



▶ *Last Newsletter:*

**Electric Currents in Your Mouth
Using Up Your Dental Benefits**

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▶ *This Newsletter:*

**Toxic & Immunologic Effects of Dental Metals (Part 1)
Financing Solutions**



▶ *January Newsletter:*

**Toxic & Immunologic Effects of Dental Metals (Part 2)
Dr. Garcia's Green Smoothies**

Dental *focus*

Holistic dentistry for total health

When dental materials continuously release metal ions into patients' mouths, patients can experience toxic, allergic, and immunologic symptoms. This is why ceramics are a better choice.

Toxic, Allergic, and Immunologic Effects of Ionized Dental Metals

Metal-based dental restorations such as crowns, inlays, and onlays constantly release metal ions into patients' mouths due to corrosion and galvanism (which we discussed in last month's newsletter). These ions are distributed through the lymphatic system and bloodstream to the entire body. Since dental alloys remain in patients' mouths for a long period of time, patients are continuously exposed to metallic ions, and this phenomenon can cause toxic, allergic, and immunologic reactions.

Toxic effects generally occur locally. A high concentration of metal ions in the mouth can act as a local immunosup-

pressant, resulting in changes in the mucous membrane of the mouth such as oral lichen planus (a chronic inflammatory disease characterized by white patches, lesions, or plaques). Other toxic effects may include burning and itching, periodontitis (gum infection), and upper and lower jawbone loss.

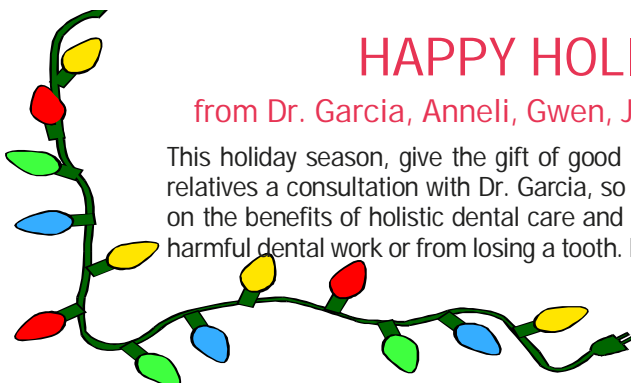
Such local symptoms have been the focus of most research on dental materials, but the most common reaction to a non-tolerated dental metal is systemic.

In living organisms, metal ions bind to proteins, enzymes, and cell membranes.

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Newsletter created by Natalie N. Gotschalk



HAPPY HOLIDAYS!

from Dr. Garcia, Anneli, Gwen, Julia, Julie, and Natalie

This holiday season, give the gift of good health! Give your friends and relatives a consultation with Dr. Garcia, so they can educate themselves on the benefits of holistic dental care and maybe save themselves from harmful dental work or from losing a tooth. It's a gift that keeps on giving!

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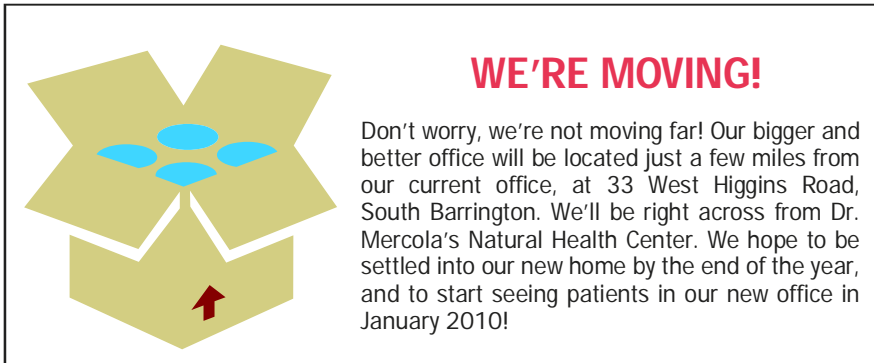
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Book Your End-of-Year Appointments

ATTENTION PARENTS AND COLLEGE STUDENTS: We know that many students get their uncompleted treatment and preventative services (cleaning, exam, x-ray, etc.) done while they are home for the holidays. To ensure that you get your work done by the end of the year, please make your appointment today. Our schedule is booking up fast, since so many patients want to be seen before their 2009 insurance benefits expire.

