

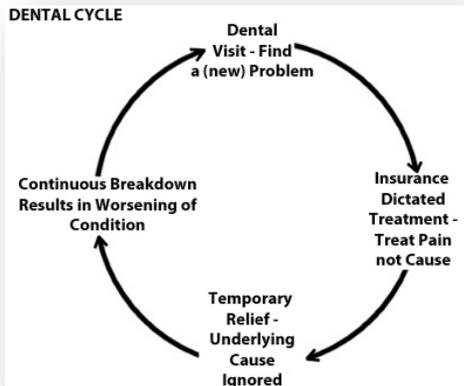
DENTAL PEACE PROGRAM

Less Dental – More Health

THE DENTAL PEACE PROGRAM

LESS DENTAL – MORE HEALTH

You see the dentist for your bi-annual cleaning and check-up, and a cavity is “discovered”. You schedule an appointment, go in and get your cavity fixed, and then wait till your next cleaning and check-up appointment, at which point a new cavity is “discovered”, so you schedule an appointment to get it fixed. Repeat this for the foreseeable future and there you go; you are in **the Dental Cycle**.



Wouldn't it be nice to only have to visit the dentist for cleanings and check-ups? Well, that is entirely possible. Our mission at Ideal Dentistry is **to help you escape the Dental Cycle**. How do we do this? It actually is pretty simple – all you have to do is follow **THE DENTAL PEACE PROGRAM** outlined below.

THE DENTAL PEACE PROGRAM consists of 5 elements. Once all 5 elements have been satisfied the patient *achieves stability* and effectively graduates out of the dental cycle.

STABILITY PHASE COMPONENTS

- INFECTIONS
- DECAY
- FUNCTION
- NUTRITION
- ORAL HYGIENE

A new patient exam at **Ideal Dentistry** evaluates each component of the stability phase.

INFECTIONS

Infection is the most important component, as infections affect your entire body. Bone and tissue infections have been closely linked to just about **every major ailment** (from Diabetes to premature birth). Your whole body health is directly related to oral infections and hence this should always be priority #1.

DECAY

Tooth decay can be painful and will eventually lead to a **root canal infection** or tooth loss, hence it is priority #2.

FUNCTION

Each tooth has a specific function. Molars are for chewing and anteriors are for incising. Problems arise when teeth wear down, contact incorrectly with the opposing teeth, or are stressed beyond their ability, such as in **grinding or clenching**. Not much unlike a car and its tires – they wear down unevenly if the alignment is off. A properly aligned jaw functions better and longer. It is not only the teeth that suffer in a poorly aligned mouth, but the **TMJ** (jaw joint). Once the function of the teeth is corrected we want to slow down the natural breakdown/wear of teeth. This is done with a properly adjusted custom nightguard that protects both the teeth and the joint. Most nightguards that I see are just not fitted correctly and do more harm than good.

NUTRITION

You are what you eat. A well balanced diet, organic ideally, is the key. Do not eat with your eyes, meaning, use a small plate and only put a little food on it. Most people will fill the plate no matter how big it is! Eat slow, wait 20 minutes and drink lots of water before deciding to get more. It takes that long for your system to actually register if it is full. Also, often a craving can be satisfied by simply drinking some water. We have created some nutritional guidelines to help our patients achieve optimal oral health – Ideal Dentistry Nutritional Recommendations section.

ORAL HYGIENE

Proper oral hygiene is critical. You can have the best dental cleaning in the world but **99% of the time you are responsible for your own oral health**. Cleaning your teeth after each meal, at least twice a day, for no less than two minutes is the bare minimum(you get a C for this). Flossing is as, if not more, important than brushing. Avoid acidic mouthwashes (most over the counter mouthwashes are acidic!) and chemicals – use natural mouthwash (sea salt and xylitol) as well as natural toothpaste with a high concentration of xylitol in it. Let your hygienist set your recare schedule, not your insurance company. **I am not a fan of Colgate Total or Crest Pro Health and advise my patients not to use these products.**

Once you have satisfied the 5 stability requirements of the **DENTAL PEACE PROGRAM** then you are on your way to a healthier, happier mouth for the rest of your life.

