



## BioSafeDentistry Newsletter

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***FLASH! FLASH!***



**Dr. Donald Robbins  
has been promoting**

**Issue: # 120**

**December/2010**

### **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. This is no academic exercise - this actually affects the everyday lives of a major segment of our population. Dentistry MUST change to promote the overall health of you, our patients, even if that means deserting outdated inaccurate notions about what is safe and unsafe in dental offices. New scientific and medical information is flooding in and the old ways of restoring teeth and keeping you healthy have changed.

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

As an example of the type of emails we receive, here is one we recently received and how we answered it:

*Hello, Dr. Robbins -*

*A friend of mine, Lisa Ackerman, Executive Director of TACA (Talk About Curing Autism), in Southern California, forwarded me a very interesting article of yours, "THE NEED FOR SAFE, BIOCOMPATIBLE DENTAL CARE" about the dilemma many*

**GREEN biosafe dentistry this month:**

- **He testified at the FDA hearings in Washington to help prevent continued use of toxic mercury amalgam fillings in dental offices**
- **He was interviewed on NEWS10 Philadelphia television to refute the American Dental Association biased claims that mercury dental fillings are safe**

**Dr. Robbins and others presented scientific and medical evidence showing mercury silver fillings cause serious and life threatening injury to patients, including**

- Alzheimer's' disease
- Multiple sclerosis
- Hearing loss
- Immune system injury
- Mental and nerve destruction
- and other risks

**Join Our List**

**Friends and Family are always appreciated!**

*people are facing with mercury amalgam fillings. I'd like to ask for your opinion on a related matter, if you have a moment.*

*I'm actually writing to you on behalf of a close friend whose 8-year-old daughter suffers from autism... and currently has a substantial amount of silver in her mouth. Her mother initially took her to what was supposedly an "autism friendly" dental office a couple of years ago and trusted that they were going to use a bio-safe material for the fillings. She was horrified to see her daughter come out with the mercury amalgam material (3 crowns, 3 fillings).*

*Of course, they insist that it's harmless, but she, understandably, wants the metal fillings removed. The problem, of course, is whether it's best to leave them in and have 24/7 exposure, or attempt to remove them and expose her daughter to even higher level of toxins during the process.*

*We've heard that the hazards involved with removal can be mitigated by taking certain precautions and following strict procedures. She's getting mixed reviews from local professionals and does not know where to go from here.*

*I gather from your article that you are in favor of removal and believe it to be a better alternative. Is that always your position, or is it case by case? Does age play a role? In this situation, the girl is 8 and her mother was told that those fillings could remain in place until she's 10 years old... unless the teeth come out on their own beforehand. Is it possible to remove the teeth (molars) and filling together and place some sort of gap holder?*

*Any extra information or advice would be greatly appreciated. Thank you for your time.*

*Best Regards, Trey*

Dear Trey,

In this day and age I think it is malpractice to place any mercury in a patient, no matter what age. If your friend told the dentist not to place amalgam in their daughter's teeth, I think they should make a formal complaint.

In my opinion, leaving them [the silver mercury fillings] in place subjects the girl to constant mercury vapor exposure, sometimes at a relatively

## Join Our Mailing List!

### Hope Appears on the Horizon!!



### EPA TO REGULATE DENTAL MERCURY

#### Congratulations to Lisa Jackson, Administrator and the EPA

By constantly pressuring the Environmental Protection Agency, Consumers for Dental Choice and environmental groups

**HAVE SUCCEEDED!!**

Just last month 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 2011.

Thank you is also due Congressman Dennis Kucinich who chaired the

high rate. Mercury vapor is a neurotoxin, kills nerve tissue (and causes other horrid effects) and will potentiate her autistic spectrum disorder (ASD). Additionally, I have seen some "baby" teeth last until the child is 12 or 13 years old. I am also assuming that none of the amalgam mercury fillings were placed in any of her four permanent first molars as they will not be falling out. Get the mercury out now!

BUT...go to a BioSafeDentist who takes precautions before, during and after their removal. That means precautions in the operatory when they are removed, nutritional and detoxifying chelation support during that time, and because of her condition, involving a physician knowledgeable in heavy metal chelation, children and ASD. Call the office and ask questions before you bring her in for evaluation.

