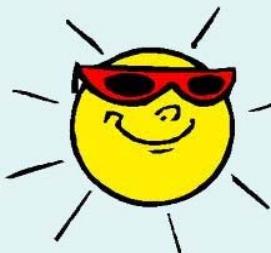




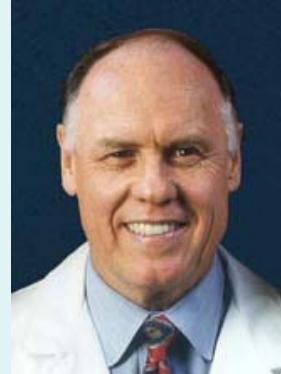
SUMMER 2013

Issue: 17



Note from Doc

Summertime is an extension of Spring and renewal of purpose. 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.



What is "Holistic" Anyway?

Robert P. McBride, D.D.S., M.A.G.D.



As you may know from some of my previous articles, I believe that it is important to understand the true meaning of words and how there can be alternative definitions, such as the word "diagnosis" which was the subject of my article in our Winter 2012 newsletter. This is especially true of words when one is seeking a new dentist through word of mouth, a website, or online guides such as Yelp or Angie's List. Many people are searching for dental offices that practice "holistic" dentistry, but what does it really mean to be a holistic dental practice?

The dictionary* definition of the word "holistic" is, "concerned with all factors, physical, mental, emotional and spiritual that affect health, rather than treating isolated diseases and symptoms." I can think of no better designation of the nature of services we offer at The Dental Wellness Center than the term "holistic." Obviously we treat the physical (and do so at the highest possible level), as all dental treatment ultimately deals with physical aspects of the body. Mental and emotional for sure, because we take the time to listen to people. I hear many stories, from my new patients, about their past dental experiences. Some have had positive experiences but unfortunately many of them have had negative experiences. And the spiritual, in that we involve ourselves with the spirit of the patient, making a connection,

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QUARTERLY QUOTE

"A pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty."

- Winston Churchill

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TESTIMONIALS

"Fabulous!"

And this is a Dental Office I am writing about. Who has this kind of Dental Office in this busy environment? Dr.

not just treating his or her "teeth."
**Thorndike & Barnhart Dictionary*

Through the years, after thousands of interviews with new patients, I have learned a lot about people and how they perceive dentistry, which is usually based upon their past dental care experiences. I have learned that patients view dentistry much differently than do dentists. Not having gone through dental school and the experiential background required of a dentist, most patients aren't looking through the same "prism" as the dentist, so there is a big gap of knowledge and understanding. This factor is one of the main reasons why The Dental Wellness Center has a central mission of educating its patients. It is also the reason that I consider my initial new patient interviews so important, as they are invaluable in getting to know my patients and it also sets the stage for a healthy continuing relationship. This is key to a philosophy of practicing holistic dentistry.

I have also learned through the years that the finest dentistry possible for a patient includes a combination of many other factors on the part of the dentist:

- The passion of the dentist to continue learning about health
- A grounded philosophy of care
- Wellness, health-centered outlook, i.e., a focus on discovering the cause of conditions rather than solely treating them
- Wanting to do the right thing
- Degree of actual caring for people
- A matched level of interest of the dentist and patient
- Innate talent and dexterity of the dentist honed through clinical and post graduate experiences
- An understanding of the teeth and gums being only part of a vast network of other oral system elements that all need to work in harmony for sustained health
- Use of non-toxic, biologically compatible materials
- Empathetic approach to individual differences in people, their mouths and teeth
- An exceptional team of co-workers with health-centered values
- A holistic approach - which brings us back to the central theme and title of this article - "What is "Holistic?"" and the importance of word definitions.

