



Note from Doc

It's summertime again, and we have some sizzling news in our hygiene department! Besides having progressive individualized preventive programs to control periodontal disease, we can now do the same with tooth decay. Cavities do not occur within a non-acidic oral environment. We now have ways to test for the relative acidity and alkalinity (pH) of ones mouth as well as the technology to change it from one that supports decay to one that does not - prevention at its best - and that's hot!



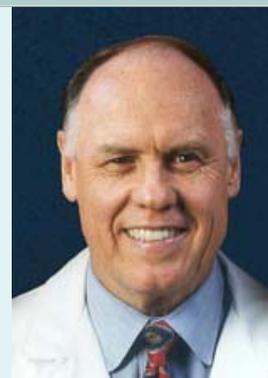
www.LongBeachHolisticDentist.com

Prevention At Its Best!

Hi! I'm Timbrey, the Dental Wellness Center's hygienist. I was asked to share some new information with you! As you know, my main function in the practice lies in prevention and control of gum disease and tooth decay. We have developed a leading edge protocol for dealing with gum disease and keep most all of our patients who have periodontal disease away from gum surgery. We now have an effective protocol for assessing one's predisposition to having decay - we can actually test the mouth environment for the probability of having tooth decay!

Would you ever think that the pH of your saliva influences your susceptibility to have tooth decay? We all learned in basic science class what pH means- alkaline vs. acidic. Our new decay prevention protocol consists of assessing the saliva with a simple test strip containing a high sensitivity litmus paper. After wetting the test strip in saliva, the litmus paper either turns green in an alkaline environment or yellow in an acidic environment. Research has come to show that the bacteria essential for the decay process to occur cannot live in an alkaline environment. So the question is... Do you have an acidic mouth? And if you do, how do we change it?

There are several ways that the oral environment can be changed from acidic to alkaline. Foremost on the list is what



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Quarterly Quote

"Deep summer is when laziness finds respectability."
-Sam Keen

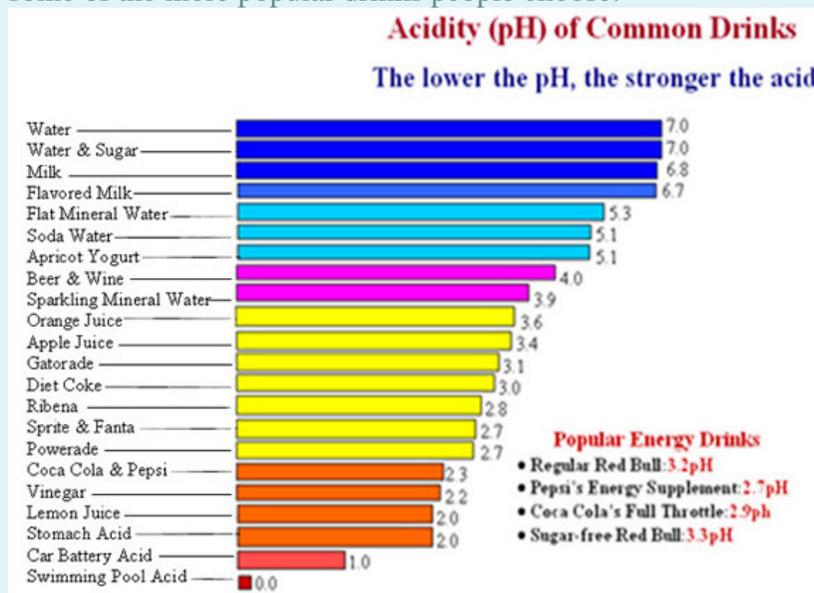
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SUCCESS STORY



