



BioSafeDentistry Newsletter

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BioSafeDentistry Changing Peoples' Lives!!

*Dentists who practice BioSafeDentistry, offer you an honest evaluation of your dental and overall health, the good **and** the bad. They encourage each of you to read and learn what happens in your own mouths at a dentist's office. You must understand why some procedures still being performed in many offices are outdated and dangerous to your general health. You Must Protect Your Health! You can only do that with knowledge.*

A patient story:

Stella, a quiet 80 year old was brought into my office by her very personable and lively 51 year old daughter Wendy. Stella had been told by her naturopathic doctor and her herbalist to see me for an oral evaluation and safe removal of her mercury amalgam fillings. You see Stella was losing her short term memory and Wendy was very concerned. She had taken her mom to many physicians and specialists who each gave a slightly different diagnosis and opinion. She was mostly diagnosed with advancing senility and/or early Alzheimer's disease. Wendy said her mother was "losing her edge"; she was not as sharp as she always was. Some doctors wanted to put her on drugs to manage those conditions.

Wendy finally took her mom to an alternative doctor. The naturopathic doctor took one look in Stella's mouth and involuntarily sat back and said "OH!". There was a lot of metal and mercury in her mouth; no one else had noticed! Not any of her previous doctors had told her. Wendy and her mom were both told by this doctor that exposure to these metals



We are excited to share with you our new program!

By using our search engine to find a BioSafeDentist in your area, you have a good chance of connecting with a dentist that understands overall health. He can protect you and your family from exposure to toxic and harmful chemicals and materials usually found in most dental offices.

Simply go to "Find a BioSafeDentist" on our website and start your way to safer, "greener" dental health.

[Find A BioSafeDentist](#)

**A Friendly Face
Around Our Office**

(toxicity) leads to neural (nerve) damage, in the body and eventually in the brain as well.

I examined Stella and the mercury readings we took in her mouth were high. Although I could not tell her (or any similar patient) that her mental state would improve and her mind fog would clear after the safe removal of her mercury silver dental fillings, I did tell her what I tell all my patients with a mouthful of these fillings:



"I can guarantee that after these fillings are safely removed you will no longer be exposed to or absorb mercury from your teeth"

That means her health will no longer be challenged and damaged by any dental metal in her mouth. However, she still could have a body burden of mercury in her body.

The BioSafeDentistry method of practicing dentistry was developed to offer "GREEN" dentistry for you. You no longer need to be exposed to toxic vapors from dangerous metals placed in your teeth. You no longer have to be embarrassed to say you do not want fluoride for you or your children! Dentists have successfully practiced with safer biocompatible materials for over fifteen years with amazing results and many times with new improved overall health of their patients. As a bonus the patient's quality of life becomes way more positive than before. After all, mercury is a major depressing agent in the body, so its removal should lift your spirits and hopefully make you happier.

We like happy people!!

GOOD HEALTH TO YOU,

The Team at BioSafeDentistry

Protecting Your Health

Dr. Donald Robbins and Dr. Kathleen Boyle



Lori, Dental Hygienist

Lori joined our office three years ago. She was not happy with some of the procedures other dentists were performing in their offices. She is a perfectionist and is only happy when working with other serious professionals.

She has been happy working with us in our BioSafeDentistry practice. She is an excellent educator and her patients appreciate the extra time she takes with each of them. She goes the "extra mile" to help patients manage

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](#)

FLASH!!!

Check out the latest interviews, one with a painless dermatologist who does NOT use general anesthesia and another discussion with a victim of misdiagnosis and dentist abuse!!

Water! Water! Everywhere But Not A Drop To Drink!!!

You may remember that in 2004 water utilities tested for hundreds of pollutants in their water systems. Systems that supply the drinking water to millions of people. The results were all over the news services. After checking almost 20 million records from state water officials, they found over 315 pollutants in tap water.

their dental and general health.

When not working, she does volunteer work. She loves to exercise and go sailing.

NEED MORE INFORMATION?



Visit Our Sister Website!!!

