

Dental Focus

Holistic Dentistry for Total Health



Oral disease is part of a systemic problem - it always involves the entire body.

A dentist can start the healing process by removing dental obstacles such as cavities, infections (periodontal disease, root canals, etc.), and metal toxicity (metal crowns, mercury-amalgam fillings, and so on). In order to perpetuate the healing process and restore health to patients, a whole body treatment plan needs to be developed. This includes laying out a dental plan and referring patients for medical and nutritional support that will address their systemic needs.

Nutrition is an essential concept in holistic dentistry and is the determinative factor for health or disease in your mouth. The right nutrition provides nutrients needed to keep oral tissues healthy, prevent infection, improve immune function and aid in wound healing. Your individual nutritional requirements, based on your metabolism, influence whether and what type of dental problems you are likely to experience. Some patients are more vulnerable to tooth decay while other patients are more vulnerable to periodontal disease. In either case, these are signs of not getting the proper nutrition.

Although human nutrition is a complex subject, there are several guidelines that can help you develop a greater awareness of nutrition. These include: 1) Listening to Your Body 2) Having the Intention to Nourish 3) Developing Your Nutritional Integrity 4) Considering the Qualities of Food 5) Eating in Harmony With Your Metabolism 6) Eating Consciously 7) Listening to Your Body. Let's focus on Listening to Your Body and Having the Intention to Nourish.



FROM OUR KITCHEN TO YOURS



Green Juice

- 1 bunch organic spinach
- 1 bunch organic cilantro
- 1 stalk organic celery
- 1 organic apple

Listening to Your Body

The guidelines begin and end with Listening to Your Body because recognizing what your body is communicating is a key component to getting nutrition right. What does Listening to Your Body really mean? Paying attention to whether and how specific foods, meals, and nutritional practices affect your appetite, cravings, your energy, your mood, and your mental clarity. Going beyond the superficial experience with food of being aware of only the taste, texture, temperature, and feeling of fullness in your stomach and developing a whole body awareness of what you are eating and how it is affecting you. A valuable way to begin listening to your body and begin recognizing how you are affected by what you eat is to keep a daily food diary. A diary will help you identify foods and practices that satisfy your appetite, reduce your sugar cravings and have a positive impact on your energy, your mood, and your mental clarity. Improvement in overall health is a good indication that you are getting your nutrition right.

Let's try listening. Take a moment to practice this ability to really listen. How does your body feel right now? How is your energy? How is your mood? How does your stomach feel? Write it down. Practice this again throughout the week and take the time to determine what your body is trying to tell you.

Unfortunately, in our daily stress filled lives, we tend to ignore messages from our body and deny ourselves from a healthy lifestyle. If you truly listen to what your body desires, you will keep it happy, healthy, energized and in balance. There is a miraculous innate intelligence within the body - Listen to it!

Having the Intention to Nourish

When you make food choices, what is your primary intention? Is it nourishment, taste, convenience, cost? If nourishment is your primary intention, the more likely you are to get your nutrition right. The way you think about food and eating has a significant impact on your nutritional habits and health. When your primary motivation is the intention to nourish, the enjoyment aspect of food has a secondary importance. You may find that as you eat with the intention to nourish, your taste preferences may change and those nourishing foods may become more enjoyable. For example, there are several people who have learned to enjoy fresh green vegetable juices. Set the intention to nourish today and try our green juice recipe!

Drinking raw juices is one of the best things you can do for your body!



Preparing and planning for the new school year ?

Now's the time for parents to focus on reinforcing good health habits for their kids so they can start off the school year strong. Call to schedule care and find out what a microscopic slide can reveal!



What is a Microscopic Dental Plaque Analysis ?

A microscope is used to analyze the plaque that forms around teeth and to track a patient's health and balance in the mouth. It is a simple procedure in which a sample of your plaque is taken from around the gum line of the teeth and placed on a microscope slide.

Approximately eighty percent of the population has some form of gum disease, which can significantly affect your general health. It is important to evaluate the levels of inflammation and microbes in the mouth. Bacteria in your mouth can spread into your blood stream and cause infections and other issues. The plaque analysis reveals which microbes are living in your gums and allows a dentist or hygienist to come up with a specific treatment plan for restoring the balance in your mouth. A treatment plan will typically include good hygiene practices and nutritional support.

Join us in the battle for... FOOD FREEDOM

Real food is hard to find these days. With small farms going under, and healthy foods being criminalized, what's left to eat? Let's take back our health and our food. If you're interested in pure food directly from small family farms, send an email to

feelgoodfoodscoop@gmail.com or love4freedom@gmail.com

and help us save our food supply. Some of our other resources for healthier foods include local farmer's markets.

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