



Note from Doc

Another Happy New Year, another chance to start with new ideas or renew old ones not as yet ventured upon. This year will be an especially exciting one for us as we are upgrading the facility and hiring new staff to accommodate the influx of new patients who are looking outside the traditional box towards optimizing their oral health.

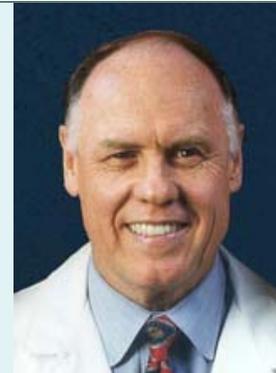


A Holistic Evolution

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

Many articles I've written on our website have to do with how The Dental Wellness Center's holistic* approach differs from traditional dental practices. It is gratifying to find that as people read my articles, more and more are entering the practice as new patients, people that are seeking a more learning-based dental practice with a holistic philosophy. The following is a brief history of my own learning process as a dentist and how my practice evolved into becoming a holistic Wellness Center.

It all starts with interest. Interest in doing what is



TOPICS:

[A HOLISTIC EVOLUTION](#)

[If You Love Your Patients, You Won't Hurt Them."](#)

[DR. MCBRIDE'S NEXT PRESENTATION](#)

[QUARTERLY QUOTE](#)

[TESTIMONIALS](#)

QUARTERLY QUOTE

"The tragedy in life doesn't lie in not reaching your goal. The tragedy lies in having no goal to reach."

Benjamin Mays

[Join Our Mailing List!](#)

TESTIMONIALS

"Very positive experience as

best for the person we were taught to serve - the patient. Not long after dental school I discovered that many of my patients continued to have dental disease in spite of all of my best efforts. As frustrating as this was, it was also a time in which I found inspiration in things I'd heard in the past, words that began resonating with me such as: "People who keep their teeth live an average of ten years longer than people who lose their teeth" Charles H. Mayo, Founder of the Mayo Brothers Clinic - and he said that almost 100 years ago!

"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., cardiologist and dean of Tulane University Medical School American Heart Journal, May 1965

This inspired me to further my quest to find better methods for treating my patients. It didn't take long for me to discover that the profession that I was a part of, that of traditional dentistry, was at its core a fix it, replace it, make-it-prettier industry. It had little to do with discovering causes of afflictions of the oral environment in the areas of gum (periodontal) disease and decay, and functional disharmonies in the relationship between the teeth and jaw joints (TMJ's), all areas that I was profoundly interested in. On the contrary, the majority of dental post graduate education courses centered on repairing the results of disease such as application of porcelain technology (crowns, veneers), replacement of teeth with implants and marketing techniques to be able to increase "production," with very few addressing any kind of holistic approach.

While it is important to improve one's skills in providing optimal reparative and cosmetic care - a significant portion of my post graduate education has been spent enhancing my knowledge and skill in these areas - I still felt that there was much more to learn about how mouth health influences and is influenced by the health of the entire body. As I was learning more about the connection between dental and bodily health, I began realizing that most new

always"
-Sylvia W.

"My hygiene experience is always pleasant & thorough; answering my questions & explanations of concerns & benefits. Thanks"
-Hiloah B.

"Thank you Valeria for the wonderful experience!"
-Rumi H.

"I love Dr. McBride and his staff"
Every experience I have had in this practice has been positive. Dr. McBride is always warm, honest, straightforward and always welcomes questions. He makes me feel at ease and I trust him. He engages with me in a partnership never intimidating or authoritative as most dentists/doctors do. He is conservative in his treatment yet on the cutting edge of dentistry. He considers the mouth and teeth as part of the whole body's system and applies this in his practice. It is rare you

patients' dental problems stemmed from what they hadn't been taught as well as past dentistry that was performed without consideration of the teeth being just one component of a multi-component, dynamic, biologic system. It became apparent that repairing and replacing teeth without taking the rest of these elements into consideration could invite disastrous results down the line, if not immediately perceived. I also discovered that:

