



THE Whole TOOTH



The tooth, The whole tooth, and nothing but The tooth....

Summer / Fall 2007



An Exciting Addition to Our Practice: Dr. Madelyn Pearson!

Hello, my name is Dr. Madelyn and I'm a recent graduate from dental school at the University of Minnesota. Dr. Laughlin and his team have welcomed me into their beautiful office as an associate dentist.

I became interested in alternative and holistic practices while attending St. Olaf College for my undergraduate degree. As a chemistry and dance major, I studied the biomedical sciences as well as yoga, massage therapy, and body-mind-centering techniques. I was always searching for ways to connect my interests, and enjoyed studying the many facets of the human body. During my freshman year of dental school, I attended a presentation that Dr. Laughlin gave on whole-person dentistry.

Since then, I have spent time in his office observing the techniques and beliefs of a holistic dentist, and completed a 3-week internship with Dr. Laughlin and his team last August. Chatting with his patients and hearing their stories has shown me the importance of treating the body as a whole.

I now feel very fortunate to have this unique opportunity to work at Health Centered Dentistry. Similar to Dr. Laughlin, I plan to pursue continuing education in orthopedic orthodontics and dental airway appliances.

I have already had the privilege of attending the preliminary course in Oral Systemic Balance, as well as a Dental Sleep Medicine conference early this summer.



I am very excited to meet you, and to hear the stories and personal experiences that have led to you to Dr. Laughlin's care. If you have any questions, please feel free to talk to either myself or to any member of the team.

Have a great summer, and I look forward to seeing you in October!

Dr. Madelyn

Functional Orthodontics Has the Power to Enhance Optimal Health

What, beyond that "perfect smile," can you ask from orthodontic care?

How about amazing results such as: an increased desire to read, a child becoming more outgoing and less introverted, cessation of bedwetting, better hand/eye coordination, or maybe even relief from ear-aches! Dr. Laughlin has produced these types of results for a multitude of patients. This dental treatment, called functional orthodontics, places great importance on the goals of achieving a beautiful smile and enhancing the overall health of the patient.

Why teeth are crooked:

Why are our teeth crowded/maloccluded? There are many factors involved; however, research boils the largest influences down to nutrition/genetics, birth trauma (or other trauma during our developing years), and consistent inappropriate sucking forces (thumbs, pacifiers, bottle nipples).

Nutrition/genetics: At the present time, our society as a whole is not giving our teeth and gums the stimulation they need for proper function. Eating harder, healthier foods such as fresh fruits and vegetables can provide the pressures needed to stimulate proper

blood flow and tissue health. The teeth of parents are, in many cases passed on to their children. Crowding and other developmental trends can be a result of our genes.

Birth and other trauma: As a tree is bent, so shall it grow. In the case of birth trauma (very common), and other traumas that occur to babies or small children—if the trauma goes untreated it can influence the way the head, neck, and jaws grow. Most commonly, birth trauma can inhibit the growth of the jaws, resulting in crowded/maloccluded teeth.

Inappropriate sucking forces: Our bodies mainly develop in response to the ways in which we use our muscles. Unfortunately, in modern times our

babies spend more time using their new muscles to suck rather than suckle. The difference between suckling (breastfeeding) and sucking (bottle-feeding, pacifier usage, and thumb sucking) can be readily explained by the direction of the forces exerted by the mouth muscles. Suckling stimulates positive downward and forward growing forces that aid in proper jaw development. In contrast, sucking creates backward forces that can have a destructive impact on both upper and lower jaws. These sucking forces act to constrict development and form narrow dental arches. Bottles and pacifiers, therefore, can increase the chances for developing maloccluded teeth. (Contd next pg.)

Tenant Space For Lease...



Beautiful office space available in the lower level of our new building. Attractive scenic location with high visibility. Other occupants include us (Health Centered Dentistry) and Acupuncture / Occupational Therapy center. The 640 ft² space is large enough to accommodate a variety of businesses.

► Call our office and ask for John IV ◀

Words from a Healthcare Professional

Interview with Gail Behr:

How would you describe your healthcare philosophy?

Our bodies are gardens needing the care of a nurturing gardener. A healthy garden is productive when it is in harmony with the cycle of the seasons. Without the rich soil, sun, and water a garden wilts and droops. Without good food, fresh air, adequate rest, and social connections, our bodies become overwhelmed by stress and we experience a lack of ease (disease). We experience pain, depression, illness, premature aging, and other symptoms of imbalance. Our philosophy is that health comes from listening to our bodies. We help people rebalance their lives & their bodies with the use of acupuncture & other techniques which alleviate stress.

In general, what advice would you give to people to stay young and healthy?

Be connected. Eat great local foods. Keep your body moving. Meditate.

What is the most frequent complaint patients come to you with?

