can do for your teeth and gums and overall health

In last month's newsletter, we talked about the connection between oral hygiene and colon health. Now let's talk about heart disease which shares some common risk factors with colorectal cancer, such as smoking, diabetes and once again gum disease.

There have been several studies showing a link between gum disease and heart disease. Research has found that people with gum disease are nearly twice as likely to suffer from heart disease as those without gum disease. How can dental health affect your heart? When a patient has periodontal disease, the bacteria in the mouth can enter the blood stream and attach to the plaques in the coronary arteries and cause clots. How can the bacteria in the mouth enter the blood stream? Bacteria can easily enter the blood stream through bleeding gums which are a result of infection. In addition, when a patient has periodontal disease, this means there is inflammation in the body which can increase plaque buildup and lead to a heart attack. A great first step to reducing inflammation in your body would be to pay attention to your oral hygiene.

Since periodontal disease is linked to several health issues, let's make sure we understand what it is and what the signs are. Bacteria and other particles in our mouth are constantly forming plaque on the teeth. If plaque is not removed by brushing and flossing it will harden and form tartar which cannot be removed by brushing and flossing alone. When plaque and tartar sit on the teeth for a long time, the gums become inflamed and this is called gingivitis. Gingivitis can be reversed with daily brushing and flossing and regular visits to your hygienist, but if it remains untreated it can advance to periodontitis.



**FROM OUR
KITCHEN TO
YOURS**



***A Healthy Delicious
Dessert? Yes!***

**Raw Avocado
Mousse**

- 2 organic avocados
- 1 ½ tbl raw cream or raw butter
- 1 pinch Kal brand stevia extract powder
- 1 tsp raw milk (optional)
- 1 banana (optional)

Periodontitis is gum disease and does not only include gum inflammation, but also loss of bone and tissue that hold the teeth in place. As the plaque spreads below the gum line, the immune system responds to fight the bacteria. The bacteria along with the body's immune response begin to break down the bone and connective tissue that hold the teeth in place. The teeth may eventually become loose and have to be removed.

Some of the signs of periodontal disease include: red, swollen, tender gums, bleeding while brushing and/or flossing, receding gums, loose teeth and persistent bad breath. So be aware and remember that good oral hygiene is key to having healthy gums, a bright smile and a healthy heart!



Oil Pulling for Oral Health

What is oil pulling and how can it help you? Oil pulling is an ancient Ayurvedic treatment that has been used for many years to improve oral and systemic health. The procedure involves swishing oil in the mouth, spitting it out and rinsing your mouth with water. The discarded oil should be white and foamy. It is best to do this in the morning on an empty stomach, but it can be done at any time during the day. Dr. Garcia recommends swishing with 1 Tablespoon of organic sesame seed oil or organic extra virgin olive oil for 10 minutes.

Oil pulling benefits include: strengthens the teeth, gums and jaw, helps with bad breath, bleeding gums, throat dryness, cracked lips, and tooth decay prevention.

Tip to Improve Your Oral Health

Dr. Garcia recommends finishing all of your at-home teeth cleanings with a quick gauze polish to get your teeth really clean. Rub the front and back of your teeth with a little cloth or gauze, all the way to the gumline. This will help you get rid of any remaining plaque. It is also a great trick to use on infants, when helping kids brush their teeth, and if you forgot your toothbrush.

Scoop the flesh out of the avocado and place in a blender.

Blend together the avocado, raw cream, and stevia.

You can add a touch of raw milk to make the mousse easier to blend.

For a delicious topping, cook a banana in one teaspoon of water over very low heat until it softens (5-10 minutes).

Spoon over mousse.



Five Heart Healthy Habits Make a change today

1. ***Quit Smoking*** - Smokers have a high risk of developing atherosclerosis (buildup of fatty substance in the arteries).
Smoking is one of the most significant risk factors associated with gum disease.
2. ***Get Moving*** - Swimming, walking, and cycling are all great for your heart!
3. ***Eat Healthy*** - Include lots of fruits and veggies, healthy fats (Ex: Avocados, Olive Oil) in your diet.
4. ***Sleep*** - This is the time your body can repair and detoxify. Make sure to listen to your body and get some rest when you are tired.
5. ***Relax*** - Meditate. Try some deep breathing exercises.

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