



BioSafeDentistry Newsletter

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Refer a friend

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**Friends and Family are
always appreciated!**

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May/2011

BioSafeDentistry Promoting "GREEN" Dentistry

Dr. Robbins and BioSafeDentistry are changing the face of dentistry to reflect the "GREEN" Health Movement going on in this country. He has been talking to groups of dentists and the public alike about making dental practices more healthy and safe for the patients. It has not been easy. Our health professionals trained in this country have been taught that there is only one way to diagnose and treat diseases and disorders. They are reluctant to change even when scientific and medical unbiased evidence is presented showing serious health consequences of traditional health care. We are bombarded daily with calls and emails from patients across the country wanting the type of green dentistry provided by BioSafeDentistry, asking where they can find that type of provider.

We can only direct you to www.biosafedentistry.com to search your geographical area for a dentist. Most of the listed dentists know more about patients' overall health, and the toxic materials and chemicals used daily in dental offices, than what is taught in dental schools. But you still have to check out the individual dental practice you find to see if the dentist is doing all the proper protocols of a BioSafeDentistry practice.



US STATE DEPARTMENT CALLS FOR END TO DENTAL MERCURY

The Unthinkable Has Happened!

US Leadership agreed with the United Nations Environmental Program to "Phase Down" mercury exposure to the public EVERYWHERE!

They called for:

1. educating patients and parents about amalgam in order to protect children and fetuses, and
2. training of dental professionals on the environmental impacts of mercury in dental amalgams

It appears the EPA has more insight into the dangers of mercury dental fillings than the FDA who has not stopped their use. The EPA announced it was ignoring the American Dental Association's biased opinion and it would regulate dental mercury. They stated that they would issue a ruling to regulate mercury fillings in

This has been a very busy few months and we apologize for the delay in getting this newsletter out. The Food and Drug Administration on December 14-15, held two days of hearings to again evaluate the safety of dental amalgam mercury fillings. Dr Robbins testified at the hearings with other professionals and laypersons. He presented his own original research study data, from his office, demonstrating how a patient with more than two silver fillings was constantly being exposed to mercury vapor levels in excess of the Environmental Protection Agency's own maximum permissible levels.

What is the holdup here! Mercury is poison so let's ban it everywhere it exposes people!

The FDA has until the end of June (maybe!) to make a ruling. Let us hope that big business and the politicians don't spin this poison as a safe material again.

Dr. Robbins just gave a full day dental education program to dentists at Boston University, Goldman School of Dental Medicine. The dentists had never seen much of the data and scientific/medical studies he presented. They were both engaged in the "news" and shocked that they were never told how dangerous mercury, fluoride, orthodontic braces and other materials used everyday were for their patients. If your dentist would like to learn more about being a green biosafedentist please tell them to call or email us (contactus@biosafedentistry.com). We are setting up a program to teach more dentists how to practice safely.

**WHAT YOUR DENTIST DOES DIRECTLY AFFECTS YOUR
WHOLE BODY AND YOUR QUALITY OF LIFE**

Dr. Robbins also gave two presentations at the New Life Expo in New York City a few weeks ago. This is the largest natural health expo in New York and is attended by over 60,000 people. The topics were "Protecting Your Health, Part I - Just Say No to Mercury Dental Fillings" and

2011.

This is a "**GREEN**" day for BioSafeDentistry and for the elimination of mercury in peoples' mouths.
STAY TUNED FOR MORE RESULTS!!

Refer a friend program



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

SAVE \$50.00!!

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.

"Protecting Your Health, Part II - Just Say No to Fluoride". The people who attended the lectures were more knowledgeable than the general public and asked many serious questions. They also related their own experiences with exposure to dangerous materials in a dental office. Many had their health seriously affected and are still trying to recover from the toxic exposures. Some are traveling great distances to Dr. Robbins in Pennsylvania for treatment.

You can find more info on our public website, www.BioSafeDentistry.com and sign up for the newsletter and read about other important information.

STAY INFORMED TO PROTECT YOUR HEALTH

*****Please click "confirm" above this newsletter to continue receiving vital health reports*****

GOOD HEALTH TO YOU,

The Team at BioSafeDentistry.com

Protecting Your Health

*Dr. Donald Robbins and Dr. Kathleen Boyle
Interview
Health News Program*



A Friendly Face Around Our Office

Heather has been working very hard in school while working in our office. She would like to eventually become a dental hygienist. She is currently a microbiology major at West Chester University in PA.

