



Donald Robbins, DMD, Newsletter

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Friends and Family are
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Issue: # 50

May/2010

BioSafeDentistry in 2010!

*Dr. Robbins and BioSafeDentistry are gaining more interest from the public and the dental profession. Dr. Robbins is speaking to dentists at an education meeting at the Dental School at Boston University in the next few weeks. He has also given many radio interviews across the country about his new book, *The Toxic Dental Office* and his new public website www.biosafedentistry.com. His book is now available in bookstores (ask to order if you don't see it) and on www.amazon.com.*

You can also tune in to the weekly interview program PROTECTING YOUR HEALTH on www.webtalkradio.net. Dr. Robbins co-hosts this hour-long health news program with Dr. Kathleen Boyle, a doctor of biochemistry and nutrition. You will hear discussions about health topics that are not usually revealed to the general public. If you want to hear past programs, you can go to the archives on the program website and listen to any subject we covered in the previous weeks OR you can download the .mp3 file and listen to the program whenever you want!!

Our practice is growing and thriving and patients come to see us locally and from great distances. They trust us to tell them truthfully what their health and oral condition is, and to restore their oral health. Health aware people from Virginia, Maryland, New York, New Jersey, and even one from Costa Rica are pleased to find a dental practice that protects their overall health so carefully. Don't forget to maintain your health by maintaining your periodic dental checkups!

GOOD HEALTH TO YOU,



We are excited to share with you our new referral program!

For every friend or co-worker that you refer to our office who becomes a patient, both of you will receive a \$50.00 credit on each of your accounts towards future treatment or products. Ask us about the details of this offer.

A Friendly Face Around Our Office



Dr. Donald Robbins

Protecting Your Health

Dr. Donald Robbins and Dr. Kathleen Boyle

Interview Program

Tune in each week to hear the latest health information on **Protecting Your Health**, hosted by Donald Robbins, DMD and Kathleen Boyle, PhD. The latest interview and past recorded programs are available to hear and/or download on www.webtalkradio.net.

The program is free to everyone. Just click on the link under the photo to open the site. Use the index to find Protecting Your Health and find an interview that interests you.

CAUTION:

This is not a candy-coated interview. We get to the heart of topics you can't hear anywhere else.

[Click here for the latest Health Info](#)

Anything worse for Your Health than High Fructose Corn Syrup?

We Found a Wolf in Sheep's Clothing!

Pam has recently joined us after thirteen years as a dental assistant. She dazzles us with her energetic and cheerful personality! She is excited learning about BioSafeDentistry and how it helps a patient's overall health as well as their oral health. Being a people person she likes talking and interacting with our patients.

In her spare time, Pam enjoys her volunteer work at the YMCA preschool. She lives with her husband and daughter.

NEED MORE INFORMATION?

Many people have realized the dangers of high fructose corn syrup (HFCS), an artificial sweetener found in hundreds of food products. It is a sweetener that has a low-glycemic index and does not directly raise insulin levels. Although this can be a good thing normally, this sweetener increases insulin resistance, and therefore indirectly keeps your insulin levels elevated. HFCS averages 55% fructose content and is used because it is cheaper to manufacture than sucrose. HFCS increases your triglyceride levels and your risk of severe liver disease.

Fruits and vegetables contain fructose and are healthy foods because they are combined with other nutrients needed for digestion and health. But the fructose in high fructose corn syrup is not the same as those; it is stripped of any nutrient elements and is pure syrup. There is very little



resemblance to corn after it has been processed several times. This fructose is almost entirely (95%+) metabolized in the liver and converted to fat. That is why excessive, concentrated amounts eventually damage your liver. **Excess fats = obesity!** Table sugar, only one-half fructose, one-half glucose - is only 20% metabolized in the liver.



Here comes the wolf:

Most of us have tried alternative sweeteners. One that has gained popularity is **agave syrup or nectar**, made from the agave plant primarily in Mexico. Good marketing has made it seem that this "pure" nectar is healthier than sucrose or even HFCS. It is exactly the



Visit Our Sister Website!!!

[Click Here for BioSafeDentistry and learn more!](#)

**LISTEN TO
DR. ROBBINS
co-host**

**PROTECTING
YOUR HEALTH**

TUNE IN TO:

www.webtalkradio.net

A weekly one-hour interview program on health topics you don't usually hear about!