I don't think that there is a better summation of holistic dentistry than that expressed by Bernie Siegel, M.D. when he said "As counselors, teachers, healers, and caregivers, we can always contribute a cooperative arrangement in which the doctor and patient both realize that they are essentially the same except for a few years training, offers more to both than the accustomed roles of master and supplicant. This expanded outlook allows the doctor to inspire hope, give with the heart as well as the head and hands. Keep ego in the background and share major decisions with the patient. The doctor who

McBride surpasses everyone in the field because he cares about your overall body health. Their office is very informative and wants to teach you how to care for your Oral Health which directly affects your over-all Body Health. Thank you for your Friendly and Caring People who make up your staff.

-Barbie W.

"Dr. McBride and his entire staff are kind, professional, authentic, thorough and always sensitive to my needs"

This is a very different experience than any other dentist I have gone to in the past.

-Anonymous

"Thank you for your help and your methods of helping me with my ongoing pain"

You have been the only person to give me a shot without even a little pinch.

Thank you sooo much. My daughter Dannette and I will be coming back to see you for all of our dental work. We really appreciate you.

Thank You!!!!!!

-Carol M.

"A Five Star review. As always."

works out of love doesn't burn out. He/she may get tired physically, but not emotionally. We doctors must become as instruments. When that happens, motivated patients will use us to work miracles."

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[View our profile on LinkedIn](#)

pH and The Oral Systemic Connection

Robert P. McBride, D.D.S., M.A.G.D.

My monthly in-office presentations are all about the oral-systemic (mouth-body) connection; how the health of the mouth can affect the rest of the body, and the reciprocal effect of the state of body health affecting oral health as well. As a Wellness Center, we believe that education along with prevention is key to oral health development and maintenance. This is why we spend a lot of time with each new patient in assessing their entire oral system - teeth, gums and TMJ's. For instance, as important as it is to remove tooth decay as early as possible and repair it properly, it is even more important to assess its cause to prevent further decay. Oral bacteria that are involved in tooth decay both thrive within, and contribute to, an oral environment that is acidic in nature. One of the basic oral assessments we perform with new patients is to determine the relative acidity or alkalinity (pH) of the mouth through placing their saliva on pH strips. These strips change color which indicates either an acidic, neutral or alkaline salivary pH. Bacteria that are responsible for tooth decay live within a sticky matrix that covers the teeth and gums called a "biofilm." They multiply in the presence of acidic foods we all like. Some examples are highly processed sugary foods, sodas, orange juice, highly preserved sauces and condiments, anything baked with white flour, foods high in trans fats and anything containing high-fructose, corn syrup or artificial sweeteners. Meats, cheeses and white rice are also acidifying. Needless to say, the majority of our new patients do test acidic with the saliva tests.

Bacteria involved in gum disease also flourish in an acidic environment. Through laboratory testing of a patient's saliva we can determine the types and numbers of bacteria in their mouth that affect the progression of gum disease. Higher levels of destructive bacteria, as opposed to healthy bacteria in our oral flora will increase the rate of gum destruction and



As always, the staff is very friendly and take good care of any issues regarding my dental well being.

-Rose L.

"I love your dental office"

I love your dental office and quite frankly it feels quite "homey!" Love the way the staff treated me, Leanne and Dr. McBride calmed my fears with their sense of humor, ha, ha! I actually look forward to coming back now knowing that I will be taken good care of and in time I will have the most beautiful smile for a very young at heart almost 60 year old! :) Thanks guys, you make my day at the dentist with me feeling like a "denitista" almost like a "fashion-ista!"

-Lizz N.

"Wonderful"

Wonderful service and a great all around experience as usual.

-Kevan McC.

