



▶ *Last Newsletter:*

The Mercury-Amalgam Controversy: From the 1800s to Today

Volume 13 | November | 2010



▶ *This Newsletter:*

Fluoride: The Ethics of Forced Medication



▶ *December Newsletter:*

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

Dental *focus*

Holistic dentistry for total health

Water fluoridation poses ethical problems in addition to health risks: it amounts to compulsory medication of an entire population without individuals' consent, even if these people are highly sensitive to fluoride's toxic effects.

Fluoride: The Ethics of Forced Medication

Fluoride is the *only chemical added to tap water for the purpose of medication* (i.e., to supposedly prevent cavities, which studies show is not actually the case). Every other chemical is added for the purpose of improving the water's safety.

Think about that. Should we, as a society and a community, be able to force each other to swallow a medication on a daily basis? Should a voter have the right to force his neighbor to ingest fluoride, even if it is against that neighbor's will?

Medication should be an individual choice, and those who believe they

need additional fluoride in their diets can simply take a fluoride supplement.

Some people are highly sensitive to fluoride and more vulnerable to its toxic effects, including diabetics, the elderly, the malnourished, pregnant women, and infants. Is it ethical to force these people to ingest fluoride every day, especially if they lack the resources to avoid drinking fluoridated water (like purchasing bottled water, well water, or filtration equipment)?

The unethical nature of this practice – the fact that individuals are not being

...continued on Page 2



Newsletter created by Natalie N. Gotschalk

See Dr. Garcia's Latest Article on Mercola.com

If you think taking out your mercury fillings is enough, it's not! Restoring them properly is as important as safe mercury removal.



This month, Dr. Garcia contributes to Dr. Mercola's site with an article on how best to replace mercury-amalgam fillings ("After Mercury Removal — What is the Best Material to Replace Your Filling With?"). Patients have several choices: porcelain, composite resin, all-metal, and porcelain-fused-to-metal. Dr. Garcia discusses them all and explains why porcelain is preferred, based on its strength and biocompatibility. She also explores the oxide question. Don't miss it!

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>

Family Planning Considerations with Mercury-Amalgam Removal

Mercury exposure has been implicated in a wide range of systemic diseases, and it is now being targeted as a contributing factor in common health problems such as heart disease, high blood pressure, digestive problems, and even cancer. So it's not surprising that the majority of patients who come to see us are interested in having their mercury-amalgam fillings safely removed!

In preparing for a pregnancy, removal of all mercury-amalgam fillings prior to conception—from BOTH the mother and father—are recommended. Cleaning out both parents' mouths eliminates the chance of mercury traveling into the baby through the sperm, egg, or placenta. This, in turn, removes the risk of mercury-induced immunological and neurological damage to the child.



Happy Thanksgiving!

In this month of thankfulness, we at Dr. Garcia's dental office wish to extend our heartfelt thanks to all our patients, referring physicians, family, and friends. We could not be here without you! You are a blessing to our office, and we are particularly thankful that you remain dedicated through these difficult economic times. We hope to continue to play a role in your journeys toward better health well into the future. *Happy Thanksgiving!*

From Our Kitchen to Yours...

To kick off the holiday season, Dr. Garcia would like to share a delicious family recipe for truffles. It is a decadent treat that's perfect for your Thanksgiving dinner. Plus, it's completely raw, without any dairy or added sugars!

Truffles

3/4 c. dates, chopped
3 T. raw coconut oil or cacao butter, warmed until liquid
5 T. organic cacao powder
Various raw nuts, fruit, dried fruit, flavor extracts, or spices

Place dates and melted oil in food processor; blend very well. (Don't worry, it might take a while – just keep blending!) Add cacao powder and any flavorings or spices and continue blending. Fold in nuts or fruit. Roll mixture into balls and place on baking sheet that has been sprinkled with cacao powder or cinnamon. Refrigerate at least one hour before serving.

Remember to utilize your insurance benefits and FSAs before the end of the year. We're here all December!

Fluoride: Most European countries do not practice fluoridation

Continued from Page 1...

asked for their informed consent prior to being medicated with fluoride – is one of the main reasons most European countries do not practice fluoridation. Here are some of the statements governmental officials have made against the practice of fluoridation in their countries:

Germany: “Generally, in Germany fluoridation of drinking water is forbidden...The argumentation of the Federal Ministry of Health against a general permission of fluoridation of drinking water is the problematic nature of compuls[ory] medication.” *Gerda Hankel-Khan, Embassy of Federal Republic of Germany, September 16, 1999*

Belgium: “[T]his water treatment has never been of use in Belgium and will never be (we hope so) into the future. The main reason for that is the fundamental position of the drinking water sector that it is not its task to deliver

medicinal treatment to people. This is the sole responsibility of health services.” *Chr. Legros, Directeur, Belgaqua, Brussels, Belgium, February 28, 2000*

Fluoride is a drug that is being prescribed to the entire U.S. population without consent.

Luxembourg: “Fluoride has never been added to the public water supplies in Luxembourg. In our views, the drinking water isn't the suitable way for medicinal treatment and that people needing an addition of fluoride can decide by their own to use the most appropriate way, like the intake of fluoride tablets, to cover their [daily] needs.” *Jean-Marie RIES, Head, Water Department, Administration De L'Environnement, May 3, 2000*

Finland: “Artificial fluoridation of drinking water supplies has been practiced in Finland only in one town, Kuopio, situated in eastern Finland and with a population of about 80,000 people (1.6% of the Finnish population). Fluoridation started in 1959 and finished in 1992 as a result of the resistance of local population. The most usual grounds for the resistance presented in this context were an individual's right to drinking water without additional chemicals used for the medication of limited population groups. A concept of ‘force-feeding’ was also mentioned. Drinking water fluoridation is not prohibited in Finland but no municipalities have turned out to be willing to practice it. Water suppliers, naturally, have always been against dosing of fluoride chemicals into water.” *Leena Hiisvirta, M.Sc., Chief Engineer, Ministry of Social Affairs and Health, Finland, January 12, 1996*

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