Pain/depression & the stress it creates. Recently several post surgery orthopedic issues. I have experienced success treating scar tissue for trauma healing. The World Health Organization recognizes acupuncture's efficacy in treating a variety of problems related to all body systems.

How can people avoid that problem?

While pain cannot always be avoided, being able to reduce stress will reduce pain. Many people are very disconnected from the natural world. Take time to create a relationship with your natural environment.

What forms of healthcare do you most often recommend your patients look into for additional help to get healthy?

Functional movement analysis by my business partner, chiropractic & dental (of course).

What therapies/activities do you provide at your clinic?

Acupuncture, Chinese herbals, Tuina (Chinese Medical Massage), Qigong (Movement), & dietary. My business partner provides occupational therapy, myofascial release & parent coaching.

What is unique about your practice / what you provide to your patients?

Our collaboration is unique and we offer a sliding fee scale for all our services with no income verification. We are part of the national community acupuncture network doing simple treatments in a community room space & have expanded that model to our other services. The sliding fee scale makes it affordable for people to come as long as they need for the results they want.

What is the main goal of your clinic?

Our clinic is about building community, empowering people to care for themselves and keeping services affordable. We teach people the simplicity of being elegant gardeners in their own lives.

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(Benefits of Functional Ortho Contd)

What can be done:

What exactly will functional orthodontics be treating? Functional orthodontics focuses on achieving a beautiful smile after the basic structural needs of the head, neck, jaws, and teeth have been met. Using a variety of appliances, Dr. Laughlin can widen the jaws and create enough space to align all the teeth. The key to this type of development is to change things slowly and carefully, taking time to analyze how the jaws are developing and making minor adjustments as needed to stay on track and reach the goals. Because of this, Dr. Laughlin believes it is important to start

orthodontics when children are young, sometimes as early as 4 years old. He also encourages patients to adhere to their recall schedules, so he can monitor the progress and gently guide the jaw growth along. Dr. Laughlin then uses braces or other appliances to finish straightening the teeth, resulting in a beautiful, functionally correct smile. Well-balanced, good occlusion (having the ideal "bite") can reduce stress, allow us to breathe better, and encourage a higher level of health and wellbeing. If you think your child can benefit from functional orthodontics, call us to schedule an appointment.

Dr. Laughlin is Lecturing....

◆ Nutrition & Holistic Dentistry...

Saturday, Nov. 10th - 10 AM @ The Hudson House in Hudson, WI

Dr. Laughlin, and Mark Norman LCN - Sponsored by Fresh & Natural Foods

◆ Holistic Dentistry & Integrative Medicine...

Wednesday, Oct. 3rd - 7 PM @ Health Centered Dentistry (Lwr Lvl)

Featuring: Dr. Laughlin, Dr. Pearson, Gail Behr Acc., & Paula Lugar O.T.



Words from a Patient: Brent Weiss

For 8 – 10 years I've been seeing Dr. Susan Wahl, a local naturopath, to improve my health. I had seen significant improvement, yet still didn't have the energy level I had when I was younger, still didn't have the energy I needed to do everything I wanted to. The main reason I came to see Dr. Laughlin is because I was told he might be able to help me sleep better. I was only sleeping about 3 hours a night, I would wake up 2 – 3 times every night and snored loudly. I had had the CPAP (Continuous Positive Airway Pressure) machine for 5 years but only used it for two weeks – it is a mask that fits over your face and pushes air into your mouth. It was uncomfortable and I was never able to sleep well with it. I was stressed out and it was affecting those around me. I was tense, felt moody and didn't have as much control over my temper as I wanted to have.

Dr. Laughlin took one look at me and knew he could help me feel better. I began treatment and in less than a month noticed great changes. I received a set of appliances for daytime and a different appliance to use at night while I sleep. The appliances are much easier to wear than the CPAP machine... **What happened??**

Hooray! I'm sleeping again!

It has only been one month and I've already gotten many of the benefits I've been searching years for. I'm now sleeping 6 1/2 to 8 hours, and only waking about once a night. **I have much more energy** and am doing many

of the things I've wanted to for so long. I can stay up late and not feel dead tired like I used to. I've been walking and riding a bike five times a week and lifting weights. I find myself focusing with greater ease and I'm finally getting organized. There is so much less tension in my neck and **my back pain has reduced by 80%**, my chiropractor says I'm much easier to adjust and I don't have to go as often. I can honestly say I'm not as moody as I was, I get upset about half as much, and **I'm experiencing a calmness that just wasn't there before.** I'm so glad I found Health Centered Dentistry, I can't wait to see what other great changes I'll be experiencing next.

Health Centered Dentistry's Contact Information



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Patient Hours:

Monday 8:30AM - 5:00PM
Tuesday 8:30AM - 3:00PM
Wednesday 9:00AM - 5:00PM
Thursday 8:30AM - 5:00PM

Non-Patient Hours:

Friday 8:30AM - 12:00PM