"Great Quality and Information"

We have been seeing Dr. McBride for over a year now. We end up paying the same as we were at our former dentist. We receive and continue to receive great quality of treatment and information we never obtained for over 20 some years at our previous

dental office. He diagnosed issues I've had for many years that were never addressed before. I pray God keeps him here for many years to keep

bone loss. In fact, the more acidic the environment for longer periods of time, the higher the levels of destructive bacteria there will be.

pH gauges the activity of hydrogen ions in the various liquids of our bodies - blood, saliva, urine, etc. Each of these fluids may vary from one another slightly, however it is well-recognized that in an optimally healthy body state, each should be within a neutral or slightly alkaline state. As an example, water tests neutral (7.0 pH). Numbers above this norm indicate alkaline; those below it indicate an acidic state. In general, degenerative diseases are the result of acid waste buildups within the body. When we are born, we have the highest alkaline mineral concentration and also the highest body pH. From that point on, the normal process of life is to gradually acidify. That is why these degenerative diseases do not occur when you are young.

For years we have been recommending pH changing protocols to our patients to move their oral pH away from an acidic state as part of our cavity and gum disease prevention regimens. These regimens consist of neutralizing mouth rinses, brushing with a neutral pH toothpaste, alkaline milk product application, nutritional counseling, coaching for effective plaque removal and regular hygiene maintenance. Although these protocols are helpful, it becomes a losing battle if the patient doesn't follow the recommended nutritional and daily self-care regimens. In other words, if the pH of the entire body is acidic, local measures to change the oral pH can be relatively ineffective.

Major Breakthrough

A new system of products named SevenPoint2 has been designed to effectively improve one's general health through development of a bodily pH of 7.2 (slightly alkaline). This allows its high quality natural, organic, gluten free and non-allergenic nutritional supplements to become more readily assimilated by the body. At this pH level, bodily cells are more able to absorb the nutrients they require as well as becoming more effective in eliminating waste products. When body cells have an acidic pH environment they build up waste products that leave them weak, less functional and more vulnerable to many diseases. As a result, infectious organisms have a better chance of affecting all cellular systems within the entire body including those of the oral environment. We are all excited about this new product. It was developed by a doctor who realized the decreasing nutritional content of fruits and vegetables, coupled with today's hectic pace and a population addicted to processed and fast food. At the same time he was becoming frustrated with many of his patients having poor compliance in following his individualized nutritional regimens. This motivated him to develop products that would not only be effective in

educating us on good health!

-Claudia B.

"A very pleasant and enlightening experience"

Truly a departure from the past experiences I have had in the past. I came away with the feeling everyone cared about what they were doing and about the well being of their patient.

-Charlie A.

"Excellent, Everyone is wonderful"

Nice, ambiance...Love the fish. Service always well explained and easy.

-Anonymous

"I have been going to Dr. McBride for about 35 years"

He just keeps on getting better and better with his knowledge and skills. His staff is very friendly, efficient and professional. Do not hesitate to go to them-they are the best!!!

-Bonnie R.

"Always the best in service from the entire staff"

-Brian B.

"As always, everyone was professional, courteous and reassuring"

My fears were calmed-and I survived a 2 hour mercury amalgam extraction process with very little discomfort. Thanks guys for your help!

providing essential nutritional elements, but would also change bodily pH so that the products would be assimilated. He spent a lot of time and resources testing and re-testing his products for quality, compactness and ease of use - and an amazingly pleasant taste! The system comes with pH testing strips as well that quantifiably demonstrates a change to the ideal pH of 7.2.

We are all excited about having a product to offer that not only is eliciting positive results in our patients' health, but personally as well with examples of reduced and eliminated joint pain due to its effective anti-oxidant component, cessation of acid reflux with no need for further medication and weight loss. We are proud to offer this system of products as it truly personifies the essence of the mouth body connection and the reciprocal effect of one upon the other.

What's New at the Dental Wellness Center:



Our Patient Coordinator, Barbara is moving to Colorado. Thank you for your team efforts and your contagious smile at the Dental Wellness Center...you will be missed!

...and let's welcome our new Dental Assistant, Gina.



Hello, my name is Gina Widmer, a Registered Dental Assistant. I'm Dr. McBride's chair side assistant and back office coordinator here at the Dental Wellness Center. I've had experience in dentistry for 12 years and now that I've found Dr. McBride I feel I'll be practicing for many more years to come. I was born in Seattle, WA. and raised in Utah. I recently moved back to Orange County from Seattle and I have a background in teaching, clinical hypnotherapy, art therapy and counseling. I feel so blessed to have found a dentist to work with that has the same set of beliefs in

-Joanne F.

