

Myobrace® 101: Can crooked teeth be prevented?

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Dental Focus

Holistic Dentistry for Total Health



Two main reasons orthodontists recommend braces are tooth crowding and jaw misalignment. Early prevention can make a difference and can save parents from the financial burden associated with the cost of braces.

The most rapid growth period for children is between the ages of 2 and 5. During that time, 70% of a child's face and jaw develop. Most children do not experience correct facial development due to bad myofunctional habits including thumb sucking, pacifier use, incorrect swallowing and mouth breathing. This results in underdeveloped faces and crowded teeth. The early prevention of these problems is crucial. Our office uses Myobrace® which is an effective alternative to braces.

Myobrace® appliances are designed to not only straighten teeth, but also to treat the underlying causes of crooked teeth by correcting poor oral habits such as mouth breathing, tongue thrusting, and incorrect swallowing. The use of these appliances to correct myofunctional habits in growing children has proven successful in correcting patient's problems without braces. The key to this success is correcting the position and function of the tongue, breathing correctly through the nose, and retraining the oral muscles to function correctly. This can be achieved by working with Dr. Garcia who will guide your child through a series of appliances along with some tongue and facial exercises. This series is set up in 3 phases which typically take a total of 9 months.



**FROM OUR
KITCHEN TO
YOURS**

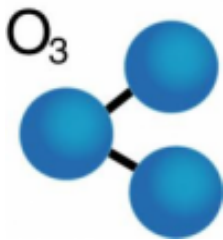


**Nacho Cheese Raw
Vegan Kale Chips**

The benefits of correcting myofunctional disorders include improved sleep, facial growth, posture and overall general health. The earlier treatment is started the better since it is easier to make changes while the child is still developing. We strongly recommend that all parents have their children assessed in order to encourage optimal facial development and a healthy smile.

Myobrace® is also available for adults who would like to straighten their teeth and improve their smile without braces. Although the system is most effective in early childhood, it is a great solution for all patients who would like to correct poor oral habits and avoid braces.

USE IT OR LOSE IT! Make sure to review your remaining dental insurance benefits before they are forfeited at the end of the year. Don't delay your dental treatment and call us now to schedule an appointment.



What is Ozone Therapy and how can it help you ?

Our office now offers Ozone Therapy! Ozone therapy is a treatment used in dental procedures and can be used to treat mild and acute infection (canker sores, periodontal disease, cavities, tooth decay, etc.). As you may know, most infections in the mouth are caused by a bacterial imbalance and occur when "bad" bacteria inhabit the gums and teeth. Ozone is a powerful oxidant and destroys pathogens such as bacteria, fungi, viruses and parasites. Ozone can be used for dental surgeries in the form of water and gas to speed up healing. It is an excellent option for patients who choose to avoid antibiotics.

Ozone is administered through various methods including injection of gas, insufflation with gas, irrigation with ozonated water, and topically with ozonated oil. Some benefits of ozone include: Reduces inflammation, kills bacteria and viruses, modulates your immune system (brings balance), reduces pain.

Ozone therapy is an excellent preventative measure for root canal therapy, tooth extraction, periodontal disease and more. Visit our office to find out more and experience this remarkable therapy!

- 1 bunch kale
- 1/4 c water
- 1/2 red bell pepper
- 1/4 sweet onion
- 1 1/4 raw cashews
- 2 tsp freshly squeezed lemon
- 3 cloves garlic
- 1 tsp cumin
- 2 tsp onion powder
- 1 1/2 tsp Celtic Sea Salt
- 1 tsp raw tahini

Blend everything (except kale) in a food processor to create the "cheese sauce".

Clean kale, dry and break into smaller pieces (about 3 inches).

In a large container mix "cheese sauce" with the kale.

Spread out on dehydrator trays and dehydrate at 110-115 degrees for approximately 24 hours.

Note: Can also be made in a conventional oven at the lowest setting with the door open, but remember that anything heated over 118 degrees is no longer considered raw.

Kale Fact:

Did you know that Kale can be an important source of dietary calcium? Kale not only contains more calcium per calorie than milk, but it is also better absorbed by the body.



Stop Sitting and Stand Up For Your Health!

Research has shown a significant increased risk in health concerns for people who spend most of their day sitting. This includes high blood sugar, high blood pressure, obesity, cancer and even an increased risk of death from cardiovascular disease. If you are in a job that requires you to sit for long periods of time, here are some tips on how to stay healthy:

1. Set a timer and make sure you get up to move around and stretch every 30 minutes.
2. Stand up when making phone calls.
3. Do some desk exercises such as ankle rotations, leg raises, abdominal squeezes, arm raises, and neck rolls.

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