



# THE Whole TOOTH



The tooth, The whole tooth, and nothing but The tooth....  
Winter / Spring 2006



## Mission Accomplished (Nearly)

As this newsletter is being printed the last coats of paint are being applied to the walls in the new and improved Health Centered Dentistry. Progress on our project has been fun and interesting; sometimes it has seemed to move at the speed of light, and other times at the speed of molasses in (you guessed it) January.

Here are a few of the reasons we are very excited to be moving into our new office:

Safety, comfort, and efficiency were the prime considerations in the design of our new office. For both safety and comfort, we have incorporated a high-powered air-exchange system into the infrastructure of the new building. This system is even stronger than the one in our previous office, and will completely renew the air in the building 60 times a day with fresh air from outside. Such systems and their filters greatly reduce the amount of dust, germs, and odors in our air. With the addition of a specialized vacuum in the operatories, our new office will now incorporate every technology available that will reduce the dangers



of toxic dental materials entering the air we breathe. Technologies that we've used in the past are still being used, and have been integrated more esthetically into the treatment rooms. We believe these new safety features make us the safest dental facility in the Midwest, as opposed to just being in the top ten. The doctor is anxious to begin using his state-of-the-art workstations. These workstations hold a wide range of tools within immediate reach of your healthcare provider. Not only will this allow procedures to run more effectively and smoothly, but it will also enhance the quality of care

you receive. We hope the ergonomic design considerations that went into the rooms will provide greater comfort for both patients and our professional dental team.

In our new location one of the things we will most appreciate is the separation of the therapy room from the consultation room, lab, and supply room. We look forward to having patient consultations without three people coming into the room for a variety of reasons. The doctor will also have room to display and utilize the newest equipment to better our health and speed (*contd. on next page*)

## Let's Celebrate!!!

Dates, times, and places are now set in stone... literally! We are only three weeks away from beginning the transition from the old to the new, and everyday it gets harder to wait. On **Thursday, April 6th** we will treat our last patient in the old office. That Friday we will begin packing up all our gear and gadgets, readying them for the trip to their new home. By **Monday, April 17th** we hope to begin treating patients at about 1/2 normal speed; this will give us a chance to work out all the kinks in our new location (and finish any unfinished organizing). Then the fabulous date of **Monday, April 24th** – the day when we begin our full schedule in the new office. Of course, there will still be much left to do. Landscaping will take some time, and the final coat of asphalt will not be ready until late May, not to mention painting the outside of the building. We're giving ourselves about two months to put the final touch-ups on

our new clinic... then, we're gonna party! Open House / Grand Opening Celebration will be **Saturday, June 10th, at 1PM!!!** Make sure you save the date, so you can see friends, family, and your dental team in the beautiful new Health Centered Dentistry clinic. We'll have beverages, snacks, and desserts for you while we give



you a tour of the new facility and fill your ears with fun facts. We hope you'll join us as we celebrate a major milestone for Dr. Laughlin and his team.

## Another Baby Boy Bounces Into Our Team...

Laura Helgeson has shared the last two and a half years with us and has excelled at the many tasks set to her. Everyone was very excited for her when she told us she was expecting, and we watched with great affection and support as her baby developed. Now, nine months have passed and she has a beautiful baby boy to show for all her loving efforts. Benjamin Anthony Lewis Voiles was born Thursday, February 23rd, weighing in at 7lbs. 6oz. He was 25 inches long, and has two dimples, dark blue eyes, and dark hair. Needless to say Mom was not the only one who was instantly smitten by this handsome baby. Laura's not sure exactly when she will be back at work, but it won't be long until she's in the new office once again smiling and taking great care of our



# Words from a Healthcare Professional

Interview with **Dr. Susan Wahl N.D.:**

**How would you describe your healthcare philosophy?**

*I refer to our philosophy at Healing Arts Wellcare Center (HAWC) as a "well" care philosophy. To us this term more completely incorporates the energetic, emotional, spiritual, and lifestyle aspects of your wellbeing. We provide an analytical perspective of where you are biologically, energetically, emotionally, and we look at how lifestyle is impacting your health. We teach our patients how to eat appropriately and provide their body with the highest level of nutrition for them. We also work through emotional imbalances as they manifest into "dis"ease, accessing core issues. We believe that exercise and fresh air dramatically affect our health, and encourage our patients to live with that in mind. My main focus is on identifying issues, detoxifying the body / mind / spirit, and working on the emotional component of "dis"ease.*

**What is the most interesting situation / result you've seen in your practice?**

*Once there was a violent and dying (basically starving to death) autistic child that came to us for help. He was 8 years-old when he came to us. Three adults could not hold him down when he became violent. We determined that the violent physical and emotional outbursts were caused by food sensitivities, which were in turn caused by rampant mercury poisoning. Through detoxification and education, this child is now riding a recumbent bicycle, giggling and laughing, and is cooperative. The change over the last five years is unbelievable.*