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

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

**PROTECTING
YOUR HEALTH**

TUNE IN TO:

www.webtalkradio.net

More than half of the chemicals are not subject to clean water regulations and can be present without monitoring or impunity. Many of these chemicals are related to medication and prescription drugs that are flushed down the drain or toilet and wind up in our drinking water. The regulatory agencies do not have enough resources to police all these contaminated waters. Yet the water utilities spend 19 times more on water treatment chemicals than the federal government spends on protecting fresh water lakes and rivers in the first place!!



The Environmental Working Group (www.ewg.org), an amazing honest watchdog for the American people, finished a 3-year long project establishing a drinking water database for 48,000 communities in 45 states. They identified the highest rated and lowest rated water utilities based on

1. The number of chemicals detected since 2004
2. the percentage of those chemicals, and
3. The highest average level for an individual pollutant (legal limits or average amounts).



Briefly the three top-rated drinking water utilities are:

1. Arlington, TX (best)
2. Providence, RI
3. Fort Worth, TX

and the three lowest-rated drinking water utilities are:

1. Pensacola, FL (worst)
2. Riverside, CA
3. Las Vegas, NV

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!

Hope Appears on the Horizon!!



Congratulations to Dr. Matt Young, Executive VP of the IAOMT

(International Academy of Oral Medicine and Toxicology)

After constantly pressing the administration of the University of North Carolina at Chapel Hill, the environmental and safety department has agreed to measure the mercury vapor in the Dental School where mercury amalgam is taught. They will perform the assessment according to federal OSHA standards. It is likely the mercury levels

(We guess what you drink in Las Vegas doesn't really stay in Las Vegas after all!!)

[You can see all 100 listed utilities on the list at www.ewg.org/tap-water]

ZINC : A Necessary Trace Element for the Body but

BEWARE TOO MUCH ZINC!

People do not follow directions well! We all have too many things going on in our head at one time. We sometimes hear the beginning of a statement and not the end, or vice versa.

"I have found in my practice that even though I painstakingly give a patient directions on how to take a medicine I prescribe or what to do after surgery, they only hear a small part of what is required"



Although zinc (Zn) is an essential part of the diet, recent studies have shown that excessive intake of zinc may lead to the development of neurological symptoms and blood problems such as anemia. This includes numbness, tingling or weakness in the arms and legs and difficulties with walking and balance.

Why is this mentioned in a dental office?

Because many consumer products that are used in the mouth contain zinc. GlaxoSmithKline recently announced it was taking zinc out of its line of denture products, such as Poligrip, PolyDent and Dentu-Creme. Although safe if the directions are followed, there was indication that people were using too much of the paste in their dentures. Way more than was recommended. Instead of using it once or twice a day, they were also applying it to their dentures several times each day...and getting excessive zinc exposure.

So their new products will be packaged as "zinc-free". Another situation of too much of a good thing.

Lipstick Can Be Hazardous to Your

Health

will show excessive mercury vapor toxicity which injures the health of everyone in the vicinity.

This is a "**GREEN**" day for BioSafeDentistry and the for the elimination of mercury in peoples' mouths.

STAY TUNED FOR MORE RESULTS!!

Two separate studies were conducted on possible toxic and bacterial contamination of lipstick.

The FDA examined 22 red lipsticks, new from manufacturers, and found lead, a neurotoxin, present in every single sample studied. The highest lead levels were in three major brands: Cover Girl, Revlon and L'Oreal. Although the levels found were small, they should have no level at all. However as an example, the lead found in Cover Girl Icredifull Lipcolor Maximum Red was 34 times higher than that found in the lowest lipstick, Avon's Ultra Color Rich Cherry Jubilee. The FDA actually does not regulate finished cosmetics but only if color is added to the product.



Just like mercury, some of the heavy metal lead is excreted from our bodies, but some is retained and accumulates. High lead levels are linked to developmental delays, aggression, attention and learning problems. This is especially critical for pregnant women releasing lead to the baby. Even without recent exposure, blood levels of lead stored in bones is released during pregnancy, breast-feeding and after menopause.

Stacey Malkan from the Campaign for Safe Cosmetics suggests using more glosses than opaque lipsticks, as they have less lead.



