



Donald Robbins, DMD, LLC Newsletter

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are always
appreciated!**

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Vitamin C for

Issue: # 1

November/2009

Welcome to our very first newsletter from the BioSafe Dental practice of Dr. Donald Robbins. We are so excited about being able to communicate to our patients about your dental and overall health issues. Many of the stories you hear in the news are controversial and often have pros and cons. Most people have no way of verifying if the statements are true or false. We hope the information we present in our newsletters will help you make more informed decisions about your oral and overall health. We also welcome your input about information you would like us to address in the future. If you have specific topics you would like addressed, please let us know.

To Flu Vaccine or Not Vaccine



Patients are confused about the current controversy surrounding the flu vaccine. For many years doctors have been recommending flu shots for the elderly, pregnant women and young children.

However, informed patients understand the toxic nature of thimerosal which is the ethyl mercury preservative in the multi dose vaccine bottles used by doctors. Thimerosal is injected into the patient along with the actual vaccine serum. The infant flu vaccines contained in these multi dose bottles carry 12.5 micrograms of pure mercury per dose into the body of the child. Adult flu vaccines with thimerosal inject 25 micrograms per dose into the body. Exposure to toxic mercury during vaccinations is to be avoided.

your health

Potent C Guard is vitamin C in powder form that dissolves in water and does not cause acid indigestion. The specific brand we supply in our office is specially buffered and only has the active form of ascorbic acid.

Other brands are yellowish indicating oxidation and less effectiveness, and have synthetic Vitamin C which does not protect the same way.

Vitamin C has a wide range of clinical uses. For the prevention of the common cold and flu syndrome, Vitamin C produces a positive immunologic response to help fight bacteria and viruses. It scavenges and removes toxic substances from the body, shortens episodes of illness, and it's ability to make tissues healthy and heal faster through its formation and maintenance of collagen (connective tissue), Vitamin C is used to treat a wide range of viral, bacterial, and fungal infections and inflammatory problems of all kinds.

Thimerosal is put into multi dose vaccination bottles to kill bacteria that gets in every time the doctor inserts a syringe to withdraw a dose of vaccine. The introduction of air allows bacteria and viruses to grow in the bottle and contaminate the next dose of vaccine withdrawn from the bottle with another syringe. Thimerosal prevents this pathogen growth in the vaccine bottle and protects the patient from getting infected.

You can get a vaccination safely however, as not all vaccine bottles contain thimerosal. You must ask that single dose bottles be used for your injection. Single dose vaccine bottles cost more but you are much safer than the alternative.

There are other reasons to avoid getting a flu vaccine. There are virtually NO SAFETY STUDIES on the effects of the vaccine on a long term basis. Some authorities report no statistical differences in death rates of the elderly who take flu vaccine compared to those who do not. In France, 63% of their professional nurses have refused to get flu shots because of questions about how they were made and what other substances might be in them.

There is strong evidence that this swine flu is not as virulent as the CDC and the news media would have us believe. As early as July 2009 the CDC asked states to stop reporting verified cases of swine flu, and just report the illness as a statistic. It turns out that over 80% of these cases of illness were not a flu at all, just a virus or bacteria. Finland removed the H1N1 flu from a list of diseases that are a danger to their population. CBS had reported recently the scare tactic the CDC and the media is using to frighten us into getting a flu vaccine. The four major pharmaceutical companies making the vaccine stand to lose millions if people do not get the vaccine. More accurate numbers show the deaths from the flu might actually be less than last year.

What is very worrisome is the corruption of officials at the highest levels of government agencies. Dr. Paul Offit of the Children's Hospital of Philadelphia reportedly earned \$29 million from the Merck Rotateq vaccine sale. He sat on the CDC's Advisory Committee on Immunization Practices which helped create the vaccine. It has been reported that key members of the CDC's advisory boards also had financial ties to the sale of the vaccines which they did not disclose. Since the Committee on Government Reform investigated the vaccine policy of this country from August 1999, key officials of the FDA and the CDC were found to have financial gains from the vaccine decisions they were making in the committees.

In my opinion, a healthy individual can do without the vaccine and would

Buffered vitamin C is just one of the many supplements that our office provides for the convenience of our patients. Ask for an instruction sheet on how to take it properly.

See our coupon below for a 25% savings on our vitamin C.

Refer a friend program



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 new face

only suffer a short illness if the contracted the flu (if it is the flu at all). However, patients should consult their physician for an individual evaluation.

Donald Robbins, DMD

Is there a connection between the health of your mouth and the health of your body?

Many of you are very conscientious about maintaining an overall healthy body by eating the right foods and exercising. However, most of us are forgetting about our oral health. Did you know that your mouth is the gateway to the body? Hopefully you are all brushing and flossing, but are you keeping up with your regular hygiene appointments?

Gum diseases, including gingivitis and periodontitis are serious bacterial infections, that left untreated can lead to tooth loss. Gingivitis begins when bacteria in the plaque adheres to the teeth, causing the gums to become inflamed and bleed easily. Gingivitis is totally reversible with good oral home care and regular professional hygiene visits. Left untreated gingivitis can lead to periodontics. The plaque gets under the gum line, causing pockets (space between the teeth and gums) which then affects and destroys the bone that surround the teeth. Bone loss is not reversible!

Your mouth is connected to your body and your immune system; so while you may be exercising and eating healthier, untreated gum disease can lead to many health problems, including heart disease, diabetes, and premature births.

On a lighter note, to help maintain good oral hygiene an electric toothbrush is a great aid to use. We carry the Flexcare by Sonicare. It comes with a sanitizer that disinfects the toothbrush heads. The Flexcare keeps biofilm, the film that forms on the teeth that the plaque adheres to, at a minimum. The dynamic sweeping motion gets under the gums and between the teeth better than a manual toothbrush. The Sonicare also helps remove surface stain that can accumulate on the teeth. We are also carrying the new Sonicare for Kids, which is not available in stores until after the new year. The kid's version offers different speeds and plays musical notes allowing sufficient brushing

around our office



Danny will be assisting the doctor, answering your questions and ensuring your visit is comfortable.

Next time you come for a visit say hi to Danny.

time. It's a great brush for kids 4-12 years of age and great for kids with braces. We offer these brushes at a lower cost than those sold in stores. I know it's early, but 'tis the season is approaching and the Sonicare makes a great gift, for yourself or someone else.

BRUSH, FLOSS AND COME SEE ME!

Lori Tribbett, RDH

Your Dental Benefits - Use Them or Lose Them

It's hard to believe another year is all most over.

We want to thank you for being part of our dental family and would like to continue to help you achieve a healthy, non-toxic mouth! We would just like to remind you to take advantage of any unused dental benefits for 2009.

If you have dental treatment that you have been postponing, including routine preventive treatment, please call our office as soon as possible to make an appointment, before your benefits expire.

As always, feel free to call our office to discuss your remaining benefits and how we can help you use the benefits you have already paid for.

Nina Marciniszyn
Office Manager



A Gift For You!

If you have not been able to get in to see our hygienist, Lori for your periodic examination and polishing, this is **A SPECIAL OFFER** just for you.

Make an appointment for your hygiene visit before the end of the year and we will give you a **FREE GIFT** worth \$25.00!

Remember you only have until December 31st to see Lori and get your gift! This is only available for those who are overdue for their checkup by more than 3 months and who do not have an appointment.



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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