



Note from Doc

Spring has sprung and it seems to be springing forth faster each year. It is a season that signifies renewal and we all feel continually renewed by the steady influx of new patients that are seeking what we offer! It seems that even with a tough economy, people continue their quest to improve their health. I am happy that The Dental Wellness Center has sprung from a health-centered well that continues to draw people to complement our fine family of patients.

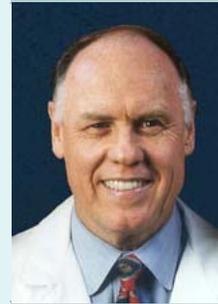


INFLAMMATION

It is interesting to note how long it takes for important and meaningful health information to get to the public. For instance, it is becoming realized more and more that chronic inflammation is the main culprit in heart disease, strokes and many other illnesses, not cholesterol. The inflammatory process that conditions the linings of the heart and blood vessels to act like a magnet for fat is the culprit, not the cholesterol. Blaming heart and blood vessel blockages on fat is like blaming the metal that is attracted by the magnet, not the magnet. Without the "magnet," fat would flow unimpaired through the body.

It is becoming more and more apparent that the cause of this inflammation is in big part due to the continuation of false information that was doled out well over 5 decades ago that advocated low fat, cholesterol reducing diets. Recommendations such as replacing butter and eggs with vegetable oils low in fat with and high in polyunsaturated fats and carbohydrates for weight loss starts a cascade of unhealthy bodily events that are becoming more and more apparent as time goes by. You really don't need to be concerned with the quantity of fat in your diet as much as its type. Saturated fats, found mostly in animal products like butter, cheese and fatty meats, are not as dangerous as you may believe.

Many of the low fat foods have polyunsaturated,



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Quarterly Quote

"Look forward to spring as a time when you can start to see what nature has to offer once again." Byron Pulsifer

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SUCCESS STORY



I initially went to Dr. McBride to have my mercury fillings taken out and restored. When he went

hydrogenated oils used in cooking and as preservatives that are high in Omega 6 fatty acid, such as soybean, corn and sunflower oils. This upsets the balance between it and another essential type of fat, Omega 3, which should have a healthy proportion of 1:3 with Omega 6. The prevalent low fat diets can skew this percentage up to 30:1 in favor of Omega 6 - not a healthy relationship at all. This, along with a high consumption of sugar, simple carbohydrates and processed foods has caused:

- A spike in the incidence of diabetes statistics - from 5.6 million in 1980 to 23.6 million in 2007.
- An obesity epidemic
- More than 2,500 Americans to die from heart disease each day - it's by far the #1 killer in the U.S.

In a nutshell, acute inflammation is a good thing - an essential bodily reaction to trauma, bacterial or viral invasion. The problem is when there is a constant barrage of micro-traumatic events brought on by food toxins that causes chronic inflammation. In my "Doc's Talks" presentations I show images of the interior linings of blood vessels of people who have succumbed to coronary disease and they look raw, as if someone had scraped them with a file or sandpaper. Dr. Rogers then further elaborates upon the cycle of fat accumulation as well as how to reverse its course.

For example: eating a donut or sweet roll which is more than likely baked in one of many omega-6 oils such as soybean or corn oil, causes a rapid rise in blood sugar. This prompts the pancreas to secrete insulin into the blood stream that carries the sugar into the body cells to be stored for energy. After the cells become saturated with sugar, any excess causes a rise in blood sugar which produces more insulin that converts it into fat. The extra sugar molecules also attach to certain proteins from the liver forming what are known as cytokines that cause the inflammation and irritation within the blood vessel walls that causes the adherence of fat.

After they become saturated, fat is stored sequentially in the muscle tissue, the liver and then the belly. This is a reason that thin people who look to be in shape die as well of heart attacks - by the time it gets to the belly, the vessels are already saturated. Cites Dr. Dwight Lundell, author of *The Great Cholesterol Lie*, "Cholesterol is NOT the cause of heart disease. In my career as a cardiac surgeon, I've performed over 5,000 heart surgeries. Most of these could have been easily prevented had the patients been given the right information."

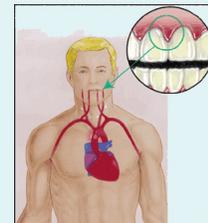
Yet, the thrust continues to be on prescribing drugs to lower cholesterol - that won't stick to the vessels unless they are inflamed. It is slowly coming out that the low fat diets that

over my health history he asked me about my neck pain that I have had for over 20 years. It just became part of my life and I learned to live with it all these years. Dr. McBride said my bite was off which could relate to my neck pain. He suggested an alignment, so I wore a simple device for a short time. After wearing the appliance (allowing my jaws to relax), he then adjusted my bite to correct the way my teeth fit together. I was out of pain for the first time in over 20 years. I realized I had been clenching my teeth all these years and I never knew it was due to my bite and the way my teeth were positioned. Something so simple has changed my life!

Katie A.

