



THE Whole TOOTH



The Tooth, The Whole Tooth,
and nothing but.... The Tooth (Fall 2008)



Holistic Dentistry on a Budget:

The economy, the economy. This topic seems to be at the forefront of the public's thoughts and fears lately. With fluctuating gas prices and a volatile stock market, it's easy to put dental care on the back-burner when budgeting the family's expenses. *However, it is the belief of Health Centered Dentistry that oral health directly relates to overall wellbeing.* So, here are some things you can do to maintain healthy mouths and bodies during times of money pinching:

Remember that prevention is the key! Good oral habits, including brushing and flossing, are at the cornerstone to a healthy mouth. We highly recommend *Sonicare* electric toothbrushes (which have inter-changeable heads that the whole family can use), as well as *MI Paste*, which can prevent cavities by

remineralizing enamel. Periodontal disease and tooth decay can be kept under control with regular hygiene visits; thus it is important to keep up with periodic cleanings and exams. Finally, maintaining a healthy fruit & vegetable based diet and limiting processed foods is a huge factor in oral health and wellbeing.



Keep on track with your restorative needs! Tooth decay is a disease process, and once it is present in a tooth, it will continue to eat away the dental layers. Therefore, it is much easier (and cheaper!) to treat a cavity as soon as it is found. *The doctors at Health Centered Dentistry are happy to work with you to prioritize your restorative*

needs. Digital radiographs and Laser Cavity Detectors are a few tools used to determine which teeth have a higher risk for decay or fractures and need more immediate attention. Whether the issue is restoring teeth with cavities, amalgam removal, or crown procedures, we are glad to work at your specific treatment pace, even if it's one tooth at a time. Health Centered Dentistry offers a variety of payment options.

So, keep your family's health a priority. Make an appointment at Health Centered Dentistry to review and map out your treatment plan. Working toward an oral health goal (no matter how slowly), will keep you on track to achieving and maintaining overall health and wellbeing. ~ Dr. M. Pearson

So... What's up with Whitening?

Strips, trays, pastes, lights. It's easy to get confused when it comes to teeth whitening products. Due to the entertainment media, society's demand for bright, white teeth is greater now than ever before. Unfortunately, ceramic-white isn't a natural shade that occurs for most teeth, and whitening to that extent without precautions can have some negative effects. Here's a quick overview on the safety and efficacy of some whitening products available to you:

Extra Brite- If your desire is for some minor "touch-ups" to your teeth, *Extra Brite* is a nice choice. This product contains calcium peroxide (one of the safer forms of peroxide for use on teeth), and uses baking soda as its primary component. Baking soda is also the main ingredient found in several home-recipes to whiten teeth. *Extra Brite* comes in a paste form, and is brushed onto your teeth after your regular daily tooth brushings. While *Extra Brite* isn't likely to drastically improve tooth shade, it has been known to remove staining from the enamel.

SmileLine Pen Home Whitening- If your desire is movie-star teeth, the only way to attain those bright shades of white is through a stronger chemical process. The *SmileLine* we have

available comes in a very convenient, pen-form that is easy to apply and handy to carry around. This is a nice advantage over strips and trays, which can get messy and cause spilling onto gums and lips. It is comprised of hydrogen peroxide, which is more gentle than the harsher carbamide peroxide used in Crest White Strips. *SmileLine* has also been known to cause much less tooth sensitivity to cold, unlike other home whitening systems. This product offers a gradual whitening procedure, at home at your own pace. It has been shown to turn teeth 3 shades whiter after about 2 weeks of daily application.

Pola In-Office Whitening- The *Pola Whitening* is a procedure we offer at our dental office, and usually takes about 2 hours to complete. In a single treatment (when you walk out of the office) your teeth could look 6 shades whiter. So, if you have a special occasion coming up and you want to quickly jump-start your smile, this is the answer you are looking for. Because all whitening chemicals can be irritating to the skin, we use barriers to protect your oral tissues during the procedure. *Pola In-Office* is the strongest whitening system that we offer, in the safest possible way.

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Dr. Laughlin is Lecturing....

◆ *Holistic Dentistry - Is the Key to Optimal Health Hidden in Your Mouth?*

Saturday, Nov. 8th 11 AM - 1 PM @ The Edge Life Expo located in the Minneapolis Convention Center - Sponsored by Edge Life Magazine
For more details see: www.edgelifeexpo.com

◆ *Nutrition, Holistic Dentistry & Structural Integrity*

Saturday, Feb 21st - 10 AM @ The Hudson House in Hudson, WI
Dr. Laughlin, Mark Norman LCN, and Dr. Zach McCabe - Sponsored by Fresh & Natural Foods (For early registration call 715-426-7573)



Words from a Healthcare Professional

Interview with **Babette Lightner:**

~ Optimal Function (Movement) and Performance Teacher ~

What inspired you to do what you do?

I have been passionate about movement since I was a child. Some of what I teach now I first learned as a 7th grader. In a sense my inspiration is an on-going curiosity about the nature of how things work. As I learn how things work I am often left in awe and that in itself is inspiring. As I work with people and see how greater understanding of function brings them greater ease, relief and freedom... I am inspired anew. It is as if the everyday results are an inspiration.

