

### *Dental Focus*

*Holistic Dentistry for Total Health*



#### **Take care of your oral health and your entire body will benefit**

Over the past several years, a link has been established between gum disease and many medical conditions including, heart disease, diabetes, and osteoporosis. Research continues to support that oral health and the health of your entire body are connected.

So, we need to keep in mind that brushing and flossing mean a lot more than just a pretty smile.

There is an amazing world of bacteria in your body and it is your job to keep the bacteria under control. However, without proper oral hygiene, good nutrition, and other lifestyle factors, the bacteria in the mouth can reach unhealthy levels and lead to oral infections such as tooth decay and gum disease. In fact, most adults today have some form of gum disease, a bacterial infection, and may not even be aware that there is a problem. Once there is a bacterial infection, the bad bugs that have taken over have access to the entire body via the bloodstream and can colonize other areas of the body.

Our immune system recognizes this bacterial infection and prepares to fight which results in inflammation. The body's persistent immune response to the bacterial infection is the beginning of the disease process.

At first, you may have slightly red and swollen gums. Then, you may notice that your gums are bleeding when you brush. It is easy to ignore minor bleeding, and many people do, however, your mouth is telling you that there is a problem.



#### **FROM OUR KITCHEN TO YOURS**



#### **Raw Hummus**

- 1 cup dried chick peas
- 1 cup tahini
- 1/2 cup lemon juice
- 1/4 cup olive oil
- 4 garlic cloves
- 1 tsp salt
- 1 tsp paprika
- 1 tsp cumin
- 1/4 tsp cayenne pepper

Bleeding gums is a sign of inflammation and a major marker of periodontal disease. If left untreated, this may progress to bad breath, gum recession, tooth loss, and eventually other health issues including cardiovascular diseases like stroke and heart attack.

Do not ignore bleeding gums just because "they don't feel that sore" or "they are not that red". Gum disease can progress silently and without pain. Just as you would listen to other symptoms in your body, listen to your mouth. Support your body inside and out with the right nutrition and good oral hygiene.

The Bottom Line: Your mouth needs as much attention as the rest of your body. Keep up with dental visits and make sure to maintain your oral health. Your whole body will thank you.



### ***Staying Resilient Through Life Challenges***

Every day we are faced with different pressures and responsibilities such as going to work, taking care of children, and taking care of ourselves. Some people deal well with challenges and adversity while others have room for improvement. Are there areas in your life where you could become more resilient? Here are a few steps you can take to feel stronger and more in control:

***Find a Sense of Purpose*** - This may sound overwhelming, but it is right in front of you. Take some time to think about how you spend your time and how your life could feel better and more meaningful. Get involved in activities that bring you a sense of satisfaction. Do volunteer work which can give you a sense of purpose and make you feel stronger.

***Keep Learning and Growing*** - Did you ever want to play an instrument? Is there a new skill at work you want to learn? Do you want to learn a new language? Go for it! Get out there and start talking to people of all ages, trying new foods, and visiting places. This will make you stronger!

***Stop Complaining*** - It is easy to get caught up in complaining, but we have to be careful not to get stuck there. Start doing! Being resilient is about taking charge so tell yourself that you are going to take a small step today and do something!

***Embrace Change*** - Life is ever changing and in order to be resilient you must be able to handle change. Being set in your ways can create a very stressful life. Learn to be flexible. This will give you real power. Start by making little changes in your daily life. Take a new route to work, ask a new friend out to lunch, and if someone asks you for plans, say "yes" when you feel like saying "no".

***Appreciate life's small joys*** - It is the simple joys in life that give us peace and keep us feeling centered and strong. Celebrate the small joys in every moment. This includes spending time with family and friends, preparing a new recipe, reading a new book, and watching the sunset. Do you start your day with joy? How can you bring more joy into your life?

Soak the dried chick peas for 24 hours. Drain and rinse thoroughly. Place the beans in a glass container and rinse and drain twice a day for 2-3 days so they can sprout. After they sprout, boilwater and bathe them for a minute. Place all ingredients in a food processor until smooth and enjoy!

**Chickpeas Fact:**  
**Chickpeas are a good source of minerals like iron and magnesium,**

**Enjoy this hummus with some gluten free crackers made by one of our patients, Monika Merryman. She can be reached at 815-761-5793 or visit**

[www.monikasorganicbakery.com](http://www.monikasorganicbakery.com)



## **Balance Your Hormones for Optimal Health**

Hormones affect metabolism, growth and development, mood, reproduction and more. Here are some ways to boost your body's ability to create and balance hormones:

**Sleep, Sleep, and Sleep** - This cannot be stressed enough. The power of sleep is often times underestimated. Sleep is essential to balancing hormones and maintaining optimal health. Your hormones will not be balance if you are not getting enough sleep.

**Eat Real Whole Foods and Include Plenty of Fats** -Hormones are produced using good fats and cholesterol. Avoid High Omega-6 Polyunsaturated Fats such as vegetable oil, soybean oil, and canola oil and choose fats like coconut oil, olive oil, and raw butter.

**Cut Out Caffeine** -Caffeine messes with your hormones and interferes with sleep!

**Avoid Toxins** - Toxins are everywhere from the BPA found in plastics to the phtalates found in hygiene products. Do your best to be aware of what goes into your body.



**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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