



▶ *Last Newsletter:*

**How to “Fix” a Root Canal  
Dr. Garcia’s Family Recipe for  
Raw, Organic Cheesecake**

Volume 15 | January | 2011



▶ *This Newsletter:*

**Dangers of Antibiotic Use  
Smoking Damages the Body in  
Minutes**



▶ *February Newsletter:*

**Mercury-Amalgam Fillings:  
Releasing Vapors that  
Cause Disease**

# Dental *focus*

## Holistic dentistry for total health

*The dental field is guilty of the inappropriate, widespread overuse of antibiotics, so please think twice about filling your next antibiotic prescription. Nutrition and supplementation are all you need to prevent infection and other complications from dental procedures.*

## Take Charge of Your Health: Refuse Antibiotics From Your Dentist

Recently, I came across an article in Dentaltown magazine that challenged the use of antibiotics in dentistry.

The article, “Antibiotics for Third Molar Extractions,” described a New Zealand research study that showed NO significant differences in post-operative pain, infections, swelling, or temperature between patients who did and did not receive antibiotics for third molar extractions.

The article concluded that “the risks associated with taking antibiotics

seem to outweigh the risks due to infection after extractions.”

I wholeheartedly agree.

Though the routine use of antibiotics in dentistry has been the standard of care for decades, there is a *complete lack* of scientific data supporting routine antibiotic use.

We are constantly exposed to bacteria, even when we brush or floss our teeth

*...continued on Page 2*



*Newsletter created by Natalie N. Gotschalk*

## New Year, New Face at Our Front Desk

Meet Maria, our new Front Desk Coordinator. She’s got five kids, a bachelor’s degree in health sciences from Bradley University, and a love of working with people. Her friendly and caring personality bring a wonderful feel to the front desk. She’ll be the one answering the phone, scheduling your appointments, and giving you all the information you need to help you make the best decision for your dental health. Maria looks forward to meeting and welcoming all of you the next time you visit us!



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## From Our Kitchen to Yours...

Almonds are used a lot in making raw foods, and this is the first of a few almond recipes from Dr. Garcia's files. Almonds have many health benefits—they're great sources of vitamin E, magnesium, and fiber. Make sure you're using raw almonds when making this recipe, as it will not work with roasted almonds.

### Raw Almond Milk

1 c. almonds, soaked 8-12 hours and drained  
3 c. water, divided

Place almonds in food processor or blender with just enough water to cover. Blend for one minute. Open blender and push down any almonds that have stuck to the sides. Turn blender back on and slowly add remaining water. Blend for another minute.

Set up a fine mesh strainer over a large bowl or pot and carefully pour milk into the strainer. Stir the pulp up with a spoon and use the spoon to press down on the pulp to extract as much milk as possible. (Make sure the bottom of your container isn't sitting in milk.) Almond milk has a shelf life of only a day, two if you're lucky, so don't make big batches. And don't throw away that valuable pulp – it can be used to make almond cheese and almond bread, for which we'll have recipes in future issues.

## Smoking Causes Damage In Minutes, Not Years!

Smoking has a huge influence on the health of your teeth and gums. It leads the way to gum disease, gum recession, and tooth loss, and it interferes with the healing process after any kind of dental surgery, like an extraction.



Patients who smoke after surgery are at a much higher risk of a condition called dry socket, which can be extremely painful.

Oral cancer, as well as lung cancer, are some of the most well-known long-term consequences of smoking. But it turns out those effects may not be so long-term after all.

Scientists have now found that the damage begins just *moments* after one cigarette is smoked.

Research published in *Chemical Research in Toxicology* shows that cancer-causing chemicals form rapidly after smoking. The study used human metabolism to determine how quickly the health damage begins.

Scientists measured how fast the body metabolized a chemical linked with lung cancer in smokers, polycyclic aromatic hydrocarbons (PAH), into another chemical known to damage DNA and cause cancer. (PAH require metabolic activation to exert their carcinogenic effects.)

The process only took between 15 and 30 minutes.

In other words, smoking damages the body in *minutes* rather than years.

It is never too late to quit. The sooner you do, the sooner you can start healing your teeth, gums, and the rest of your body.

For more information, see "Smoking 'causes damage in minutes,' US experts claim," from *BBC News Health* and "Immediate Consequences of Cigarette Smoking: Rapid Formation of Polycyclic Aromatic Hydrocarbon Diol Epoxides," from *Chemical Research in Toxicology*.

**D**o you still have obstacles to your dental health, such as mercury-amalgam fillings or infections? Don't forget to take care of them! If you still have these in your mouth, be sure to ask Dr. Garcia about them the next time you come in for your regular cleaning.

## Antibiotics: The routine use of antibiotics in dentistry is harmful and lacks scientific support

*Continued from Page 1...*

or chew food, and our bodies are more than capable of handling the exposure.

More importantly, antibiotic use has severe side effects: antibiotics turn the bacteria they're supposed to kill into medicine-resistant monsters.

People are getting increasingly ill as a result of the inappropriate, widespread overuse of antibiotics. But that doesn't need to happen. For 30 years, I've been practicing dentistry without antibiotics. Instead, I use nutrition and supplements to support my patients' dental health, and my patients are

happier and healthier as a result.

So please, think twice about filling that antibiotic prescription from your dentist. Your body will thank you.

For Dr. Garcia's full article on the overuse of antibiotics in dentistry, please visit her website, [www.drlinagarcia.com](http://www.drlinagarcia.com), and click into the Articles tab.

Please also watch [www.mercola.com](http://www.mercola.com) for Dr. Mercola's new article on antibiotics, where he talks about Dr. Garcia's experiences in treating patients without antibiotics.

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