



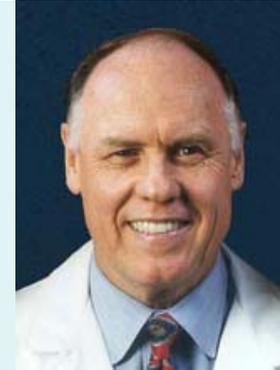
Note from Doc

Spring is a time of rebirth and renewal. Each of us here at The Dental Wellness Center is proud of our purpose of patient education and involvement as it offers us a wellspring of opportunity for continuing improvement and growth for all concerned.

Patient Directed Care through a Holistic, Wellness Oriented Approach to Dentistry



Within the last 20 years, dentistry has seen a tremendous improvement in esthetic tooth repair and replacement technologies and this has been widely heralded in the media via overnight cosmetic "makeovers," etc. Similarly, in medicine with titanium hip and knee replacement and highly advertised cosmetic procedures. As wonderful as this all is, none of these technologies deal with the cause for their need. For instance, might some hip or knee replacements



TOPICS:

PATIENT DIRECTED CARE THROUGH A HOLISTIC, WELLNESS APPROACH TO DENTISTRY

THE MOUTH-BODY CONNECTION

WHAT'S NEW AT THE DENTAL WELLNESS CENTER

DR. MCBRIDE'S NEXT PRESENTATION

QUARTERLY QUOTE

TESTIMONIALS

QUARTERLY QUOTE

"Every human being, of whatever origin, of whatever station, deserves respect. We must each respect others even as we respect ourselves."
-Ralph Waldo Emerson

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TESTIMONIALS

"I have been a patient of Doc for over 30+ years!!!"
He (as well as his

have been avoided through an earlier assessment of bone density and regimens employed to increase it through nutrition, appropriate supplements and exercise?

In the U.S., most all health provider-patient relationships are based on alleviating symptoms, not on assessing their core cause. This is why the pharmacological industry is the most profitable of all businesses in the U.S. Perhaps it also has to do with the U.S. being ranked 37th in the World Health Organization's assessment of healthcare systems out of 191 countries. This translates as well to dentistry which is an offshoot of the medical model of symptom focused remedies. If a tooth aches, fix it, pull it or root canal it. If your gums bleed, clean the teeth. Nothing wrong with the above, excepting that the procedures don't address causes, only the results - or symptoms - of a disease. This mode fosters a dependency mode between the provider and patient.

Fundamental to a more holistic, or wellness mode is a recognition that symptoms have causes, therefore therapy is based upon meticulous assessment that identifies the cause(s) from which preventive and treatment regimens are developed. It also requires a patient with a high degree of interest in optimizing their health through a desire to understand and deal with anything that may be impeding it. This fosters a teacher-learner, interdependency role between provider and patient.

A wellness or holistic health model is defined by this basic role change between provider and patient that begins with a mutual discovery and learning process. This model is holistic in that it recognizes that the teeth and gums are only two of many elements comprising the oral system, therefore all aspects of the system need to be considered. During this discovery process wherein data is collected from the patient (such as a thorough clinical examination, x-rays, photographs, oral bacterial and saliva assessments and, as needed: CT scan, MRI, functionally related mouth models), both doctor and patient co-learn the nature of the patient's oral system health. The doctor assumes the role of a teacher along the way and in relating the results of the examination and assessment procedures. Preventive and treatment protocols are developed wherein mutual responsibilities are defined. The patient then directs their care based upon their having learned the true nature of their oral

FANTASTIC associates) is/are extremely thorough, patient and considerate of my oral health. I've had numerous and extensive procedures performed with nothing less than miraculous results. His knowledge of oral health is beyond compare!
SIMPLY THE BEST!!!

-Linda J.

"Always a good experience!"

Quick and painless. I love the staff here; they always remember my name and what I've been up to. It's those things that really make a difference.

-Meggin T.

"Valeria was very kind and communicative"

She made me feel welcome, and comfortable. She is also a very good teacher! She explained very simple how I could improve my brushing technique, and shared some valuable tips about getting rid of plaque that I had never heard before! Dr. Robert was very positive and upbeat, and enjoyed my visit with him as well. Never has getting a teeth cleaning been such a joy!

-Jennifer D.

"First-rate in every way."

-James D.

"My care this visit

problems. The entire learning process facilitates a healthy developing relationship bounded by mutual respect and a desire to implement co-developed goals.

