

Wellness Consultation:  
**562-421-3747**  
[LongBeachHolisticDentist.com](http://LongBeachHolisticDentist.com)



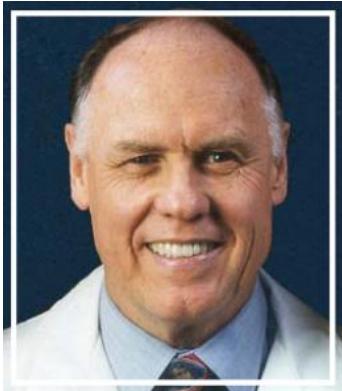
## DWC Newsletter

Issue 41



*"Smell the sea, and feel the sky. Let your soul and spirit fly." - Van Morrison*

### A Note from Dr. McBride



Summer time is here again. A time of vacationing, enjoying the outdoors and remembrances of summers past. My affinity for the local area grew from the adventuresome escapades of my teenage years surfing up and down the California coast, and influenced my practicing in an area near the ocean. It is wonderful to be able to say that I have chosen a profession that keeps me as excited as I was in my earlier days!

## DWC Education Corner

### The Essence of the Dental Wellness Center

By Robert P. McBride, DDS, MAGD

The Dental Wellness Center's health-centered offerings fall well outside the scope of what is taught in dental school, which mainly has the student learn how to perform procedures to repair and replace teeth. It is interesting that these are the main procedures that are listed on dental insurance benefits schedules, somewhat like "body parts" to be sold – crowns, implants, dentures, bridges, etc. – with little to no benefits for procedures that deal with the root causes for their need and regimens to prevent their need in the future. Although it is quite important for the dentist to have developed cognitive and dexterity skills concerning excellence in repairing and replacing teeth, traditional insurance driven dentistry focuses mainly upon on that aspect of dental care: treating the results of disease, with minimal considerations of their underlying causes. An analogy would be an insurance-based medical doctor's treatment based upon medications promoted by Big Pharma – alleviating symptoms, but not addressing the cause(s) of the patient's condition. Dentistry is, in fact, an offshoot of the medical allopathic\* model.

Why are there so few dentists and medical doctors primarily focusing on causes, rather than merely treating symptoms? It's the way the system was developed, with Big Pharma's influence on medicine and its link to medical insurance benefits. Both mainstream medicine and dentistry are joined at the hip with insurance companies that offer scant benefits for the essential elements of health development, such as the time it takes to get to know a patient.

An authentic doctor-patient relationship involves time for it to occur through an intercommunication process to develop commitment and accountability on each of their parts in following through with effective preventive and treatment regimens, as the causes of underlying medical or dental problems.. [Read Full Article](#)

## In the News

### A Patient's Voice Can Make a Difference for the Future of Dentistry

Consumers for Dental Choice was founded in 1996. Their Campaign for Mercury-Free Dentistry started in key states before going national and

international. Along the way, they have educated consumers, increased access to mercury-free alternatives, dismantled arguments rationalizing mercury use, protected dentists' right to speak out, and emboldened governments to stand up for mercury-free dentistry.



At this time our dear friend Charlie Brown who heads this campaign is asking for patients to share their preference of mercury free fillings in lieu of toxic amalgam fillings.

Responding to the new reality that patient preferences count, the U.S. Food and Drug Administration (FDA) seeks public comment on what patients care about

when it comes to medical devices like dental amalgam.

Thank you to the 100+ people who have already commented to let FDA know the many reasons that patients do not prefer amalgam – from its toxic mercury content to the lacking safety evidence to the failure to provide direct-to-patient information about mercury-free alternatives.

