



THE Whole TOOTH



The Tooth, The Whole Tooth,
and nothing but.... The Tooth (Spring 2009)



Ozone Therapy - Revolutionary Healing

Here's a question for you: What are the two primary nutrients in life? You may think of proteins, carbohydrates, or vitamins, but actually the answer is quite simple- oxygen and water. Without these essential substances, life could not exist as we know it. Therefore, it makes sense that oxygen and water can be incorporated into powerful healing therapies. Over the past 5 years Health Centered Dentistry has been working with the premiere research scientists developing this therapy (Dr. Mollica and Dr. Harris - East Coast), learning about its uses and watching as new applications have developed. The advancements have been amazing and we believe our patients will be thrilled with the less invasive nature of these highly effective ozone therapies.

In dentistry, we are constantly battling infections, whether in the form of tooth decay, periodontal disease, or bone abscesses. Both medical and dental literature have documented the systemic effects of oral infections throughout the body. Unfortunately, traditional approaches to treating infections aren't always effective. Instead of killing the pathogens that cause infections, antibiotics tend to convert them from an acute stage to a chronic stage. Though a person may think that an infection has "healed" because the swelling, redness, or inflammation is gone, the infection may have instead shifted to a chronic, non-symptomatic

state. This chronic state of infection is often seen with periodontal disease (jaw-bone loss), teeth that have had root canals, or extraction sites of previously pulled teeth. These areas of dental infections can eventually lead to cavitations (osteonecrosis), which are pockets of dead, decaying bone. One of the main dangers that come from these areas of infection, is that the bacteria can use our life-giving blood circulation system to travel to other areas of the body, proliferate and cause many disease states. Problems that these infections have been clinically linked to are:

cancer, cardiovascular conditions, arthritis, neurological conditions, kidney conditions, breast cancer, etc...

What is Ozone?

Ozone is a chemical compound consisting of 3 atoms of oxygen. At our office, we use a medical/dental ozone generator, which converts O₂ into O₃, (oxygen into ozone.) The resulting substance has the chemical composition of 0.25 parts of ozone to 99.75 parts of oxygen. At this low concentration, ozone is an incredibly powerful oxidizer, and effectively kills bacteria, fungus, viruses, and parasites with virtually no toxic side effects.

Interestingly, oxygen/ozone therapy isn't new. Ozone was first discovered in 1840, and its first medical applications occurred in 1870. Today, oxygen

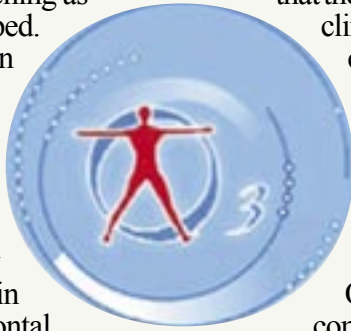
hyperbaric chambers are used everyday to treat cancer patients, and oxygen/ozone therapy is the standard of care in over 20 countries around the world. The medical communities in 14 states fully recognize oxygen/ozone therapy in the US, and in 2001, dental-application research began with the approval of an Institutional Review Board from Capital University of Integrative Medicine in Washington D.C. Since then, oxygen/ozone therapy continues to revolutionize treatment of dental infections.

How does ozone treatment work?

The one thing that all pathogens (bad bacteria / fungus / viruses) have in common is their weak cell membranes. The ozone works by punching a hole in the membrane, thus resulting in the organism's death. Then the immune system can (more easily) take over and "clean house," ridding the body of the dead pathogen's remains. Oxygen/ozone therapy in dentistry involves 3 basic forms of application to the teeth and gums: 1) ozonated water, 2) ozonated olive oil, and 3) oxygen/ozone gas. At Health Centered Dentistry, we use a combination of these forms to create a treatment plan especially designed for the patient, based on their individual needs. Oxygen/ozone therapy is amazing; ask us how it could help keep you on the road towards optimal health and well-being.