"I have been fighting gum disease for over 30 years. Surgery after surgery with sometimes no results except a lot of pain has made my dental experience a nightmare. Then I found Dr. McBride. His office has taken the

we eat and drink. Obesity is one of the greatest health challenges of our time right now, and unhealthy eating patterns contribute to 70% of that. That's an amazing percentage!! Pre-diabetes and diabetes have become epidemic, and a study was done which showed that through physical activity and healthy eating, type II diabetes was reduced by 60%. One of the main contributing factors to these statistics of unhealthy diets and type II diabetes is soft drinks. Especially with summer coming up and the hot weather, it is a good idea we re-think our choice of drinks. PH is a measure of acidity, ranging for most liquids from 0 to 14. A pH of 7 is neutral and represents the acidity of pure water at room temperature. A pH below 7 is acidic and a pH above 7 is considered alkaline or basic. Let's start with some of the more popular drinks people choose:



Although we enjoy the taste of the majority of these, we need to think twice about what we are putting in our mouths. And not only for the protection of our teeth, but also to consider how it will affect us systemically.

One healthy measure for developing and maintaining an alkaline environment is consuming the right kind of food that balances the oral environment. Some examples would be: spinach, nuts, peppers, asparagus, tomatoes, garlic, apples, grapes, coconuts, carob, raisins, brown rice, sprouted breads, and the list goes on. Any meat, eggs, and most breads are acidifying.

Another measure we employ that can bring an acidic environment to an alkaline within 4 days of usage is a creamy substance you simply smear on your teeth before you go to bed at night. It is a derivative of milk and has been classified by the States Food and Drug Administration as safe and can be used in patients of all ages. It's mechanism of action is to directly apply the calcium and phosphate product to the teeth (which is

"fear" out of my dental experience in more ways than one. They explain what needs to be done in a professional and caring manner and are more than willing to help you make the best decision possible based on the results you'd like to see and your financial situation. I could not believe that out of all the periodontists I've seen that not one ever told me about laser treatments. Laser treatments have brought my gums to a healthy level they haven't been in 30 years. Timbrey Lind, who has overseen the treatments, has a professional and stressless demeanor that makes going to the dentist a pleasurable experience. Thanks to Timbrey, I can sleep at night without the worry of another imminent surgery. Dr. McBride's office is a warm and welcoming place and Dr. McBride is thorough, helpful and confident in explaining all procedures. I feel blessed to have found him."

Marilee C.

Doc's Talks

Mouth-Body Connection

naturally in our saliva) to re-calcify and strengthen them which also increases the pH of our mouth (remember the higher the number for pH, the better).

Now that I have been able to explain a couple of the things we do differently at the Dental Wellness Center and why, there is one more thing we do that sets us apart from most traditional offices and it happens to be the most important. In teaching self care to our patients, we *educate*, *demonstrate*, and have *them* demonstrate their ability to clean their mouths. As Dr. McBride says, "Would you let a 16 year-old drive you across town who has only read the Driver's Manual, but had no actual driving lessons?"

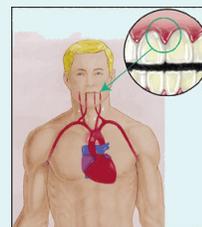
Benjamin Franklin once stated "Tell me and I'll forget, show me and I'll remember, involve me and I'll learn" and that statement could not be truer. Of course it takes two parties (the patient and myself) to each have the interest and dedication of developing a healthy change. Exciting, healthy changes occur on a daily basis and is the reason that I love coming to work at The Dental Wellness Center!



Go Green For Healthy Teeth and Gums A recent study suggests that antioxidants in green tea may help reduce periodontal (gum) disease.

With origins dating back over 4,000 years, green tea has long been a popular beverage in Asian culture, and is increasingly gaining popularity in the United States. And while ancient Chinese and Japanese medicine believed green tea consumption could cure disease and heal wounds, recent scientific studies are beginning to establish the potential health benefits of drinking green tea, especially weight loss, heart health, and cancer prevention. A study recently published in the *Journal of Periodontology*, the official publication of the American Academy of Periodontology (AAP), uncovered yet another benefit of green tea consumption. Researchers found that routine intake of green tea may also help promote healthy teeth and gums. The study analyzed the periodontal health of 940 men, and found that those who regularly drank green tea had superior periodontal health than subjects that consumed less green tea.

