



▶ *Last Newsletter:*

**Root Canals Harbor Infection
Broken Sleep Can Harm
Your Memory**

Volume 19 | October | 2011



▶ *This Newsletter:*

**What is Fluoride and Where
Does it Come From?
The Halloween Switch Witch**



▶ *November Newsletter:*

**Illnesses Related to Mercury-
Amalgam Fillings**

Dental *focus*

Holistic dentistry for total health

The majority of fluoride occurs as a result of industrial pollution and artificial fluoridation. This waste product is then added to our water, food, commercial beverages, and dental products.

Fluoride: What Is It and Where Does It Come From?

A fluoride is a compound containing the element fluorine, a yellowish, poisonous, highly corrosive gas.

Fluorine is *so* highly reactive in its gaseous state that it never occurs this way in nature. It exists only in combination with other elements. Fluoride is also the byproduct of the aluminum, fertilizer, steel, and glass industries.

Where is fluoride found?

Although fluoride is most commonly found as an additive intended to fight cavities, fluoride can occur in water, foods, and beverages.

Traces of fluoride can be found in most water sources – oceans, lakes, rivers, and underground water.

Freshwater generally contains between 0.01 and 0.3 ppm fluoride (parts per million, which is equivalent to mg/L). For example, Lake Michigan’s fluoride level is 0.17 ppm. The fluoride level of seawater averages 1.3 ppm, and the ocean contains between 1.2 and 1.5 ppm.

Natural water fluoridation is the result of water passing through rocks and soil and dissolving the fluoride compounds

...continued on Page 2



Newsletter created by Natalie N. Gotschalk



Remember to “Fall Back” Nov. 6!

This year, Daylight Saving Time will end on Sunday, November 6, 2011, when we can finally FALL BACK to standard time. So remember to turn your clocks back an hour at 2:00 am the first Sunday in November! And enjoy that extra hour of sleep. Your body will thank you!

Dr. Lina Garcia, DDS, DMD
33 West Higgins Road
Suite 600
South Barrington, IL 60010
Phone: 847-426-9000
Fax: 847-426-9050
Email: drlinagarcia@yahoo.com
Website: <http://drlinagarcia.com>

What to do with Halloween Candy?

Halloween is coming, and your children probably can't wait for a fun-filled night of trick-or-treating and bagfuls of candy. But these sugar-laden treats promote tooth decay. What is a concerned parent to do?

One fun alternative to holding onto Halloween candy is to leave it for **the Switch Witch!**

The Switch Witch loves candy and has the biggest candy stash of all the witches. She gets her candy by visiting the houses of children who choose to switch their candy for a toy. By next Halloween, the Switch Witch has run out of candy and goes back out to do her switches.

So, on Halloween night, have your kids lay out all their extra candy for the Switch Witch. When they are asleep, the "Switch Witch" comes and takes their candy and leaves a small toy in its place.

Use your imagination to figure out other ways to use up that extra candy that's tempting you and your kids. And have a Safe and Happy Halloween!



From Our Kitchen to Yours...

This is a recipe that Dr. Garcia recently created when she had a craving for chocolate. The thick chocolate cream, made with cocoa, banana, and avocado, is incredibly delicious and smooth. It's a tasty treat for two, even without the crust!

Raw Chocolate Avocado Pie

1/2 c. ground raw walnuts
 3 T. raw cream, divided
 2 ripe, organic avocados
 1 small, organic banana
 1 T. organic cocoa powder
 Stevia, to taste

For the crust, mix together the walnuts, 1 T. cream, and a pinch of stevia, and pat into a low bowl or serving dish. For the chocolate cream, blend the avocados, banana, cocoa, 2 T. cream, and a pinch of stevia in a food processor until smooth. Spoon the cream evenly over the crust and serve. Serves two.

Fluoride: Artificial Increase of Fluoride Levels Risks Toxic Exposure

Continued from Page 1...

that are present, releasing fluoride ions into the water. But toxic forms of fluoride find their way into our drinking water from the waste products of coal-fired power plants, chemical manufacturing plants, and other industrial facilities. Their wastewater and emissions can deposit toxic fluoride either into the water or into the soil, which subsequently gets leached into groundwater.

Fluoride is also present in foods and beverages, but the concentration varies widely depending on where and how the product is grown and processed. All plants contain some fluoride, which is absorbed from soil and water. Foods can contain residues from fluoride-based disinfectants and pesticides.

The most common sources of fluoride in the United States, however, are artificially fluoridated community drinking water and fluoride toothpaste. Water and water-based commercial beverages (soft drinks, fruit juices, bottled water, etc.) can provide approximately 75% of a person's fluoride intake.

Many processed drinks are prepared in locations where the water is fluoridated,

Fluoride in Dental Products	
Toothpaste	1,000 – 1,500 ppm
Mouthwash (over-the-counter)	230 ppm
Mouthwash (school rinse programs)	920 ppm
Children's supplements	1.0, 0.5, 0.25 mg doses
Gels & Foams (over-the-counter)	1,000 – 5,000 ppm
Gels & Foams (professionally-applied)	9,000 – 12,300 ppm
Varnishes (professionally-applied)	1,000 – 22,600 ppm

Source: Centers for Disease Control and Prevention

and consumers often use fluoridated water to reconstitute food products such as infant formulas, greatly influencing the fluoride content of their foods.

Fluoride toothpaste accounts for at least 95% of the toothpastes sold in North America, with the standard fluoride concentration being between 1,000 and 1,500 ppm. (One gram of toothpaste, therefore, contains about 1 mg of fluoride, and a pea-size amount contains 0.25 mg.)

Other fluoride-containing dental products

include mouth rinses (230 - 920 ppm), fluoride tablets for infants and children (1.0, 0.5, or 0.25 mg dosages), over-the-counter gels (1,000 and 5,000 ppm), and professionally-applied gels, foams, or varnishes (1,000 – 22,600 ppm).

It is this artificial fluoridation, which we as a society seem to have so easily accepted, that should really concern us. Yes, we are exposed to some naturally-occurring fluoride, but it is in very low concentrations. The real problem begins when man artificially introduces it into the system.

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