The second study by Dr. Elizabeth Brooks, from Jefferson Medical College, demonstrated that make-up tester packs at cosmetic counters were all contaminated with E.Coli bacteria. This is bug is present because people are not washing their hands after going to the bathroom and then touching the test sticks. Even when the salesperson washed the tester lipsticks with water or alcohol, it did not remove the bacteria.

E.Coli can cause stomach cramps and diarrhea and lead to dehydration and severe acute reactions requiring hospitalization. Staphylococcus and streptococcus bacteria were also found

Sooooo...Do not use sample lipstick testers directly on your lips and if salespeople are using swabs to put the color on your lips, make sure they consistently do that. It only takes one dirty bug to make you sick!

Sleeping Can Be Hazardous to Your Health!

Grinding your teeth, officially known as Bruxism, affects a large segment of the adult population. Bruxism may result from missing or misaligned teeth. It can also be caused by anxiety, tension, and stress. Most people grind their teeth more while sleeping and aren't even aware that they are doing it. Bruxism is the third most common sleep disorder.

Symptoms of Bruxism may include a

1. sore jaw,
2. clicking in the jaw joint,
3. earaches
4. and unexplained headaches.



Bruxism causes over activity and aggressive movement of the jaw leading to inflammation of the temporomandibular joints (TMJ). Compression and stretching of these joints can cause clicking of the jaw, and be very painful. These symptoms often go undiagnosed as people aren't aware that they are grinding their teeth. A person may see their medical doctor, but a lot of physicians don't recognize this disorder, so the idea of grinding one's teeth causing the symptoms above can go unnoticed. Untreated, Bruxism can destroy the TMJ disk and may eventually lead to joint surgery.

Routine dental examinations can reveal the signs of Bruxism. A patient reporting their symptoms is a very important part of the diagnosis. Objective evidence arises from looking at the teeth and gums. Grinding causes occlusal trauma, eg. loose teeth, pain on chewing, and occlusal wear, which can severely erode teeth down to the point of a cosmetic problem. Excessive grinding can also lead to fracturing and loss of teeth. Gum recession may follow resulting in cold sensitivity and exposed roots.

A nightguard is a custom dental appliance worn on the upper teeth while sleeping to prevent excessive tooth to tooth contact. By keeping the

teeth from grinding each other, tooth damage and pain is reduced. The damage done by Bruxism can be very costly to restore. To make a nightguard for you, we take an impression of your upper and lower teeth.



We also choose a material that is comfortable and BPA free. Over the counter appliances do more harm than good, are too soft and are impossible to wear all night. The OTC guards are "one size fits all" and can permanently change a person's bite. Also, the materials may not be biosafe. Please consider a nightguard if it is recommended for you. We are concerned about maintaining your dental health.

Enjoy the remaining days of summer as fall is quickly approaching!

Lori Tribbett RDH, PHDH, DHA

Save Now or Pay Later!

USE THEM OR LOSE THEM!

It is hard to believe that 2011 is only three months away! With that in mind, we would like to remind you that if you have any unused benefits with your insurance plan now is the time to use them.

Every year you receive a set dollar amount or "**maximum**" amount from your insurance plan for your treatment. Almost all plans do not allow you to rollover unused dollars to the next benefit year. Benefits not utilized by end of the calendar year are **lost**. If you have dental treatment that you have been postponing, including preventive treatment, please call your office to make an appointment, **before** your benefits expire.

DO NOT WAIT! Every penny counts! Do not be one of the patients who is disappointed when they realize they have lost the insurance benefits they already **paid** for! Plus, now they will pay more out-of-pocket costs!

Also, if you have funds set aside in a flexible spending account (FSA) or healthcare savings account (HAS) now is the time to schedule treatment so your co-payment amounts can be applied to this year's deductions. It is also a good time to plan for next years' contributions to your FSA or

HAS account.

Contact your dental office to reserve time for you or any family members needing treatment. If you have any questions concerning your remaining dental treatment or benefits, now is the time to ask the office manager. She will assist you in utilizing your remaining benefits or plan for next year's needed treatment.

Nina Marciniszyn
BSD 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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