- Most people's teeth are not in exact alignment with the jaw joints. The human body is quite adaptable and for many people this discrepancy may never become a problem. Others, however, may over time develop resultant signs and symptoms such as tooth wear, migraines, head, neck and shoulder pain and not be aware of the teeth-jaw joint misalignment and its relationship to these conditions.
- Eight out of ten new patients have some form of gum disease and only one in ten has ever had their gums measured for pockets and inflammation (a basic procedure that we learned in dental school). I have found that only one in five that have been measured understands the significance of this very basic assessment because it hasn't been adequately explained to them.
- Although many of my new patients have heard about the connection between sick gums and bodily health, I've found very few who have been given adequate information, thorough assessment or proper treatment relative to this connection.
- Only one in fifty patients has had a dentist or hygienist have them actually demonstrate their self-care procedures to determine if they are being effective.

The above discoveries are what inspired the evolution of a traditional dental practice towards a dream of creating a Dental Wellness Center, which has as its central mission the educating of patients about their oral system to such a degree that they can make informed choices about its future - a far cry from simply recommending cleanings, crowns and cosmetics.

will ever find another dentist like him.

-Anonymous

"Thrilled to be healthier than on my previous visit"

As always, Valeria's skill and care were stellar.

Thank you.

-Rebecca S.

"I normally get extremely nervous, but Dr. McBride and his staff make you feel very comfortable."

They are all very caring and patient.

-Anonymous

"Staff is very caring as is Dr. McBride"

The crown procedure went smooth from start to finish. I did not feel the injection for local anesthetic at all. Dr. McBride and Team are the best.

-Ron S.

"Dr. McBride and his staff provide the highest quality dental care."

I have been a patient of his for over 15 years and have never had a bad experience in his office. His staff is professional, friendly, and helpful. My appointments begin on time, always. The office

This was not done in a day, however, as I had to first learn more about the mouth-body connection before imparting it to my patients. Unfortunately, there were very few good mentors out there that I could turn to for guidance. Also, changing from a traditional drill/fill/bill mentality as learned in dental school to a more holistic, educational process that involves teaching and mutual participation carried with it some very unique challenges. New systems needed to be developed; the physical environment needed to be modified to accommodate the learning process; like-minded personnel needed to be found and trained. The transition from telling and treating a passive patient to developing an actual relationship with them that supports a learning process was a huge learning curve for me. Dentists are not selected for dental school based on their teaching ability nor are they trained within it to teach. So, this is something that I had to learn and develop for myself as I went along and it has certainly played a big part in my personal and professional growth. It is interesting that the root of the word "doctor" is from the Latin word "docere," meaning "to teach."

Several years ago I gave a presentation to a group of holistic medical providers from the Holistic Medical Association. The heading of their purpose statement was, "Views the patient as being ultimately responsible for his/her well-being." This of course was viewed in a context of other essentials having to do with patient education and developing roles of responsibility between doctor and patient. As I saw how this approach was being successfully practiced by an off-shoot group of caring individuals in the medical community, it validated my belief that the Dental Wellness Center's primary mission be that of educating its patients.

Anyone that comes to the Dental Wellness Center will find that the entire process of engaging the new patient is different with a holistic approach. In a traditional dental practice you may (or may not) have a very thorough dental examination, but the main purpose is that of finding treatments needing to be done, not so much in dealing with the cause for their need. With our holistic approach, we start

is well organized and runs smoothly. I highly recommend you visit Dr. McBride for your next dental needs and do yourself a favor, go to the best.

-Anonymous

"So far I only had a conversation with Dr. McBride and the functional data taken."

What stands out, though, is that Dr. McBride explains the why and how very well and emphasizes open communication. After some previously bad experiences with other dentists, this is a new and welcoming experience and helps to feel more comfortable. Also, I had impressions of my teeth taken before (for night guards), and I was impressed that Dr. McBride took two impressions of lower and upper teeth for the best possible accuracy. Also, doctor and staff seem to genuinely care beyond a person's teeth.

-Anonymous

"My visit was great as usual, complete with a fun train whistle demo and mold pouring lesson!"