If you haven't had a chance yet, please submit a public comment to FDA today

[\*\*Click Here - Make a Difference\*\*](#)

These are some points to consider addressing in your comment:

- As a patient, do you think amalgam fillings are worth the risk of mercury exposure?
- As a patient, would you rather have minimally-invasive mercury-free dental fillings or mercury amalgam fillings that require the removal of significant amounts of healthy tooth structure?
- As a patient, should amalgam manufacturers have to provide you with direct information about amalgam's mercury content?
- As a patient, do you think it's okay to implant mercury amalgam fillings into children, pregnant women, breastfeeding mothers, people with neurological disorders, people with kidney impairments, and others even though it has not been proven safe for them (or for anyone else for that matter)?
- As a patient, does the use of dental mercury – a polluting neurotoxin – conflict with your values?

Together, we can make sure that FDA hears a mouthful about amalgam!

With your help, we can change the future of dentistry.

Thank you for your participation!

## Webinars

*Presented by the Dental Wellness Center*

### Temporomandibular Joint Dysfunction (TMJ) Webinar

"TMJ" can occur from a traumatic blow to the joint(s), an improper bite relationship between the upper and lower teeth, or a combination of the two. The problem can also be magnified with certain general health conditions, such as osteo and rheumatoid arthritis. So, when someone says that they have "TMJ," they are really saying that they have symptoms having to do with their temporomandibular joints and adjacent areas. Dr. McBride discusses his approach in assessing and treating TMJ disorders in this informative webinar. [\*\*View NOW\*\*](#)



## Health Corner

## Take Care of Those Pearly Whites!

Good oral hygiene and regular visits to the dentist will help you maintain healthy teeth and gums.

Here are some tips to help you look after your teeth.



1. Brush at least twice a day. The best time to brush teeth is after meals. Choose a toothbrush with a small head for better access to back teeth. Soft bristles are kinder on your gums.
2. Brush thoroughly. Tooth brushing should take between two and three minutes.
3. Floss your teeth daily. Use a slow and gentle sawing motion.
4. Limit acidic drinks like soft drinks, cordials and fruit juices. Food acids soften tooth material and dissolve the minerals in tooth enamel, causing holes (cavities or caries). In severe cases, teeth may be 'eaten' right down to the gum.
5. Limit sugary foods. Bacteria in dental plaque change sugars into acids.
6. Protect your teeth from injury. Wear a mouth guard or full-face helmet when playing sports.
7. Try to save a knocked out tooth. If possible, hold the tooth back in place while you seek immediate dental advice. If this is not possible, wrap the tooth in plastic or place it in milk and seek dental advice immediately.
8. Avoid using your teeth for anything other than chewing food. If you use them to crack nuts, remove bottle tops or rip open packaging, you risk chipping or even breaking your teeth.
9. See your dentist for regular check-ups. You should also visit your dentist if you have a dental problem such as a toothache or bleeding gums.

## Kids Corner

### Fun Facts to Engage Your Children in Dental Awareness

Did you know...



- The average American spends 38.5 total days brushing their teeth over a lifetime.
- Tooth enamel is the hardest substance in the human body. However, we do not recommend that you use your pearly whites to open bottle caps!
- If you don't floss, you miss cleaning 40% of your tooth surfaces. Make sure you brush and floss twice a day!
- If you're right handed, you will chew your food on your right side. If you're left handed, you will tend to chew your food on your left side.

- More people use blue toothbrushes than red ones.
- The average woman smiles 62 times a day. The average man smiles about 8 times a day.
- Kids laugh around 400 times a day, adults just 15 times a day.
- Giraffes only have bottom teeth.

## Patient Video

### *Mercury Removal Experience*

Patient Danny Cardial shares his experience at the Dental Wellness Center with Dr. McBride and staff. Danny is mercury safe and mercury free and discusses his view on holistic dentistry and the educational process of the patient.



*Janell our Hygienist's  
Birthday Celebration*

*Julie our Dental Assistant's  
Birthday Celebration*



## Patient Testimonials

★★★★★ 5 star review

Wonderful experience.. Very friendly, real and knowledgeable staff. I have done my own research on the truth about mercury fillings and other dental issues, and it felt great to discuss these things openly with Dr McBride. He is very open-minded, passionate and knows his stuff. Highly recommended.