-by Madelyn Pearson DDS

(This information was mostly gathered from an article in the Oct 2007 issue of Dental Economics, written by Dr. Philip Mollica and Dr. Robert Harris.)



Advanced Oral Healthcare with Sonicare!

All dentists agree on this point: good oral hygiene is essential to optimal oral health. With today's eating habits of on-the-go snacks, processed foods, and sugary diets, it is more important than ever to have good brushing and flossing routines. The Sonicare electric toothbrushes make it very easy to accomplish these oral health goals.

How are electric toothbrushes superior to manual brushes?

Dental plaque is the white, sticky, by-product of the breakdown of foods. After we eat, plaque forms and becomes stuck to our teeth. Plaque is, by far, the primary cause of tooth decay. Typically when someone brushes their teeth, they do a lot of "back and forth" motions, but they tend to miss the "small circles" motions. Brushing your teeth using

small circles against the gum-line is essential to removing plaque from this crevice, but not many people have the proper dexterity or technique to get the job done. The Sonicare helps to compensate for this. The Sonicare's bristles have high velocity movement, creating a dynamic cleaning action and doing the majority of the work for you. It is clinically



proven to remove significantly more plaque than a manual brush. 90% of all cavities found close to the gums could be avoided if plaque was properly removed by the toothbrush. The Sonicare is also proven to reduce gingivitis, improve overall gum health, and remove staining from teeth. Regular brushing with a Sonicare is shown to help shrink
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Fabulous Website Updates....

◆ Frequently Asked Questions

Sometimes good information is hard to come by, even on the internet. Our updated page is now one of the best resources for Holistic Dentistry.

◆ New Patient Information Forms

Now available under the "Resources" tab!

www.healthcentereddentistry.com



Words from a Healthcare Professional

Interview with Ardith Tonsager:
~ Certified Clinical Thermographer ~

What inspired you to do what you do?

I lost one of my dearest friends to ovarian cancer, it made me think about how I could contribute to the world. Thermography interested me because it offers a powerful and completely safe diagnostic tool to identify potential health problems.

What is thermography and why is it valuable?

Thermography is the use of thermograms – photos taken with a special type of camera that translates small temperature differences on the surface of the body into color variations – to detect thermal patterns which reflect vascular change (increased blood flow = increased heat). Thermography doesn't replace tests like mammograms or CAT scans; it is a different, complementary, type of diagnostic tool. For example, mammograms look at anatomical changes in the breasts as they detect masses or lumps in the breast tissue. Thermograms look at vascular changes in the breast detecting blood flow patterns, inflammation and asymmetries that can be used as early warnings of developing problems. It can detect physiological changes in the body years before there are physical manifestations including tumors.

How do you describe your healthcare philosophy?

I believe that optimal health encompasses all aspects of our being. Most health care is allopathic—providing a therapy of substance to alleviate a symptom. Allopathic medicine doesn't generally get to the root of the problem and the diagnostics often have negative side effects. Mammograms are essentially an X-ray procedure, which introduces harmful ionizing radiation into the body. Thermography reflects my philosophy of medicine, it doesn't introduce any harmful substances into the body. Because thermography only measures the heat emitted by the body, it is completely safe.

How do you feel you best help your clients / patients?

By providing them with information and a service that can help to identify many health problems, like breast cancer and jawbone cavitations, before they become serious.

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

It has been fascinating to monitor the positive changes in my client's health through thermography in response to appropriate treatment.

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

Practice kindness. Be forgiving. Live with positive intention for all creatures.

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

The best medicine nurtures body, mind and spirit. Take charge of your own health. Diet, exercise and practicing kindness are always essential keys to health. If you are not feeling well, seek help from a provider who doesn't simply look to suppress your symptoms but seeks the root cause.



Ardith Tonsager can be contacted at Flowing Rivers: (715) 425-2677

(Sonicare Contd.)

periodontal pockets, is safe and gentle on veneers, composites, and other restorative materials.

How can the whole family benefit from a Sonicare?