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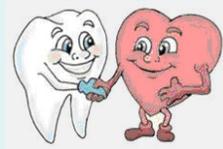
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THE MOUTH-BODY CONNECTION

The mouth is an excellent gauge of one's general health. This is readily seen with some individuals who have healthy gums that aren't great brushers and flossers. These people tend to be healthy in general - physically active with good eating habits. The mouth is an organ attached to the body, but unlike the other organ systems it is easily accessible and able to be more readily assessed than other areas of the body. For instance, we see new patients who have bleeding gums, and upon blood testing discover that they also have an elevated blood glucose as well as high inflammatory markers, such as C Reactive Protein (hsCRP). The health of their gums have been influenced by their general health, and as a result the gums become a more vulnerable target for the oral bacteria. So, there is a reciprocal effect here - if the body is unhealthy, one will be more at risk for gum disease which in turn adds a liability to one's general health. So, when we assess the state of a new patient's oral health by means of a phase microscope, plaque incubator assessment and blood testing, we are able to not only interpret the state of one's gums, but an important aspect of their general health as well. The assessment information we develop lets us direct unhealthy patients to a proper provider to assist them in boosting their general health as well as giving us information to develop individualized oral health protocols that will positively influence both the state of their oral and general health.



 Forward to a Friend

What's New at the Dental Wellness

was "above and beyond," as the saying goes."

I had a sore, stiff neck that day, and wasn't sure how long I would be able to sit in the chair. When I told Leanne, she immediately went and warmed up a hot pack and draped it around my neck as soon as I got in the chair. This, and Val's excellent care, really helped make my visit more comfortable!

-Elaine G.

"So far so good"

I am at the beginning stages of getting my mouth healthy and Dr. McBride and his staff have made this a comfortable process so far. They are very good at making a chicken like me of dental care, comfortable, explaining in detail what each step is. I have chosen to follow the Perio Protect Periodontitis Program which for me is less invasive and a more healthier approach. This will be a long process so I will share my experience as I go. Thank you Dr. McBride and staff!

-Michele R.

"Excellent"

-Rose L.

"Great experience as usual"

-Dr Steve S.

"Good visit"

Prophy was professionally completed by the

Center:



1- KC our dental assistant had her 3 year anniversary January 11th....Congrats!!



2- Barbara our patient coordinator had her 1 year anniversary February 20th...Congrats!!



3- New Members of the Seal Beach Chamber of Commerce.



4- On March 16th (Docs Birthday) we had a booth at the Seal Beach Chamber of Commerce "Be More Healthy Expo."



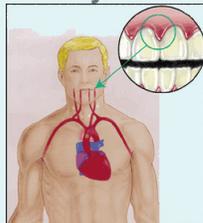
5- Introducing SevenPoint2 now available at the Dental Wellness Center. Numerous studies show a direct link between acidic pH levels in the human body and chronic, and sometimes terminal, illness. We believe it's time to make pH balance a priority for everyone!

SevenPoint2.com/DentalWellness

Doc's Talks

By reservation only

"Mouth-Body Connection"



WHO:

Dr. Robert P. McBride

hygienist. Pleasant experience.

-Edward McC.

"I always look forward to going to Dr. McBride"

I feel like part of the family I've been going for so long. You will never get better dental care!

-Leslie M.

"Friendly, professional and superior care, as usual"

-Rita M.

"We are both very happy to have Dr. McBride as our dental specialist"

Love the atmosphere & staff, everyone is so friendly. Truly professional & compassionate...great combination.

-Randa and Paul P.

"Fantastic"

-Jerry W.

"Very thorough and complete new patient examination"

Best one I have ever had by a dentist. Doctor is very good at explaining everything. The doc and staff are very friendly and accommodating.

-Kathy W.

"Great check-up and cleaning as usual"

Excellent attention from

WHAT:

Discover the Mouth-Body Connection. Robert McBride, D.D.S., M.A.G.D. will be sharing his valuable message about the importance of oral health and how it is related to your overall health (gum disease, heart disease, TMJ; head/neck pain, vertigo, mercury/amalgam fillings, inflammation, diabetes, etc.)

SPECIAL GUESTS:

We have special treats for you at this event. Chef Mark with Happy Cooking will be providing us with healthy food at 6:30pm before the presentation begins. After Dr. McBride's presentation Mike with SevenPoint2 will be discussing how chronic health conditions are on the rise because of poor nutrition and that much of our foods are acidic. Research shows evidence that sickness and disease thrive in an acidic environment. Come learn how easy it is to becoming alkaline and attaining optimal health.

PRESENTATION TESTIMONIAL:

"Thank you for your focus on finding root causes, prevention, and education of patients. I am a holistic nutritionist and I am glad to have a great holistic-minded dentist to whom I can refer clients. I am looking for a new dentist myself!" -Lynda B.

WHEN:

Wednesday,
April 24th at 6:30pm
Enjoy healthy food served by chef Mark

WHERE:

The Dental Wellness Center
5406 E. Village Road
(Bellflower and Carson)
Long Beach 90808

RSVP:

Leanne 562-421-3747
(seating limited)

[Click here to Register](#)

HELP ANOTHER AND

 [Forward to a Friend](#)

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

everyone in the office as usual. What else can I say except that you guys are awesome again, as usual.

-James V.

"As always the experience was comfortable, friendly, and educational"

I always feel welcome and as if the entire office has my best interest at heart.

Thank you.

-Tanya O.

SPRING BASKET WINNER



Congratulations to Linda Johnson who has been our patient since 1997!!