"Always professional, thorough and courteous"
-Thomas S.

"Excellent Q&A with the hygienist Valeria"

A wonderful thorough cleaning with a gentle touch. Clear suggestions and instruction in the use of the rubber tipped stimulator. Perfect. Thank you.
-Rebecca S.

"Outstanding Communication with Dr. McBride"

Dr. McBride took the time to talk to me about issues and to get to know my teeth and needs. I definitely recommend him to friends who care about their teeth and well being in general.
-Jennifer B.

"Valeria(hygienist) stands out"

-Ronald W.

"Fantastic, as usual! Keep up the good work!"

I so appreciate your excellence. My cleaning was great, my hygienist so gentle and moves around the mouth so the scraping does not happen in one area too long. I had a really good check up. Pockets down and the less scraping the better. She really helped to motivate

providing excellent patient education and care with a holistic approach.

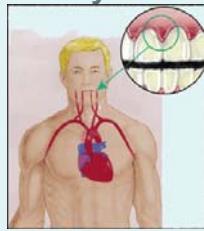
I journeyed into dentistry through my own dental experiences as a child into adulthood. Having many bad experiences at the dentist, I decided I wanted to make sure patients had a positive experience and the best care in the dental office. I made the decision to change careers and I went to dental school, graduating in summer of 2001. I feel fortunate to have relocated to an exceptional office and part of a great team that provides excellent patient care.

During my time away from the office I enjoy tennis, camping-hiking, golf, skiing, roller blading and bike rides at the beach. I also design clothing, enjoy traveling and spending time with family in Utah and Oregon.

I look forward to meeting you and providing you with the best care and experience in our office.

Doc's Talks

By reservation only
"Mouth-Body Connection"



WHO:
Dr. Robert P. McBride

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.)

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, July 24th at 6:30pm
Enjoy healthy food served by Raw Food Chef Debra

WHERE:

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

RSVP:

Leanne 562-421-3747
(seating limited)

me to do my best at good oral hygiene.

-Anonymous

"Always a polite staff and very informative as usual"

-Patricia J.

"It was Awesome!"

I had my teeth cleaned, and now I love getting my teeth cleaned. This business is the best I've ever experienced.

-Robert W.

"Always an excellent experience!"

Thank you Dr. McBride for always providing outstanding treatment and service, caring, knowledgeable and friendly staff. I always have confidence that my health is in good hands!

-Ana Marie E.

"Friendly, efficient, skillful, Thank you."

-Anonymous

"Thank You!"

The team, Leanne, Gina, and Dr. McBride, fit me on a heavily scheduled Thursday morning. They assessed and treated me quickly, I was able to get back to my classroom within an hour. Most importantly the pain was relieved, and I could do my job.

-Rebecaa S.

"Excellent as always"

-Gordon L.

HELP ANOTHER AND



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

"Dear Dr. McBride"

I received your follow up phone call the other day prior to reviewing your e-mail survey. I think the best answer to your question about my experience under your care would be the following. Every once in a while during a conversation the question would rise about healthcare. Gee, I wonder if that topic has anything to do with our new Supreme Court blessed affordable healthcare plan that is turning out to be not so affordable after all. When I mention in conversation that I've discovered a holistic dentist who is really a pretty cool guy, the reactions are almost to be expected. A what?? It's almost like I just escaped from the local hospital psych ward. Well let me assure you I hate hospitals and I am not Psycho. Even though over the years I think Dentists have been struggling with a certain degree of patient avoidance, it is truly amazing how far the 'art' of dentistry has truly come. As far as I'm concerned, you sir, represent the tip of the spear in representing the quality of dental medicine.

Thank you!

-Richard W.

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Try it FREE today.