The Sonicare toothbrushes are available in many different models. At our office, we offer the Sonicare FlexCare brush, which comes with easily detachable brush heads so the whole family can use it. The FlexCare also has 3 different settings, including timers, so you can get the maximum benefits from your tooth brushings. It is especially important to have a Sonicare brush if you have orthodontics or braces on your teeth. Braces and wires give plaque extra places to hang out, and it is often difficult to effectively clean these oral appliances with a manual brush. If plaque and food aren't removed,

they can lead to de-calcification of the enamel, causing the enamel to become abnormally white. (By the way, this decalcification is the first step in the process of tooth decay, as it causes the enamel to weaken and soften.) Once the orthodontic brackets and wires come off, these decalcified white spots can be very noticeable, and are often irreversible.

So help keep your family's teeth healthy! Brushing with Sonicare toothbrushes are so important to our patients' health, that we are committed to offering lower prices than you would find at retail stores.

Next time you are at our office, ask for a demonstration and start reducing your family's future dental bill with a Sonicare toothbrush today.

See you soon, and happy brushing!

Words from a Patient: Lynn Benjamin

I know that I have been facing overwhelming health challenges. I know this because for a while they did just that, they overwhelmed me. For years I've been battling back toward becoming the person that I was. Diet, exercise, meditation, chiropractic, cranial sacral therapy, and counseling are some of the tools I've used to climb up out of my health crisis abyss. I had done everything I could, had made great improvements and I thought I had "arrived," that I was at the summit of what would be my level of "good health." Now I know that while I had climbed my way out of the Grand Canyon, there was a "Health Centered Dentistry" elevator waiting to take me to the top of Mount Ranier!

When Dr. Laughlin put in the first (of two) jaw re-positioning orthotics -appliances- the results were immediate and literally breathtaking(giving).

I had no idea that my peripheral vision had deteriorated to a foggy haze, but as soon as that first MRO was placed... I could see to the right and left side of me. Right away I also noticed that I was able to read smaller print than I had become accustomed to reading. And goodness, could I breathe easier! In retrospect it seems like before I would breathe and get to a certain point, then have to work to take in more air, to continue the breath. In that chair, I could suddenly breathe beyond that point with ease. Lastly, I could feel a full body tingle and calmness come over me. It started with my upper neck all the way down to my sacrum relaxing, then a tingling sensation started at the base of my neck, crossed my shoulders, passed down my back and

What therapies / activities do you provide at your clinic?

Thermography, Traditional Chinese Medicine and Field Control Therapy.

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

Testing and treating patients for the root causes of their symptoms in the order their body prioritizes.

What two things do you do every day to improve or maintain your health?

Try to live in the world with good intention as the motivator for doing everything. I believe that food is the first and most important medicine, so we try and eat well.

out through my arms all the way to my fingertips. I felt like I was reconnecting to my body.

Over time I noticed that I have developed a greater calmness of thought and body. It seems like I have more brain power, before I would get to 3 or 4 o'clock in the afternoon and "my cup was overflowing." I just couldn't handle anything else... no more information, no more input, I was just done. Now, that just doesn't happen.

Before, I just thought it was normal that I was waking up and getting up once or twice a night. I never felt refreshed the next morning. Now, I sleep through things that would wake the rest of the family... I guess I'm making up for lost time.

A few weeks after I got my oral orthotics I lost them. Of course I was upset, but didn't think I would suffer too much until I could replace them. However, after a few days I noticed the confusion and anxiety began returning and my quality of sleep was deteriorating. My head started racing around again... "I gotta..." "I need to..." "What if..." on and on, and on! Needless to say, I got a new pair as soon as I could.

My journey with Dr. Laughlin and his team is just beginning, and I'm really looking forward to seeing what benefits the next step will bring.

Health Centered Dentistry's Contact Information



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Patient Hours:

Monday 8:30AM - 5:00PM

Tuesday 8:30AM - 3:00PM

Wednesday 8:30AM - 5:00PM

Thursday 9:00AM - 5:00PM

Non-Patient Hours:

Friday 8:30AM - 12:00PM