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**Mercury-Amalgam Fillings:  
An Obsolete Practice  
Oil Pulling**

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**Fluoride: A Dangerous Myth  
Making Manna Bread**



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**Root Canals: Saving That  
Tooth Can Make You Sick**

# Dental *focus*

## Holistic dentistry for total health

*As the weather warms and you drink more liquids to keep cool, carefully consider the glass of water in your hand. If you are like millions of other Americans, you filled your glass from a faucet connected to a fluoridated water supply. And that can be a dangerous thing.*

## Fluoride: A Dangerous Myth

Whether you got it from a dental treatment, a supplement, or your tap water, the majority of U.S. residents have consumed significant amounts of fluoride throughout their lives.

***However, you do not need fluoride to have healthy teeth!***

Nutrition, and oral hygiene habits, and genetic influences on your metabolism are the biggest influences on your dental health. Furthermore, a careful evaluation of studies that assess the value of water fluoridation actually shows that this practice does not reduce cavities! Non-fluoridated communities have experienced the same decline in

dental decay, which can be attributed to improved nutrition and oral hygiene.

Although trace amounts of fluoride occur naturally in oceans, lakes, rivers, and streams, fluoride is not an obvious choice for dental health. The fluorides added to municipal water systems, toothpaste, mouth rinses, and dental gels are the toxic waste products of the aluminum, fertilizer, and glass industries. Fluoride can eat through steel, glass, iron, and aluminum, and it has long been used as a rat poison and a pesticide. So it is not surprising that your body treats it like a poison.

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*Newsletter created by Natalie N. Gotschalk*

*We are thrilled to announce the new location of our office! It is a beautiful space, filled with large, open windows and hardwood floors. We look forward to showing you around at your next visit! We're located just west of Dr. Mercola's Natural Health Center, across from Goebbert's Farm & Garden Center.*

*Be sure to note our new telephone number!*

**WE'VE MOVED!**

*And we're greener than ever!*

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## From Our Kitchen to Yours...

Manna bread is a sprouted bread that is simple, nutritious, and delicious! Though you can find it in health food stores, why not make it yourself? It's made of two simple ingredients. Here is Dr. Garcia's family recipe – It is a perfect dish for spring.

### Organic Manna Bread

2 c. organic wheat berries, sprouted  
Chopped nuts, seeds, or fruit (optional)  
Oil or sesame seeds to prevent sticking

To sprout your wheat berries, put them in a large glass jar and fill the jar with clean water twice the volume of the berries. Cover the jar with a screen, cheesecloth, or perforated lid. Let the berries soak 8 hours or overnight. Drain the berries, and rinse them at least twice a day for 3 to 4 days. When the sprouts are at least the length of the berries, they are ready.

Drain the wheat berries thoroughly and grind into a paste using a juicer or food processor. Fold in nuts, seeds, or fruit, if using. Shape into round, flat loaves and place on an oiled, or sesame seed-laden, cookie sheet.

Bake at 175 degrees for 4 hours or until browned. Cool and store in sealed plastic bags. Refrigerate or freeze ONLY if you intend to keep it for more than three or four days. Enjoy!

## Fluoride: A toxic waste product of the glass, fertilizer, and aluminum industries

*Continued from Page 1...*

Fluoride is a toxin that accumulates in our bodies, and many studies have linked fluoride to a variety of health problems, including thyroid dysfunction, abnormal brain development and decreased IQ levels in children, brittle bones and hip fractures, arthritis, and tooth decay. And there is little control over how big a dose of fluoride each of us receives. Is that kind of risk really worth any potential benefit?

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***Fluoride is a neurotoxin that accumulates in our bones and can cause brittleness and cancer.***

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The myth of fluoride is based on deception and greed, and the sale of hazardous waste as a beneficial medication is a gross violation of public trust. We should be suspicious of the mega-corporations, manufac-

turers, pharmaceutical companies, and lobbyists who promote forced fluoridation as a vital part of our dental health. When there is so much scientific evidence that fluoride is not safe to ingest, we can only conclude that fluoride is still being promoted for the purpose of financial gain.

Fluoride has been rejected worldwide, while we are still being lured by the promise of fewer cavities and healthier teeth. Perhaps our acceptance has been too easy, and the serious risks downplayed too much. Perhaps we don't even realize that we are being force-medicated on a regular basis. We need to step back and re-educate ourselves on the issue of fluoride and, at the very least, make the choice that is right for our own family, and no one else's. I don't want my government to have the right to decide that I should ingest a toxic medication – do you?

## The Connection Between Fluoride and Infertility

Fluoride has been shown to adversely affect the reproductive system. Animal studies have repeatedly found that high fluoride levels can damage sperm, reduce sperm count, and increase the rate of infertility in a number of different species.

Research on the impact of fluoride on human reproductive systems is limited, but some recent research, has indicated that fluoride exposure might be associated with alterations in reproductive hormones and reduced fertility.

An ecological study of U.S. counties served by water systems with fluoride concentrations of at least 3 parts per million (ppm) found an association between increasing levels of fluoride and decreased fertility. (Freni 1994). (The EPA, which regulates the amount of contaminants that are allowed in public drinking water, allows up to 4ppm of fluoride in our drinking water.)

Two studies have compared testosterone levels in males drinking high-fluoride water (some of whom already exhibited skeletal fluorosis, a bone disease caused by the excessive consumption of fluoride) to males who lived in low-fluoride areas. (Susheela 1996, Chinoy 1998). The studies showed significantly lowered testosterone concentrations in the men who drank high-fluoride water, whether they suffered from skeletal fluorosis or not. The only men with normal testosterone levels were the ones who drank water with low fluoride concentrations.

Furthermore, two Russian studies have shown that workers who were chronically exposed to fluoride-containing compounds suffered reproductive problems. Men working in the cryolite industry, and who had skeletal fluorosis, showed decreased testosterone levels, and women exposed to superphosphate-filled air had increased menstrual irregularities. (Tokar and Savchenko 1977, Kuznetzova 1969).

Don't forget to celebrate  
EARTH DAY  
on April 22, 2010!

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