She has learned about BioSafeDentistry as OJT (on-the-job-training). She has been amazed at how many patients get very sick from mercury removal and is impressed with how our protocols help improve the

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 news, interview and past recorded programs are available to hear and/or download as an mp3 file on www.webtalkradio.net.



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

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 candy-coated news or interviews. We get to the heart of topics you can't hear anywhere else.

FLASH!!!

Check out the latest integrative and alternative news and interviews:

- **Hear a child psychologist who treats children as young as 4 years old and does not immediately recommend medication!**
- Hear about the latest diagnostic and treatment methods for all sorts of disorders, like cancer or diabetes.**
- Find out how to protect yourself and your family from genetically modified foods which may be deadly to your health.**
- Why you may need to increase your salt intake to protect your health!**

overall health and safety of the patients.

She enjoys her friends and family and her pets!

NEED MORE INFORMATION?



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 news and interview program on health topics you don't usually hear about!

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

Do You Have Oral Cancer?!??

Oral cancer is an ugly disease. When not discovered early it has a low survival rate compared to other forms of cancer. It is also a very disfiguring disease, affecting the face and mouth. Found early it is treated successfully 82% of the time! But up to now it was difficult to detect at an early stage during a routine examination.

That has now changed!!

A new oral cancer screening system, ViziLite, reveals cancers that the doctor cannot see with the naked eye. It takes only a few minutes, is not painful, and can save your life! You rinse with a special solution and they examine your oral tissues in a darkened room



using the ViziLite. This light detects changes in the surface of your tissues that may indicate a suspicious lesion. Once located, this area is further marked and if deemed necessary, is referred to a surgeon for biopsy. The screening is needed once each year so it can be done at every other six-month dental checkup examination.

Is America Dumbing Down Their Own Children?

A GREAT SUMMER GIFT!

before Zoom



after Zoom



**GIVE A WHITE
SMILE!!**

For that hard to buy for
person on your list...

Find a dentist on
www.BioSafeDentistry.com

who can perform the
ZOOM!!

TEETH WHITENING
system in their office. This
is the SAFEST and the
best and most
effective whitening
system we can
recommend.

Give the gift that can keep
them smiling!

Most of us know there was a time when children were exposed to lead paint and grew up with learning disorders and lower intelligence because of it. Once we knew lead could cause this retarded development of a growing child, we removed as much lead from our environment as possible. No lead in paint and no lead in automobile gasoline, for example.

But this kind of attack on our children's' intelligence could not happen again...right?

Not right! It is happening now and agencies in our government that are sworn to protect the public health are allowing it to occur. Conceding to the political pressures of big business, many state and federal agencies (and legislators) are allowing toxic materials and chemicals to be used closely in our environments. Where?

1. Organophosphates

These compounds, which include diazinon and malathion, used in gardening and farming to kill bugs, can cross the human placenta. Three studies published in Environmental Health Perspectives, were begun in 1990.

Pregnant women and their children were studied through age 7. Exposures came from farm work or from bug spraying in homes/apartments or from eating foods sprayed with pesticides.



**Pesticide Exposure Cause
IQ Drop of OVER 1.4%**

Just call an office and set
up an appointment!

What act

RESULTS?

Very, very minute increases in exposure to these chemical pesticides in pregnant women correlated to a drop in their child's IQ of 1.4%, and a drop in their working memory of 2.8%!! This IS A BIG DROP and affects the persons potential throughout life! Furthermore if the mother had a specific gene variant that prevented breakdown of organophosphates, as roughly 1/3 of all Americans do, their children had even more cognitive (learning) impairments.

2. Fluoride

As related in my book The Toxic Dental Office, fluoride ingestion is dangerous to the overall health of humans. Regardless of the opinions of the dental community, fluoride damages body systems and makes us sick in many ways.

Fluoride is in the same family as iodine, an essential element the brain needs to develop. When you ingest fluoride, like through public fluoridated water, fluoride supplements or dental fluoride treatments, it competes with iodine in the body. In developing children it competes with and reduces the iodine available for brain development.

Several studies over the last few years compared communities' drinking water with fluoride with non-fluoridated communities. They evaluated the IQ of children living there, drinking the water, for various periods of time, from a few years to many years.

Fluoride Can Decrease IQ By 10 Points

The findings were staggering! Their IQ of the children in fluoridated water communities was 10 points LESS than those in communities without fluoride in the water! That is a



major difference in brain development and ability to analyze and compete in life.