Financing Solutions

We understand that budgets can be pretty tight during this time of the year, especially in this economy. In order to help you get the dental treatment you need, our office offers a number of financing options to make it easier to fit the cost into your budget. We offer a 5% courtesy discount to patients who pay for their office visit with cash, check or credit card, when the visit amounts to \$3,500.00 or more. In addition, both CareCredit and CitiHealth offer 12-month, interest-free payment plans. You can apply for them online or right in our office!



From Our Kitchen to Yours...

This holiday season, cozy up to a delectable pancake breakfast. Dr. Garcia's apple pancakes are made with almond flour – a tasty twist on a traditional favorite. Almond flour provides your body with lots of protein, manganese, potassium, vitamin E, and healthy monounsaturated fats. Plus, it adds a delicious nutty taste to whatever you're making!

Apple Pancakes

1 c. almond flour
3 large, organic eggs
1 organic apple, thinly sliced
Pinch of pure stevia (or to taste)
Coconut oil

Mix together flour, eggs, and stevia until a batter forms. Gently fold in sliced apples. Lightly grease a skillet or griddle with coconut oil. Cook pancakes over medium heat until both sides are golden brown. Serve hot.

Metals Toxicity: Dental Metals Linked to CFS, MS, Arthritis, and More

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They interfere with cellular processes by altering membrane permeability, impairing cellular respiration, inducing free radical formation, and causing cell death. Metal ions can also pass the blood-brain barrier and affect brain and nervous tissues.

Depending on their genetic makeup, individuals may tolerate more or less exposure to metals before showing adverse systemic effects. The immunological effects of metals can be either very general, such as the activation or suppression of the immune system, or very specific, such as allergy, inflammation, and autoimmunity (any disease in which the body attacks itself).

When metal ions enter the body of someone who is metal-sensitive, the body can mistakenly feel under attack by a virus. This is because metal ions bind with proteins, enzymes, and cell membranes and slightly change their structure. With hypersensitive individuals, the altered structure is falsely identified by the immune system as a foreign invader and is then attacked by

the body's lymphocytes (white blood cells). This inflammatory process is continuously fueled as long as the metal remains in the patient's body, and chronic inflammation is known to lead to further illness. (In fact, many modern-day diseases are attributed to inflammatory processes.) With the body constantly in "attack" mode, a person may develop a variety of systemic autoimmune problems, such as chronic fatigue, fibromyalgia, multiple sclerosis, rheumatoid arthritis, and cancer. Studies have also found that metal allergy is common in patients with skin disease (psoriasis, eczema), rheumatoid arthritis, amyotrophic lateral sclerosis (ALS), gastrointestinal disease, and autistic disorders.

And although a number of factors are responsible for causing autoimmunity – including individual sensitivity, genetics, nutrition, and stress – current data shows that metal-induced autoimmunity is a real danger. The research has further shown that the removal of incompatible dental materials from metal-sensitive patients

CFS & Metals

Metals intoxication is considered to be involved in up to over half of Chronic Fatigue Syndrome (CFS) cases. CFS is a syndrome in which the main symptom is chronic fatigue, lasting over six months. It is also a frequent symptom in other autoimmune disorders such as fibromyalgia and multiple sclerosis. In an individual who is sensitive to her metal dental restoration, this fatigue can be caused by the body's urge to rest while it attacks its own altered proteins. The fatigue can last as long as she is in contact with the allergenic metal. In one study, over 60% of 930 CFS patients tested positive for some type of metal allergy, and the majority of patients who removed the offending metals and replaced them with a more biocompatible alternative reported significant health improvements.

results in a dramatic improvement in symptoms as well as reduced lymphocyte reactivity to dental metals.

The best compliment our patients can give us is a referral of their friends and family. ~ Dr. Garcia & Staff