RECOMMENDED PRODUCTS

- **SPRY Toothpaste** – 2-3 times per day
- **SPRY Xylitol Gum** – 5+ pieces per day
- **Rotadent or Sonicare Automatic Toothbrush** – which ever you prefer
- **Pearl Toothbrush** – 100% Biodegradable with toothpaste dosage brush head
- **XyloSalt Mouthwash** – Xylitol and natural sea salt mouthwash
- **Reach Access Flosser** – before brushing at least twice a day
- **Super Floss** – before brushing at least twice a day
- **Xclear Nasal Spray** – mornings and evenings
- **MI Paste** – if needed for sensitivity or to fight decay
- **Water Pick/Irrigator** – once per day

IDEAL DENTISTRY NUTRITIONAL RECOMMENDATIONS

What is nutrition? Here is the wiki definition:

Nutrition (also called **nourishment** or **aliment**) is the provision, to cells and organisms, of the materials necessary (in the form of food) to support life.

Often nutrition can be overly complicated. Once something becomes too complicated we all shut down and pretty much ignore it. To avoid this natural tendency to ignore nutritional supplements due to its inherent complexity, I created a very simple, "bare bones" approach that reaps significant benefits for the majority of patients. This new approach to nutrition is simple yet highly effective and consists of 5 basic products as well as a "do and don't" list. These products have clinical research proving their efficacy and are made by one of the most reputable companies, *Integrative Therapeutics*.

Multivitamin + Vitamin C
Multimineral
Probiotic
EPA/DHA Omega
3CoQ10

MAXIMIZE THESE	AVOID THESE
ORGANIC DARK LEAF GREENS	FAST FOOD – MCDONALDS, ETC.
ORGANIC FRUITS	NON-ORGANIC FRUITS (PESTICIDES)
ORGANIC VEGETABLES	NON-ORGANIC VEGETABLES (PESTICIDES)
WATER – NOT DISTILLED	FLAVORED DRINKS, SODA, SPORT DRINKS
ORGANIC MEATS	ENHANCED MEATS (ANTIBIOTICS, ETC.)
FISH	MEALS IN A BOX (MICROWAVE FOOD, ETC.)
ORGANIC YOGURT (UNSWEETENED)	ICE CREAM
SEA SALT (IN LOW QUANTITIES)	REGULAR SALT
RAW SUGAR (IN LOW QUANTITIES)	REGULAR SUGAR
XYLITOL (NATURAL SWEETENER)	ASPARTAME, EQUAL, SPLENDA, ETC.
	BREAD (CARBOHYDRATES)
	CANDY
	EXOTIC COFFEE DRINKS (MOCHA, ETC.)

BONE HEALTH

Your bones, including your jaw, are an essential part of who you are. Everything is supported by them and hence we want to continuously reinforce our bones. There are many things you can do to strengthen your bones, one of the most important being **exercise**.

TISSUE HEALTH

Your skin, including your gums, require maintenance as well. Your number one defense system is your skin! If the pathogens cannot get into your body then you are safe. Often the skin in your mouth, your gums, is neglected and consequentially is one of the major portals of entry into your system. The mucous membranes in your nose/sinus are also a great way for pathogens to get inside you. Most illnesses such as the flu enter through the nose! Our goal is to create a healthy barrier, strong protective skin, everywhere. For this to happen we need to get rid of inflammation in the mouth and nasopharynx. I highly recommend daily supplementation of Vitamin C in the 3000mg range.

TOOTH HEALTH

Teeth have many functions including aiding in digestion, food enjoyment and emotional expression. Without teeth your food tastes bland, can't be broken down properly, and you feel as old as you look. To save your teeth you need to surround them with an environment they can live in (You would not put a fish in a desert or a bird underwater), meaning a neutral pH, sugar free mouth. Teeth are able to remineralize themselves as long as the saliva that surrounds them is healthy. Teeth also demineralize quickly in a low pH, or acidic environment (most often due to soda). Too little saliva is another strike against tooth health.