Find out the truth about many alternative and holistic health therapies!

opposite.

1. It is nice to think the juice from the plant is flowed into the syrup. Actually starch from the root bulb of the yucca or the agave plant is processed, with little or no juice from the leaves. This "slush" is genetically modified with enzymes and chemicals including caustic acids, clarifiers and chemical agents to produce a syrup.
2. Agave syrup is 70-97% fructose - WORSE THAN HIGH FRUCTOSE CORN SYRUP!!
3. Agave syrup is NOT LOW CALORIE: it has 16 calories per teaspoon which is the same as table sugar!!

So remember: Artificial sweeteners can cause increased fat and obesity and cause severe liver and health conditions. Use cane sugar and you will find you will use less and feel better!

To Protect Your Health you must educate yourself and know which are safe procedures, materials and foods and which are unsafe or toxic. Go to our websites [Dr. Donald Robbins Website](#) or [BioSafeDentistry](#) to learn more.

Donald Robbins, DMD

What We Want to Hear About Chocolate!

Research presented in April at the American Academy of Neurology in Toronto confirms the health benefits of chocolate.

Chocolate contains flavonoids, a chemical that is linked to anti-inflammatory and anti-cancer properties according to Dr. Moccchetti, professor at Georgetown University Medical Center. Eating about one bar of chocolate per week (50 gms) cuts the risk of stroke and the risk of death after a stroke. Over 44,000 people took part in that study. (Wish I was one of them!).

Those eating the chocolate were 22% less likely to have a stroke and 46% less likely to die following a stroke than those not eating chocolate.



Another Wolf in Sheep's Clothing

In yet another example of big business ignoring the health effects of their food meddling, Ajinomoto Corporation has tried to slide one by us. They are the manufacturers of **Aspartame (like Nutrasweet)**, the artificial sweetener with toxic ingredients. It was originally formulated by accident while trying to make an anti-ulcer drug. It is the product of phenylalanine and aspartic acid. It appears the body has a difficult time metabolizing that compound. Aspartame is linked to neurological brain damage, cancerous tumors and endocrine disruptions.



BE AWARE: If you are sensitive to these artificial sweeteners, the company has

changed its name to **AminoSweet.**

Same toxicity, different name...

"How Do I Keep My Child's Teeth Healthy?"

Proper dental care actually begins before a baby's first tooth appears. Your baby's teeth begin to form during the second trimester of pregnancy. So while you don't see the

teeth after birth, they are present but under the gums. Wiping a damp cloth or gauze over an infant's gums can prevent buildup of bacteria. Use a soft infant toothbrush when the teeth start erupting. Don't let a baby sleep with a bottle unless it is just water. Other liquids like juice contain natural sugars which promote bacterial growth and decay. This erosion of the enamel of the teeth is known as nursing bottle syndrome. **Fluoride supplements should not be administered**, as they can cause long term damage to the child's permanent teeth and overall body health. More information regarding infant's teeth can be answered by contacting me at the office.

Maintaining your child's dental hygiene and diet will teach them good habits that will preserve their teeth for a lifetime. Healthy nutrition and good homecare go hand in hand. Reading the ingredients on food packages, including baby food, is the first step to healthy teeth and a healthy body. It's surprising that so many foods, even foods that we think are "good for you" contain some kind of artificially added sugar, especially high fructose corn syrup.



High fructose corn syrup (HFCS) is metabolized by the liver, not allowing the pancreas to release insulin the way it normally should, thus causing high rates of childhood obesity and diabetes (see article above by Dr. Robbins). High fructose corn syrup is also a major cause of tooth decay. Soft drinks, sport drinks, and juices are the worst sources and our children are the main marketing target. These products are even still sold in most school vending

machines. Gatorade, for example, is not only loaded with HFCS, but it's very acidic and salty. Neutral pH level is 7.0. The pH level of Gatorade is approximately 2.9 - very acidic. The combination of the sugar and low pH can cause "acid shock" to the teeth. Demineralization of the enamel occurs, causing breakdown of the tooth surface which leads to decay. Unless your child is competing in an iron man competition sports drinks are unnecessary. Water is sufficient and healthier. Juices and soft drinks also have the same affect on your children.