3. Mercury

Just when it appears we are going to get mercury dental fillings banned from use in teeth because they are toxic, up pops another attack on the public's health by big business .

Compact fluorescent light bulbs (CFL) are due to replace regular incandescent bulbs starting at the end of 2011. This was quickly pushed through the legislature so most of the American public does not know this is going to happen.



CFL bulbs are generally slower to light but use much less electric which is why they are being so heavily promoted. However, each bulb contains approximately 2-4mg of mercury inside. Thermometers and thermostats eliminated from inside homes were removed to protect people from mercury exposures. Although they contained more mercury than these CFL lamps, having dozens of mercury bulbs in your house can be a dangerous alternative. It is unavoidable that some will break in your house. This breakage releases mercury and contaminates everything it comes in contact with. The carpet, drapes, couch...everything must be removed from the house and disposed of properly. Plus even if the burned out bulbs go to the landfill intact, most will be broken there to release mercury into the environment.



Mercury ingested, inhaled or absorbed readily through your skin cause horrible health effects. The more mercury absorbed and the longer it is in the body, the more gets deposited in the brain. In pregnant women exposed to mercury, the fetus gets 10 times the concentration that the mother gets from any exposure/absorption. In children, their higher metabolism rates may cause faster absorption into the body.

Mercury Causes Mental Confusion and Behavioral Disorders

Firstly mercury is a neurotoxin. It kills nerve tissue. That is why a common effect of drilling out a mercury dental filling without precaution leads to tingling and numbness in the patients' fingers and/or toes within days after the procedure. In the brain it strips the tubulin protective covering off axons and causes specific "nerve tangles" which are identical to Alzheimer's patients' brain tissue. Confusion, lack of concentration and forgetfulness are symptoms of mercury toxicity. And of course the mercury preservative thimerosal in vaccines has caused immense damage to many children, causing autism spectrum disorders.

Adding Salt to the Wound

A new study published in the Journal of the American

Medical Association is about to shake up physicians across the country.

QUESTION: True or False:

A diet high in salt can lead to heart disease and death?

This medical concept has been beaten into our minds for decades. Physicians and researchers have told us that a diet high in salt will lead to cardiac disease and death. Now the results of this study throws all that out the window.

The study investigated 3681 people and correlated their salt intake with hypertension (high blood pressure) and cardiovascular death. The participants were followed for 7.9 years. The results:

"...people with greater salt intake are the ones more likely to avoid hypertension, heart disease and death."

People with lower blood pressure and lower salt excretion did NOT show less cardiovascular death or higher survival. The researchers did state that people with existing hypertension may get a benefit from reducing salt intake and therefore lowering their blood pressure. For average people they conclude that lowering blood pressure is not beneficial to health as is claimed by most doctors. In fact the opposite was shown: Low sodium excretion (low salt diet) led to higher cardiovascular death!



The death rates according to salt intake were:

	<u>Death Rate</u>
Lowest Third Salt Intake	4.1%

Middle Third Salt Intake **1.9%**

Highest Third Salt Intake **0.8%**

As you can see the diet with the highest salt intake had less than 1/4th the deaths of those with a low salt intake.

So as with avoiding nitrates in food recommended years ago and no egg yolk diets also touted as healthy, food recommendations by so called experts should be listened to with a grain of salt!

Do Natural Hygiene Products Really Clean Up?

Natural Products...Are They All Good ?

Practicing in a BioSafeDentistry office not only includes "bio-friendly" materials used during your dental visits, but also what you use at home. The most common product that is discussed is **toothpaste**. Toothpaste should have natural ingredients and be effective in removing plaque and preventing decay.

Ingredients to look for in toothpaste:

- Xylitol or Stevia- a natural sweetener that suffocates the bacteria that causes decay
- Calcium carbonate - aids in remineralizing the enamel, countering early decay
- Flavanoids - maintains healthy gum tissue
- Aloe - aids in tooth sensitivity



Ingredients to avoid in a toothpaste

- Fluoride - a toxic ingredient that weakens the enamel, damages your bone structure, leads to thyroid death and causes major health problems
- Sodium lauryl sulfate - a foaming agent that can be toxic
- Artificial sweeteners - not digestible by the body and can cause increased spiking of insulin
- Abrasive additives - can erode and wear the enamel and roots
- Dark additives - causes staining of the enamel