IMMUNE SYSTEM

Your body is a miraculous machine. With a strong immune system every disease can be conquered. Your immune system protects you from everything. A strong immune system is one of the best indicators for longevity and overall health. Your goal is to have the strongest immune system possible, and that starts with the gut where 70% of your immune system resides. Give the body the ability to absorb the nutrition it needs, then supply the proper nutrition and reduce the toxins you put into your body. It really is that simple. You are what you eat. Learn which foods and drinks are acidic and avoid them. ***Eat organic whole foods*** that supply the proper nutrition, supplement the vitamins, minerals and trace elements you lack. ***Cut out processed foods, box store fast food, soda, and excessive sweets***. Visit local farmers markets – it is fun and much healthier for you. Organic is not a trend, it is a lifestyle.

It is a shame that industrialization has resulted in the **abuse of nutrition**, taking advantage of human weakness **to supply wants rather than needs**. It began with sugar and now has extended into long chemical substances designed to trick our senses into wanting more. The result is hamburgers that never go bad, drinks that stay fresh almost forever, and sweets that taste the same for decades. **None of these “foods” supply the necessary materials to support life** and without proper nutrition life fails and illness takes over. **Cancer rates are soaring, diabetes is rampant, obesity is an epidemic**, yet more and more “junk food” is brought to market praying on innocent people who have succumb to the convenience these “products” offer. Little do they know that all it takes to make them feel better, prevent disease/illness and avoid a traumatic, hard second part of life is **proper nutrition**.

You are what you eat, period

ACID

WHERE DOES IT COME FROM AND HOW DO I AVOID IT

This is the most important dental question anyone could ask. If you understand this then you know how to prevent cavities as well as seeing the dentist. We know that cavities are actually caused by acid eating into the teeth, therefore the goal is to eliminate acid from the mouth. A quick lesson on pH: **Teeth demineralize at a pH of 5.5 or less**. So, anything that has a pH of 5.5 or less should be avoided. **Soda, diet or regular, has a pH around 3-4**. Most mouthwashes have a pH in the mid 3s. Flavored water has a pH in the 3s. All these products create an environment in your mouth that dissolves your teeth and helps bacteria grow. There are only a few liquids that are not acidic, regular water being one of them. After taking a sip of soda it takes 20 minutes, in a healthy mouth, to get the pH back to neutral (7.4). So, if you have to drink a soda, drink it quickly, do not sip, and rinse with water afterwards.

The moral of the story – **check and be aware of the pH of what you eat and drink** - You are what you eat!

REBUILDING/REMINERALIZING TEETH

Yes, you can rebuild and remineralize your teeth, naturally! With the right amount of minerals in your diet/saliva your teeth will rebuild themselves. The key is to rebuild your teeth quicker than they are breaking down. Every person's teeth break down and rebuild at different rates. Some people seem to never get cavities regardless of what they eat or drink, while others just look at a soda and get decay. **Your best bet is to focus on rebuilding your teeth while eliminating acid from your diet.**

So, how do you rebuild teeth? There are several products out there that help rebuild teeth such as fluoride and MI Paste, a calcium derived product. Furthermore, your saliva needs to be plentiful and packed with the right minerals. **Certain medications such as allergy medications reduce the saliva flow and that significantly impacts the ability of your saliva to protect and rebuild your teeth**. A healthy well balanced diet is very important. Avoid processed food, preserved food and junk food. Buy whole organic and natural products whenever possible. Snack on vegetables such as carrots and celery, not chips. Drink lots of spring water, not flavored water. Essentially, **if the earth does not make it then avoid it!**

TREATMENT ORDER

FIX THE REASON BEHIND THE PROBLEM FIRST

Often fillings are placed and the reason given is that there was decay. Well, yes, obviously there was decay, but why was there decay? The focus, first and foremost, needs to be on how the decay got there in the first place, otherwise decay will come right back around the filling or on another tooth. During your consultation we will evaluate your current dental health, diet and hygiene. This will give me a baseline on how decay prone you are. From there we work on building a strong foundation for you that is decay resistant and specific for your unique circumstances.

The dental cycle is a downward spiral that takes its toll on your teeth and body. It starts with a small filling and can easily end up down the line with dentures/false teeth. Along this path your whole body is suffering and you are constantly visiting the dentist, not to mention the costs involved are astronomical. I strongly urge all patients to find a dentist that understands this dental cycle and focuses on the principles of stability, not which insurance plan the patient has. Only then can you have a future free of constant dental worries and a smile you love!