-Krystal C.

the learning process for both the dentist and the patient during the initial patient interview, which is a "get to know each other" process that involves a review of medical and dental histories and then the oral examination itself which is a mutual discovery process, or "co-diagnosis." Teeth cleanings are not performed initially because we want to first have an opportunity to thoroughly understand the condition of a patient's oral health prior to any type of treatment. (This is explained in my article, "Why an Assessment Before a Teeth Cleaning?" on our website in the "Resources" section). A written Review of Findings is then presented and reviewed with the patient at a separate appointment. Much time is spent up front for these initial procedures so that through learning the true status of the new patients' oral health, they can have an opportunity to make informed decisions about preventive and treatment options that suit them.

So why am I compelled to spend the time it takes to do a thorough job in teaching my patients? Because I believe that it's the right thing to do, to empower my patients with the right information about their mouths so that they can take steps that will get them to the level of health that they would desire. Also because I get satisfaction from seeing the remarkable results that they experience after having gone through the process, such as cessation of head and neck pain and tooth wear, and reduction in the bodily burden of inflammation through the healing of gum disease. I have discovered that when given a choice, most new patients are looking for an opportunity to have a preferred dental future rather than simply waiting for the next treatment event to occur. Not one patient, in over thirty years, has ever indicated that they have experienced such a thorough process at any dental office. This fact provides the continuing inspiration for all in the Dental Wellness Center to support this mission - something we all are proud of.

We want people to learn about that wonderful, interrelated oral system of theirs in a pleasant and supportive environment, something that we specialize in at the Dental Wellness Center. As your holistic dentist, I want to share with you how my

"Follow up with Hygienist and cleaning is always great and informative."

Love the preventive measure the Hygienist helps me take so I will not have any future problems.

-Charles G.

"Excellent with much emphasis on prevention."

-James D.

"Great service, as always"

-Dr. Steve S.

"Always a great experience."

Valeria the dental hygienist is attentive and concerned with helping the patient achieve good oral health. I always feel welcomed at Dr.

McBride's office and everyone of the staff is professional, friendly and knowledgeable. Thank you!

-Ana Marie E.

"I love this office!"

Dr. McBride and his staff are awesome! I feel well taken care of each time I am there. Dr. McBride is caring and concerned about what is best for his patients. I always feel

interest and acquired knowledge through the years can assist you in attaining the level of health that you desire.

*holistic: "*concerned with all factors, physical, mental, emotional and spiritual, that affect health, rather than treating isolated diseases and symptoms.*" (Thorndyke & Barnhart Dictionary Definition)

View our videos on 

Follow us on 

View our profile on 

"If You Love Your Patients, You Won't Hurt Them."

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

Recently, one of my colleagues said this during her presentation to a group of fellow dentists and it really resonated with me. On looking back at my four plus decades of being a dentist, I can say that the best treatment I perform is on patients with whom I have a great relationship. If one's primary purpose is to help people, you won't hurt them either emotionally or physically - you care about them to such a degree that you will always leave them better off than when they started.

The purpose of the Dental Wellness Center is to teach its patients about the status of their oral system to such a degree that they can make informed choices about its future. A corollary to this educational process is the building of a relationship along the educational path that is based upon mutual respect, knowledge, trust, shared values and perspectives about disease and life. Does this involve love? Well sure, it's called compassionate love, something that any dedicated health care professional gives to the people he/she cares for.

welcome. The staff takes great care of you. I love coming here. Best dentist I've ever had :-)
-Inekka S.

"I was thoroughly impressed by the service care and environment of the office."

By far, the nicest, cleanest, warmest, coziest dental office. I got to drink tea for heavens sake! It was incredible. And, I became educated on the process of dental care, I was treated as a person and an individual, and I cannot say anything negative about my experience.
-David B.

"I am so happy I have finally found Dr. McBride and his staff!"

He and his hygienist, Valeria, understand your mouth and take the time to listen, question and explain. I wish I had found them sooner!
-Joanne M.

"EXCELLENT service as always, thanks Val and the whole staff!"

-Brian M.

Truth is, the better the relationship is between me and my patients, the more it will set the stage for allowing them to achieve the level of oral health that they desire. Call it love, or call it simply great rapport between doctor and patient, but I have found that where there is a give-and-take in which two people can learn from each other, there is no question that it will improve the amount and quality of information exchanged in a way that increases patient success.