Doc's Talks

Mouth-Body Connection



By reservation only

WHO: Dr. Robert McBride shares his view on Holistic Dentistry that is based on an understanding of how a healthy and attractive mouth looks and functions, and how it influences and is influenced by the rest of the body. **Dr. Morgan Rogers** shares the Science of maximum

have been in vogue for the last six decades are, in fact, a primary cause of the above-cited obesity, diabetes, prediabetes and coronary disease, all of which have been and are continuing to swell to pandemic proportions in the U.S. Change does not come easy, especially when the pharmaceutical companies are well ensconced in the milieu, coupled with the lack of a basic core preventive philosophy inherent within the medical profession.

The same holds true in dentistry, as information regarding the oral systemic connection is slowly getting to the public. A prominent physician who was Instructor of Clinical Medicine and dean of The University of Tulane Medical School, stated back in the 1960's, "In almost all ailments of the heart caused by bacteria, the source of infection is known to be the pathologic and infected environment of the teeth." (Charles C. Bass, M.D. American Heart Journal, St. Louis, Vol.69, pages 718-719, May 1965) Today, more and more research articles are disclosing what Dr. Bass was onto back even in the 40's when he discovered that the bacteria found in the lining of the heart of those who succumbed to rheumatic fever entered the body via the gums.

The basis of our wellness center is assisting our patients in optimizing their oral health. One important element is assessment of their periodontal health through gum measurements, phase microscope plaque analysis as well as plaque incubation testing. These diagnostic tests reveal the general levels of bacteria and presence of absence of bacteria that cause inflammation and are considered risk factors in coronary disease. If the results are positive we do blood testing to determine the relative levels of inflammatory products (hsCRP) and blood glucose (HbA1c).

You can be sure that the Dental Wellness Center will continue to keep our patients well aware of these important aspects of their oral systemic health.



Dental Stem Cells Regrow Jaw Bone

The first clinical study to use autologous (involving one individual as both donor and recipient) dental pulp stem cells to reconstruct mandible bone in humans is being hailed as "ground-breaking" by pioneers in the field.

Publishing in the November *European Cells and Materials Journal*, researchers from the 2nd University of Naples demonstrated that combining dental pulp stem cells with a

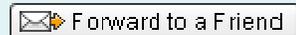
athletic performance and body fat elimination. You will learn how you can take advantage of the same technology that the U.S. Navy Seals and other world elite athletes use.

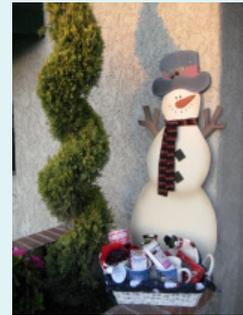
WHEN: Thursday, April 15th at 6pm(refreshments) 6:30 presentation

WHERE: Dental Wellness Center (5406 Village Road, Long Beach 90808)

RSVP:
562-421-3747
(seating limited)

HELP ANOTHER AND





WINTER BASKET WINNER:

CONGRATULATIONS to Erin Messet winner of the Winter Basket!! Erin happens to be my neighbor and each year at Christmas time she decorates every tree on our block with foil and red ribbon late in the night as a surprise to all her neighbors.. She has graciously gifted us with a yearly tradition. I know she enjoyed her hot cocoa . Thank you Erin!
Leanne

collagen sponge scaffold "can completely restore human mandible bone defects," indicating that these cells could be used for the repair and/or regeneration of various tissues and organs, they wrote.

This marks the first time dental stem cell research has moved from the laboratory to human clinical trials, said Art Greco, CEO of StemSave, a company commercializing the collection and "banking" of dental stem cells for potential use in a variety of disease and injury treatments.

"To go from an animal model to human subjects is a very big step. This breakthrough clinical study, which uses the patient's own stem cells harvested from their teeth to repair bone, is the first of what we believe will be an expanding number of applications to treat a broad array of disease, trauma, and injury," said Greco. "Up to this point all the research using dental stem cells has been done in laboratory settings. To go from an animal to human subjects is a very big step."

While the paper is the first study of its kind in humans, "the analysis is not very extensive so it is difficult to judge the impact; however, it is a step forward," noted Paul Sharpe, Ph.D., a craniofacial biology professor at Kings College in London and a leading dental stem cell researcher.



TEAM NEWS

Welcome to our new team member!

Hi! My name is Karen Gomez, Dr. McBride's chairside assistant. In the office I am called "KC" (too many Karens - doctor's wife, our office manager and now me). I look forward to meeting all of our wonderful patients and assuring that their appointments go smoothly and comfortably.

I have been a dental assistant since I graduated from high school, only planning to work in this field for a year or two. To my surprise I discovered that I really enjoy assisting the doctor and helping people feel more comfortable during their dental treatment. I feel fortunate that I have found that here with Dr. McBride and his team. I am learning a lot from doctor and find his practice a refreshing change from standard dental offices. I am anxious to learn more!

I live in Fullerton with my husband and two teenage sons and our dog, Kobe. On my time off I enjoy gardening and being outdoors, and spending time with my family.



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**Happy Birthday Dr. McBride,
Happy Daylight Savings, Happy St.
Patrick's Day, Welcome Spring,
Happy Easter, and Happy Mother's
Day!
Stay Happy!
Dr. Robert McBride and team**

I love my job and look forward to meeting you!