One 20 oz soda contains 17 tsp. of sugar

The pH level remains low for about one hour. After eating and drinking, the saliva tries to neutralize the damage. However if your child sips on these beverages slowly throughout the day, then the teeth are constantly being bathed in acid. So, it's **not only the amount but also the frequency.**

Beverages are not the only culprit that causes decay. Sticky foods such as raisins and dried fruit can result in plaque and bacteria adhering to teeth. Some carbohydrate containing foods such as crackers, pretzels and chips can be a good snack, but can also lead to plaque buildup. Remember it is also how long the acidic bacteria remain on the teeth that causes decay. Not all carbohydrate foods are cariogenic (help make decay). Smart snack choices consist of fresh fruit and vegetables, and cheese is also a good choice and healthy for the teeth. Calcium and cofactors help buffer the acid to a more alkaline pH. Chocolate, especially dark chocolate, is a good snack in moderation, it doesn't stick to the teeth like other snacks and dark chocolate also contains antioxidants. Enforcing frequent brushing after eating helps keep the bacteria away that forms plaque, however, have your child rinse before brushing to dilute any bacteria or acids on the teeth surfaces. Frequent oral care helps prevent demineralization and decay of the teeth.

Children should be supervised in brushing their teeth up until 7 years old and flossing up until the age of 10. Your child's first dental visit should be around their third birthday.

unless you have a specific question or there is a problem visible. This initial visit gets them used to the dental office, even if it's just a ride in the chair. Maintaining regular visits is important, as this sets a routine and hygiene instructions can be reinforced by someone else other than a parent. **Dental sealants** are another preventative measure to avoid decay. We use a product that contains Amorphous Calcium Phosphate (ACP). The sealant itself seals natural pits and grooves in the teeth and the ACP component remineralizes the tooth structure by releasing calcium ions into the tooth surface. Stay away from toothpastes containing fluoride. Fluoride doesn't help the teeth; as a matter of fact it can damage the teeth, by actually weakening the enamel.

Fluoride can also be responsible for altering endocrine functions and lowering your child's IQ.

We stock toothpaste for you that contains arginine bicarbonate, an amino acid that helps neutralize the acid pH level in the mouth, which is what causes tooth decay. It also contains calcium carbonate which helps remineralize the weakened enamel. Chewing gum that contains xylitol, a natural sweetener, has been proven to help lower the decay rate. So let your kids chew gum! Aside from preventing cavities, make sure your children wear protective mouth guards while playing sports.

The best protection against tooth and gum problems is to maintain a routine 6 month visit to your dentist's office, and have the hygienist check and polish your child's teeth.

Have a great summer!
Lori Tribbett, RDH

How May We Help You?

If you have visited our office, you will agree that the one thing we place great importance on is education and communication. Our business staff is highly trained to answer most of your questions and assisting you in reaching your goal of a healthy, non-toxic mouth. You will always know what your commitment for dental treatment will be, whether it is the

length of your appointment time or your financial obligation.

We understand your budget, like ours, may be challenging. It is our goal to help you afford treatment. We will work together to carefully plan your treatment so that it *can be* completed, *even* if this means extending treatment over time.



During your treatment consultation, you will meet with Dr. Robbins and me, Nina, the office manager, who will answer all your questions. We will present and explain recommended treatment, and define the safety measures that are needed during any of your toxic material removal appointments. All of this information will be presented in a take home folder for your review. Any needed supplement support for metal removal is available.

Our business staff will assist you in creating a plan to financially enable you to proceed with treatment. If you have dental insurance, we will explain the details of your plan and will submit all your claims for you insuring that you are utilizing your benefits to the fullest. We have several payment options that can be utilized, such as our three-month no interest in office plan, and a six or twelve month no interest plan with an outside agency.

It is ***possible*** to complete your necessary treatment in our office if you allow our business staff to assist you in carefully planning each treatment phase. So the next time you check out at our business desk please ask, "**How can you help me??**"

Nina Marciniszyn
Office Manager

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The information and recommendations expressed here are not intended to diagnose, treat, cure or prevent any disease or malady. Please contact your physician for medical care.

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