How do you describe your healthcare philosophy?

My work is focused on helping people discover how to cooperate with their system, work with their design to prevent and heal pain and injury, or to perform optimally.

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

I give them tools to understand and more accurately interpret what their system/body is already telling them: how to function efficiently, how to live effectively. Clients report feeling empowered and able to independently take charge of how they feel. 'How they feel' being not just improved ability to bend without hurting or to run again when they thought they never could; it includes making choices to not live such a stressed life or choosing ways to approach a problem that takes into consideration their quality of life... So in essence it is helping clients discover the miracle of their own system. In that discovery they stop feeling like something is "wrong" with them. They see how what once was seen as "wrong" is actually a signal to attend to and help guide them.

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

Tension or pain in performance, stress, performance anxiety, chronic pain.

How can people avoid that problem?

I help people see how symptoms are the expression of something they are doing. As we look together to explain the symptom they develop tools to understand messages from their body so they can make different choices in the future. In this way they are able to pick up and understand the first signs of an issue and change it before it even becomes a problem. Consequently, our work to relieve a current injury or problem is also the means to prevent future problems.

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

My work is based on a new paradigm for understanding human structure and function resulting from years of study, teaching, and philosophical evolution. I am creating a Handbook and DVD covering this material.

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

Listen to the signals my system sends me about everything from sleep to food to movement & LAUGH.

Cell: (612) 729-7127
www.stonesinwater.com



(Whitening Contd.)

MI Paste- This product is a must-have for any whitening system you choose! Virtually every chemical whitening procedure has the potential risk for causing tooth sensitivity to cold. Although *MI Paste* is mostly used as a preventative against tooth cavities, its remineralizing properties help to reduce cold sensitivity within the enamel. Also,

it has been shown to reverse "white-spots" present on teeth caused by decalcification. *MI Paste* is easy to apply and comes in several flavors.

For more information about whitening products available at Health Centered Dentistry, please call 715-426-7777 and ask to speak with Dr. Pearson. See you at your next visit!

~ Dr. M. Pearson

Do You Have Funds Left In Your HSA, FSA, CAFE, or Other Plan?

Make appointments now before the end of the year! Our November / December schedule always fills quickly! Be sure not to lose your money!

Words from a Patient: Karen Knutson

When I was young, I was a picture of health with a great big beautiful smile. When I reached my fifties, I didn't know, lurking deep inside my capped root canal tooth, bacteria were growing – slowly destroying my good health.

At the time, I was a patient of Dr. Laughlin for TMJ problems resulting from a car accident. During a routine TMJ exam, examining an x-ray, Dr. Laughlin thought I had a tooth problem in my upper left jaw, he recommended a dental CT scan.

The CT scan revealed an infection involving my root canal tooth. I had no pain or any indication I had an infection.

It was late fall and my husband and I were getting ready to leave for Las Vegas for the winter, but I made an appointment with an oral surgeon to have the tooth removed before we left. Dr. Laughlin sent the necessary information and x-ray to the oral surgeon, but after examining my teeth and reviewing the x-ray, **the oral surgeon would not pull the tooth.** He said he couldn't see anything wrong with the tooth and advised me to come back in the spring if I was having any problems. Needless to say, I was happy I didn't have to have tooth surgery but confused why the oral surgeon wasn't the least bit concerned.

Five days into our trip down south, I got sick, and we told everyone to stay away from me because I had the flu... Six weeks later after three trips to the urgent care center, being first diagnosed with a bladder infection then being told I was fine and then finally **experiencing such weakness that I could barely function at all, I was beside myself! The doctors and nurses all thought I was crazy, that I was making it up. Even my family thought it was all in my head.**

That's when I decided – "looks like I'm on my own here."

I didn't know what to do, but I remembered Dr. Laughlin's deep concern about the infection in my tooth. I called his office and asked him if "that tooth" could make me

physically sick. "Absolutely," he said, taking the time to give me a list of oral surgeons that he thought would see the infection and remove the tooth. The first two oral surgeons came to the same conclusion as the one in Minneapolis. They said nothing was wrong and would not pull the tooth, telling me to change dentists when I got back to Minnesota. I was becoming desperate, but Dr. Laughlin stuck with me, giving me the confidence to go back to the last oral surgeon. Taking all the responsibility and signing all kinds of papers, I convinced the oral surgeon to pull the tooth.

Needless to say, his next words were, "**Oh, my God, Oh my God,**" as **he pulled out the tooth and a huge infection came with it,** leaving a large hole which he had to use skin from the side of my mouth to cover up.

I never heard one word to the effect of – "Sorry, I didn't see the huge infection," or "Dr. Laughlin sure knows what he's talking about" – just absolutely nothing.

This experience has taught me that a beautiful smile comes from within. I am so happy I found Dr. Laughlin because he understands that.

**Thank you, Dr. Laughlin,
for giving me my smile back.**

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