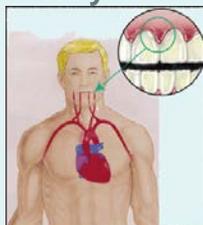
This needs to translate to the office team as well - if there aren't authentic sound relationships between themselves and the doctor based upon a bedrock of compassionate love and trust, it won't be there for our patients - it needs to be a coordinated effort - a mutual love and respect that breeds success!

My experience has shown me that dental success occurs when the passion of the practitioner towards professional and personal growth leads to learning processes within the office that allow the patient to experience healthy outcomes. It has been said that rich people can't buy health, and the poor can't have it given to them. It requires a strong mutual interest, and compassionate love - between dentist, team and patient, all working together towards co-developed goals. All the ingredients of love are involved - respect, knowledge, trust, shared values, commitment and accountability, and it all starts out with an educational process; one that allows the patient and doctor to get to know each other so that the doctor can truly discover what the patient wants and then perform the best possible dental treatment with the patients' interests being first and foremost.

Doc's Talks

By reservation only

"Mouth-Body Connection"



WHO:

"Thank you Robert P. McBride and staff."

I feel like I am finally on the road to recovery after a lifetime of abuse from fill and drill dentists who have no interest in supporting health. This was the first time I have had a no pain cleaning and the very detailed instruction on dental hygiene that I know will make a huge difference. I look forward to 4 months from now for my measured improvement.

-Deborah D.

"As always the staff is very professional"

-Rose L.

"All I can say is Dr. McBride really cares about his patients."

I always feel that Dr. makes me feel special and therefore have full trust in him. Everybody is delightful and friendly that I forget I am in a dental office. Thanks again for a very wonderful and positive experience.

-Sylvia W.

"I would rather not "ever" need to go to the dentist but that is not possible...going to

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, January 22nd 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:

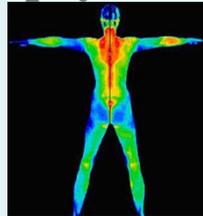
Leanne 562-421-3747
(seating limited)

HELP ANOTHER AND

 [Forward to a Friend](#)

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

The Dental Wellness Center presents **SAFE** Non Invasive Body Imaging Thermography Screening Day



HOW DOES IT WORK?

Thermal Imaging (Thermography) is a completely SAFE, body scanning procedure that has been approved by the FDA, and many other leading Councils, Associations, and Academy's in the medical field. This imaging technique provides valuable information about your current health. The DITI (Digital Infrared Thermal Imaging) camera scans the

the dentist is a fact of life"

But now I feel like I have finally found the perfect dentist. Robert P.

McBride, DDS is the best I have found!!! I just had the first half of my mercury fillings removed and I told him I am actually looking forward to coming back next week for the last half. I have waited almost 10 years to find someone close by that would remove those fillings the proper way. "Thank You" to everyone in the office.

-Cynthia B.

"Dr. McBride is like no other dentist you have seen."

After just one appointment, I know I will be going to him for as long as his practice exists. Dr. McBride will teach you how to take care of your oral health, and empower you to do so. I knew I was in good health almost instantly.

His staff is amazing. These people have a calling and are doing what they love. I really can't describe it any other way.

-Elizabeth S.

thermal patterns of your skin and converts them into an image.

Our bodies were designed symmetrically, so by comparing and measuring the thermal patterns, we can identify signs of potential disease, especially pain and inflammation. This test can provide multiple clues to the health conditions within your body. It can detect early on, the precursors to many types of cancers, years before the cancer reaches a stage that becomes more serious to treat.

Thermal Imaging (Thermography) is especially beneficial for breast health, because it can identify abnormalities 8-10 years sooner than invasive mammograms. The good news is, Thermography is SAFE! No radiation, No contact, No compression, No pain! This test should be the very first clinical breast exam a young woman has in her life, as early as 18 years old.

WHEN:

Saturday, January 25th

WHERE:

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

RSVP:

Leanne 562-421-3747
(reserve your hour)

HELP ANOTHER AND

 [Forward to a Friend](#)



**Dr. McBride and team wish you a
Happy New Year!**

We hope you enjoyed the holidays with your
family and friends as much as we did!

We look forward to seeing you in 2014!

[Join Our Mailing List!](#)