**What advice would you give to people to stay young and healthy?**

*Trust your intuition, believe in who you are, and if it's not fun... don't do it. Take responsibility for your own stuff (actions / messes / creations).*

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

*Thyroid disorder, Chronic Fatigue, and Depression (basically all the same thing).*

**How can people avoid that problem?**

*Tell the truth all the time, get your teeth fixed, sing, and laugh.*

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

*The two things I focus on primarily are nutrition and correct dentistry. Then I often move on to integrating acupuncture and chiropractic care. About 50% of my clients get told to go and "bring their mouths into the 20th century"... corrective dentistry for fungus, bacteria, mixed metal caused voltage, and heavy metal toxicity.*

**What is the main goal of your clinic?**

*To restore balance to the body, mind, and spirit of humanity. To bring the joy of living, living well, and feeling well back to the USA (or at least St. Croix Co.).*

**What therapies / activities do you provide at your clinic?**

*Electro-dermal screening, herbal supplement therapies, nutritional training, emotional balancing, far infra-red and ozone detoxification, fitness programming, yoga, and equine assisted therapy.*



# The Hygiene Dream

Health Centered Dentistry is always looking for better and more effective ways to help our patients achieve optimal oral and overall health. Dental hygiene services are an important part of any dental healthcare program. With the additional space that will be available in the new office we are excited to (at long last) be able to offer our patients a more Comprehensive Dental Hygiene service with a Whole Person Dentistry philosophy.

In anticipation of this wonderful new addition to our services, we have been searching for the perfect hygienist to join our team. We were fortunate enough to find Tammy Carlson, a registered Dental Hygienist with 25 years of clinical experience. She impressed us with her extensive record of experience, her enthusiasm for alternative healthcare, and a wonderful personality.

*(Mission Contd.)* healing – it is these new developments that keep his team on their toes. This space will also give us a more comfortable area in which to conduct patient interviews used for educational purposes. We can't wait until we have the time to invest into the creation of educational materials based on all the wonderful results we've seen in patients over the years. *A special thanks to all those patients who have*

With the addition of another dental professional in our office, we will be better able to explore and research new avenues of preventative and maintenance dental care. In Tammy Carlson's 25 years of experience she has focused on Periodontal Therapy – the treatment and care of gum disease. Studies have shown gum disease to be a causative factor in many seemingly unrelated illnesses. For this reason, and many others, Tammy is a fantastic addition to our Dream Team.

We encourage all of our patients to look at their dental hygiene check-up schedule... Have you had a professional cleaning in the last eight months? If not, please speak to us or your regular dentist about making an appointment soon. Regular hygiene visits will significantly increase the lifespan of your teeth and the overall health of your entire body.

*shared their stories so others can see the light of hope they've been looking for.*

We are very thankful for the opportunity to build this new facility. We have achieved so much in the last five years, and this is the greatest accomplishment yet. There is much work to yet be done, but we are looking forward to seeing you in the new office soon!!

# Words from a Patient: Helen Wright

In May of 2004 I was referred to Dr. Laughlin by Dr. Karen Vrkota, an M.D. in Winona MN, who has incorporated many aspects of alternative healthcare into her practice. Together, Dr. Vrkota and I had determined that the major causes of my debilitating symptoms were (1) electromagnetic interference from the variety of metals in my mouth, and (2) being poisoned from the mercury in my amalgam fillings.

When I arrived at Health Centered Dentistry I was suffering from pain in most of my joints, exhaustion, fatigue, and frequently experienced difficulty processing information from my senses - especially language comprehension. This greatly affected my ability to continue my studies in massage; sometimes it took every bit of energy I had just to get out of bed in the morning. As a physical therapist my job is fairly rigorous. After enduring as much as I could, the pain and lethargy caused me to cut back from full-time to part-time.

Since coming to Health Centered Dentistry we have worked on correcting my bite, removing toxic materials, and eliminating stray current / voltage from my mouth. This past Thursday was a breakthrough treatment day, as Dr. Laughlin removed 2 metal crowns. It has had a dramatic effect on my energy level and mood, I feel confident and joyful again for the first

time in a long time. I have come to believe that the fear of dentistry I've felt throughout my life has mainly been a result of my body's awareness of the damage that was being done to it.

This weekend I was at a continuing education course with a lot of people and I felt confident and comfortable - as opposed to depleted, withdrawn, and uncomfortable. I finally feel like I'm becoming myself again.

I'm glad.....I've missed being me.

## 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