



► *Last Newsletter:*

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

Volume 5 | January | 2010



► *This Newsletter:*

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



► *February Newsletter:*

Dental Composites & Plastics
Toxicity
Recycling Your Toothbrush

Dental *focus*

Holistic dentistry for total health

Metals are extremely prevalent in dental work, and you may not even realize how many different metals manufacturers use to make dental restorations and replacements.

Metals, Metals Everywhere!

In last month's newsletter, we noted the wide variety of systemic diseases that have been linked to metal sensitivity: chronic fatigue, fibromyalgia, multiple sclerosis, rheumatoid arthritis, skin disease, amyotrophic lateral sclerosis (ALS), gastrointestinal disease, autistic disorders, candidiasis, and cancer. This is why our office is committed to using ceramic dental materials, which are much more compatible to our patients' bodies.

What you may not know is how prevalent metals are in dental work, and how many different types of metals you may be exposed to without even knowing it! All-metal and metal-fused-to-porcelain restorations can contain any number of different metals, because they are always made of alloys (metal blends). No pure metals are used, not even

gold, because the physical characteristics are inappropriate.

A "classic" gold crown, for example, is likely made up of things like gold, platinum, palladium, silver, copper, and tin. One researcher even came across a crown that looked like gold but was actually made up of aluminum, copper, cobalt, nickel, iron, manganese, and zinc. Not a touch of gold was found in this so-called "aluminum-copper bronze" crown!

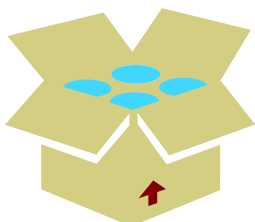
The American Dental Association classifies dental alloys into three groups: (1) "high noble" or "precious" metal alloys (containing over 60% of the noble metals gold, platinum, and/or palla-

...continued on Page 2



Newsletter created by Natalie N. Gotschalk

UPDATE: Our Office Move has Been Postponed



As you know, we were hoping to move into a bigger and better office this month. Unfortunately, we're facing a few construction delays. It's definitely going to take more time.

We'll be sure to notify you when we're ready to move. For now, it's the same office, the same address! See you soon!

Dr. Lina Garcia, DDS, DMD
1443 West Schaumburg Road
Suite 240

Schaumburg, IL 60194

Phone: 847-985-0400

Fax: 847-891-5240

Email: drlinagarcia@yahoo.com

Website: <http://drlinagarcia.com>

Heal Dry Skin with Essential Fatty Acids

There is no need to have dry skin this winter – or any other time of year – if you’re eating essential fatty acids (EFAs). Fatty acid deficiency can lead to skin problems such as eczema, thick patches of skin, cracked heels and fingertips, dry eyes, dandruff, and brittle nails. Nourishing your body with EFAs from cod liver oil, fish oil, flaxseed oil, or natural sources of gamma-linolenic acid (GLA), like evening primrose oil or black currant seed oil, will keep your skin pliable and healthy. (As an example, try a supplement like EFAs from Biotics.)

In addition, increasing your intake of good quality raw food fats, particularly raw butter, raw eggs, and raw cream, can be good for dry skin as well as your overall health. Raw butter applied topically can be very soothing to the skin, too.

Dr. Garcia Interview on YouTube



Dr. Garcia and Dr. Joseph Mercola were recently interviewed on the connection between dentistry and your health. Together, they explained the harmful effects of root canals, fluoride, mercury-amalgam fillings, and metal restorations and implants. Be sure to check out the 3-part video on YouTube by searching “Garcia Mercola Interview.”

Going GREENER!

Our 2010 New Year’s resolution is to become even more “green” than we are today! Our goal is to run exclusively on green products and to create a sustainable practice, so we can lessen our damage to this great planet.

Here are some of the environmentally and socially responsible products we are using:

- Electronic (paperless) dental records
- Paper water cups
- Paper “goodie” bags for your dental products
- Reusable silverware and cups for staff use
- Preserve brand toothbrushes for your take-home care (the handles are made from recycled yogurt cups, and you can send them back to the company for recycling)
- All-natural oral care products
- Paper suction tips
- Recycled toilet paper
- Recycled paper towels

We also plan on adding green cleaning products, including equipment cleaners; using more earth-friendly office products; and improving our office recycling procedures.

From Our Kitchen to Yours...

Many of our patients have been asking for Dr. Garcia’s green juice recipes. Dr. Garcia is a huge proponent of raw foods, and she considers raw juicing an important staple of anyone’s diet. She throws just about anything green into her juicer: spinach, kale, cilantro, beet leaves, green peppers, celery, cabbage, broccoli, asparagus...

Raw, green vegetable juice provides the most hydration, vitamins, minerals, antioxidants, and live enzymes you can find in a single cup. (Live enzymes are essential for digestion and fuel your metabolic processes.) The chlorophyll in green vegetables such as spinach is cleansing and healing to the body. Plus, the cilantro in this recipe can help your body detox any mercury. Enjoy!

Green Juice

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

Put ingredients through a GreenStar juicer. (Dr. Garcia recommends this brand because it efficiently extracts juices in a way that preserves the most nutrients.) Makes about 1 pint.

Metals, Metals Everywhere: From Nickel and Tin to Gold and Platinum

Continued from Page 1...

dium, with at least 40% being gold); (2) “noble” or “semiprecious” alloys (over 25% noble metal); and (3) “non-noble” or “base” alloys (less than 25% noble metal, usually with a large proportion of nickel, chromium, or beryllium). The “high noble” alloys are supposedly the best quality and least reactive type of alloy to use in patients’ mouths. But some people can still be sensitive to precious metals such as gold and palladium and can suffer immunologic reactions from them.

Plus, did you notice that all of the grades of alloys allow for at least 40% “filler” metals? Even alloys considered to be “high noble” or “precious” are only required to have a certain

percentage of noble metal content. That means that the rest of the restoration can be made of any combination of metals, and there are over 1,000 different metallic alloys to choose from when making dental restorations. Each company has its own formula for each crown, inlay, and onlay, so it can be quite difficult to know exactly what you’re getting. As a general rule, though, the price of the restoration reflects the quality of metal used.

Furthermore, do not be fooled by your porcelain crown or bridge into thinking that your mouth is metal-free. Nine times out of ten, what you have is a porcelain-fused-to-metal restoration, although your dentist probably just referred to it as “porcelain.”

Metals That May be Hiding in Your Dental Work (and harming you!)

Mercury	Copper
Aluminum	Gold
Silver	Tin
Nickel	Zinc
Titanium	Iron
Chromium	Cobalt
Manganese	Palladium
Platinum	Beryllium

It is a hybrid between a metal and ceramic restoration, in which the dentist makes a shell of metal and then covers it with a thin layer of tooth-colored porcelain. The porcelain is just there for aesthetics, and the metal base can easily be seen on an x-ray.

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