One toothpaste that BioSafeDentistry and Dr. Robbins recommends is **Burt's Bees Fluoride-Free toothpaste**. Burt's Bees contains calcium sodium phosphosilicate, which protects the enamel during acid attacks and remineralizes the tooth surface. It also contains cranberry extract, and antiseptic which helps control plaque. Burt's Bees contains other natural ingredients that are dentally effective and safe for your enamel. It is also not too abrasive to wear away tooth surfaces. **It will be available on our website next month for purchase.**

Other oral products, although natural, may do more harm than good. We had a patient who had extreme tooth wear between dental checkups. When questioned further it turned out he had been using a natural toothpaste that had a tree bark ingredient which was way too abrasive. Another product I've come across some patients using is propolis. Propolis is a product that bees collect from different saps to caulk their hives. Medicinally it's supposed to help your immune system, but it can cause damage to the teeth. It can be sticky and cause plaque and stain buildup, not only making teeth dark and unattractive, but may lead to decay. Some tinctures may contain ingredients that use strong oils and can cause staining.



In conclusion, read and research the ingredients of products. Ask questions if you aren't sure if a product is good for your oral health. Also, share any information on products that you are using as they may be helpful and I can pass onto others.

Enjoy the weather and the longer days!
Lori Tribbett, RDH, DHA, PHDH

Are You Properly Protected?

ARE YOU BEING PROPERLY PROTECTED DURING YOUR DENTAL VISIT?

As Dr. Robbins' BioSafeDentistry dental assistant for the past eight years, I am always surprised when I am training a new employee and they comment to me "Wow, I've never taken this much time in other offices I've worked in to disinfect a treatment room". Apparently, they are not accustomed to the proper protocols in completely disinfecting a dental treatment room.

Personally, I like to prepare the treatment room as if a member of my family is the next patient!

Dr. Robbins has trained me to follow all guidelines established by the Centers for Disease Control, and the Occupational Safety and Health Administrations.

We can assure you that in this BioSafeDentistry practice we are concerned about our patient's and our employee's health and safety. We use stringent infection control protocols, products and procedures in our office. They are the foundation of making our practice as infection free as possible.



You may not be aware that disinfection and other infection control precautions actually take place, because many of these procedures occur out of your view. Some procedures include:

-All dental instruments/hand pieces are sterilized and disinfected before each use by: being sprayed with disinfectant, hand scrubbed, placed in an ultrasonic sterilization and then packaged in individualized sealed bags. Each bag has a heat

indicator strip that changes color when the instruments are sterile to certify they are sterile.

-All heat tolerant items are sterilized at very high temperatures by steam under pressure in the Statim autoclave. Tests are run weekly to ensure the effectiveness of our sterilization procedures. Weekly spore testing is done.

-Needles and scalpel blades are safely discarded after use in keeping with OSHA requirements.

-We wear non-latex gloves, surgical facemasks, and protective eyewear as barrier techniques. These are changed after each patient to prevent the spread of infection.



-Our staff does not wear their uniform out of the office. They arrive in street clothes, change into their uniforms upon arrival and change back at the end of their shift. All of our uniforms and patient blankets are laundered in our own facility.

-We protect you with protective eyewear, mouthwash, and disposable napkins.

-All surfaces and equipment in the treatment room such as chairs, mirrors, counter tops, drawer handles, x-ray head units, dental carts, and anything else that is touched during your procedure is disinfected three times. And then sprayed with professional strength Lysol.

-We take an initial, comprehensive medical history of each patient, and then update it with each visit.



-All the staff washes their hands with antimicrobial soap before putting on their gloves, between patients, after removing gloves, and after restroom and lunch breaks.

-We use disposable barriers whenever possible on equipment such as air/water syringe tips, light handles, and hand pieces.

-All of our blood and tissue waste is separated and bagged separately as required by

law.

-Each treatment room, sterilizing area and lab are thoroughly disinfected after each patient, at the end of each day, and at the end of the week.

-Water/air lines are flushed with a disinfecting solution at the beginning of each day for 2-4 minutes and at the end of each day.

- We have several IQ Air filtering units that filter out any chemicals for those chemically sensitive patients. Patients have commented upon their arrival that our office does not have that "dental office" smell!

- All our disinfecting chemicals or solutions are chosen based upon the least toxic ingredients.

- All of our equipment has routine maintenance schedules to insure proper functioning.

-An amalgam separator has been installed in our office to insure proper disposal of mercury waste. This protects our water table from being contaminated with mercury sludge and

chemicals.

You can feel confident when you leave a BioSafeDentistry office that your health has been well protected!

Wanda Rolon

BioSafeDentistry Dental Assistant

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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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