Lana Sanders

★★★★★ 5 star review

I have never been to a dentist like this before..... "In a Good way"! Dr McBride really helps his patients understand that our general health and our teeth/gums are directly connected. For those that desire to live in HEALTH this is the kind of care we need.

Christine

★★★★★ 5 star review

If you care about your well-being and health, please care about your teeth. they are the root and the meridian to every organ in your body. After watching root cause after my 6 root canal extractions, it made sense as to why my root canals were the cause of my phantom nerve pain on my front ankles, knees, back of my spine, back of my head, plus burning of the eyes, depression, anxiety.

I had to take a initiation for my health before it is too late. I came here for consultation for my malocclusion of the bite, displaced tooth, gum health, and overall, a game plan (as he said) to hopefully bring my teeth back to its optimal health and correct alignment. It will be a long journey, it is not going to happen overnight, but it is well worth it. I will post pics of the results and I pray that there will be no complications. I am looking forward to this game plan that he will set up for me. I am grateful for holistic dentistry.

Cheylynne Yurcho

★★★★★ 5 star review

This office is amazing. Everyone that works there is so nice, takes time with you and makes you feel at ease. Everything is very clean. They strike the perfect balance between homey and professional. They have coffee and tea pods while you wait. Although I've never had to wait in the years I've been going. HGTV plays on little TVs in each room and classical music plays throughout the office. They make you feel at home. If I had to use one word to describe the experiences I have at the office, I would say 'comfortable.' After having awful dental experiences all my life, I finally have found a place that I actually enjoy going to. They do not take insurance but that allows them to take a holistic approach. Your oral health will never be in better hands.

Ju Nkola

★★★★★ 5 star review

Dr McBride is more than just a dentist, he sincerely cares about his patients' dental health and teaches us all along the way to prevent dental issues down the line... all while practicing a more holistic way of dental health!! I had a strong aversion to dentists until I came here; everyone on his team is super friendly and helpful. To say I highly recommend his dentistry team, would be an understatement <333

Arsineh Eskandari

★★★★★ 5 star review

Amazing experience at my consultation. I went in with terrible anxiety because I have a fear of Dentists and dental work, but Dr. McBride and his entire staff made me feel so comfortable. That was my biggest issue going in and I already feel a lot less nervous for my next appointment. I loved his approach to health and dental work and I'm looking forward to learning so much more from him.

## Social Media Fun



Katherine is feeling much better and excited to be a part of the DWC family - so are we!



Mercury Free.  
Mercury Safe. That is what we wish for all of our patients.



Elena cozy with her Mama getting her teeth cleaned.



William observing his mom's dental treatment. It's a family affair at the DWC!



Danny is now a mercury free and mercury safe at the DWC!  
Congratulations!



Zoey's 1st appointment at the DWC. Buddy, our puffer fish smiling behind her too.☺☺



Joy's 1st visit at the DWC. She had so much fun!



Nem's first time at the DWC with his Dad. He loves the fish! 🐟🐟🐟



Rowan getting a tooth checked out by Dr. McBride during his hygiene appointment with Janell.



Danny and Doc are getting ready for Danny to become Mercury Free safely.



Caden and Squids 1st visit to the DWC! Beautiful smiles!



Jayce, Maddon and Clover had a great report, no cavities!



Brothers Paxton, Kaden, Brenden, and Gabriel at the DWC.



Katia looking adorable at the DWC.



Alex is visiting the DWC for the 1st time with his mommy Guzel. He got a xylitol sucker.



Nicole and daughter Chloe visiting the DWC from Lake Arrowhead for a second opinion...And, no - she did not need a root canal.



Chey brought her baby boy Kai on her visit to the DWC.



DWC at CDA!  
Continuing education  
to better care for our  
patients.



[Click for the story behind my SMILE :-\)](#)

Thank you for your participation in reading the latest news from Dr. McBride's office. The Dental Wellness Center Staff looks forward to seeing you soon! Don't forget to stop by and see what's new at the DWC!

Enjoy the beauty that Spring has to offer!

*Leanne Sabo*  
Dr. McBride's Office

Connect With Us