"It has been long speculated that green tea possesses a host of health benefits," said study author Dr. Yoshihiro Shimazaki of Kyushu University in Fukuoka, Japan. "And since many of us enjoy green tea on a regular basis, my colleagues and I were eager to investigate the impact of



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. Also, how head, and neck pain can be related to a person's bite and how we approach this problem.

WHEN: Thursday, June 24th at 6pm

Enjoy drinks and a light fare.

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

RSVP:

562-421-3747

(seating limited)

HELP ANOTHER AND

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Someone who has dental problems or fears, bad breath, unresolved headaches, neckaches, vertigo, or jaw pain.



SPRING BASKET WINNER:

CONGRATULATIONS to Alfredo Perez winner of the Spring Basket!!

The Perez family are new to our practice and are happy

green tea consumption on periodontal health, especially considering the escalating emphasis on the connection between periodontal health and overall health."

Male participants aged 49 through 59 were examined on three indicators of periodontal disease: periodontal pocket depth (PD), clinical attachment loss (CAL) of gum disease, and bleeding on probing (BOP) of the gum tissue.. Researchers observed that for every one cup of green tea consumed per day, there was a decrease in all three indicators, therefore signifying a lower instance of periodontal disease in those subjects who regularly drank green tea.

Green tea's ability to help reduce symptoms of periodontal disease may be due to the presence of the antioxidant catechin. Previous research has demonstrated antioxidants' ability to reduce inflammation in the body, and the indicators of periodontal disease measured in this study, PD, CAL and BOP, suggest the existence of an inflammatory response to periodontal bacteria in the mouth. By interfering with the body's inflammatory response to periodontal bacteria, green tea may actually help promote periodontal health, and ward off further disease. Periodontal disease is a chronic inflammatory disease that affects the gums and bone supporting the teeth, and has been associated with the progression of other diseases such as cardiovascular disease and diabetes.

"Periodontists believe that maintaining healthy gums is absolutely critical to maintaining a healthy body," says Dr. David Cochran, DDS, PhD, President of the AAP and Chair of the Department of Periodontics at the University of Texas Health Science Center at San Antonio. "That is why it is so important to find simple ways to boost periodontal health, such as regularly drinking green tea- something already known to possess certain health-related benefits."



TEAM NEWS



Come surfing with us...

We have a NEW website!

to have found a Holistic dental office. We are also pleased to have wonderful people that value our services!



It's Never Too Late!

FUN FACT:

We're pleased to say that we have 8 patients between the ages of 90 and 100 (Vera will be 101 this year). Two of these patients have been seeing Dr. McBride for over 40 years! It goes to show you that you can keep your teeth/smile going a lifetime...it's never too late!



For more information go to:

Dental Wellness Center



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 Forward to a Friend

We invite you to check out our Dental Wellness Center

website: www.LongBeachHolisticDentist.com.

We realize that we are a unique office that attracts special people that are looking for our services. Our new website will make it easier to capture this audience.

Take a look  and maybe we can help you or someone you know.

What our patients are saying about us:

"As a holistic health practitioner I have been looking for a holistic dentist for myself as well as for my clients for a long time. I am pleased to say my search is over 😊 Dr. McBride is a 'rare pearl' amongst other dentists." Ela C.

"Dr. McBride is an extremely knowledgeable, talented and gentle dentist. He looks beyond the presenting problem and considers the entire function of one's body as it relates to the jaw, mouth and teeth (and everything in between). His office staff is equally as gentle, kind and knowledgeable in relation to their duties. Overall, everyone is very personable and leaves you feeling cared for." Julann W.

"I had head and neck pain and was concerned about my chipping teeth. I wanted to be able to keep my teeth a lifetime. Dr. McBride naturally changed my face. I get so many compliments that I look younger. I can see that my muscles are more relaxed around my face. I am now out of pain and look more peaceful and vibrant." Barbara K.

"You are most sensitive to my needs as a client, and are very professional & kind. Having dentures that fit and are right for my mouth for the first time in almost 40 years, I smile & laugh, have lips again, and my self-confidence has soared.. My experience has been life changing! Inside and out. Thank you Dr. McBride & Staff. I could go on and on..." Linda L.

"There is no finer gift than the referral of your friends and family."