You can find more info on my public website, [www.BioSafeDentistry.com](http://www.BioSafeDentistry.com) and sign up for the newsletter and info. I addressing the FDA during their review of the toxicity of mercury dental fillings Dec 14-15 in Maryland. The use of this mercury poison must be stopped.

Regards,

Donald Robbins, DMD, FAGD, FIAOMT

### 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 Program*

hearings to push the EPA regulation.

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

### Need Antioxidant Protection at Your Dentist Office?



What if you cannot find a BioSafeDentist in our list of safer, **Greener** dentists on [www.biosafedentistry.com](http://www.biosafedentistry.com)?

You can buy single visit ProtectPak A and B in the **Health Products Section** of our website. These pre-set supplements help your body when mercury amalgam fillings are drilled out. Each order is for a five day protocol with the third day the day of the mercury removal.

Be safer and take these health aids for your appointment.

Each order comes with instructions on how and when to take each packet.

LOOK FOR  
**PROTECTPAK A & B**

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](http://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.

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

#### **CAUTION:**

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

#### ***FLASH!!!***

***Check out the latest interviews:***

- **Learn how increasing oxygen use in your body will prolong your life and Hear a clinical psychologist who is also a criminologist discuss anger and its effects!**

### **Have I Been Using the Wrong Soap?!??**

For over thirty years dentists have used hand soap to scrub up before putting on gloves to work on a patient. I switched

ON

[www.](http://www.biosafedentistry.com)

[BIOSAFEDENTISTRY.COM](http://BIOSAFEDENTISTRY.COM)

## A Friendly Face Around Our Office



Wanda has worked with us for over eight years as our primary dental assistant. She has seen what BioSafeDentistry can do to change the way a person lives. One of her duties is to take mercury vapor readings in the patients' mouths with the atomic absorption

many years ago to a soap that contains the antimicrobial, antifungal agent, Triclosan. The concentration of Triclosan in the home product is 0.115%. The professional level is 0.45%. Triclosan kills bacteria and fungus and helps keep the bugs down.

Maybe a little too well!!



According to the Centers for Disease Control (CDC) triclosan is found in the urine of 75% of the population. Why is this important?

Because there are so many anti-bacterial products and drugs being used, some bacteria become resistant to the drugs' killing effects. These bacteria now can infect susceptible people and cause a serious infection that cannot be eliminated or controlled. The increase in staphylococcus and Methicillin-resistant Staphylococcus aureus (**MRSA**) infections in hospitals are prime examples of the dangerous result of this process. More and more people are dying because antibiotics are no longer effective.

For this reason, and because there are some indications that triclosan disrupts the human endocrine (hormonal) system, The Center for Drug Evaluation and Research (CDER is a division of the FDA) is evaluating the chemical's approval. The European Union have already banned or restricted the use of triclosan .



I also noticed my skin was very dry. This could be a precursor to an allergic reaction so I stopped using this ingredient. I switched to a milder soap and the use of the very effective hand sanitizers, such as Purell, which use alcohol instead of triclosan.

spectrometer. Wanda carefully explains the meaning of the reading to the patient and why it can be a serious threat to their health.

If you have a question when you call, chances are she will know the answer!

## NEED MORE INFORMATION?



Visit Our national Website!!!

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

**LISTEN TO  
DR. ROBBINS  
co-host with  
DR. KATHLEEN BOYLE  
on**

**PROTECTING  
YOUR HEALTH**

Please evaluate if you should not be using triclosan in your home hand soap either!

## Cooking Oil Primer 101

Which cooking oils are safe and healthy and which ones are dangerous to your health? DO YOU KNOW?

Do you know there is only ONE major cooking oil that can safely be heated to frying temperatures?

We have all heard of trans fat in fast food news and how bad it is for your heart and waistline. And we've heard a lot about polyunsaturated fats which hang around and contribute to obesity. But here is another startling fact.



The only type of oil that is the healthiest to cook with is **coconut oil!!** It is one of the few saturated fat oils, meaning your body can burn it as a fuel or can excrete it effectively. It is a carbohydrate but it causes no insulin spike and can deliver quick energy. It is one of few oils that are not damaged when heated during cooking. A couple of other facts about coconut oil:

1. Supports the immune system
2. Helps keep insulin and weight loss stabilized
3. Gives you immediate energy
4. Supports your thyroid gland
5. Helps keep your skin healthy and collagen stable

### What about the other major oils?

Although extra-virgin olive oil is terrific for health benefits, it

TUNE IN TO:

[www.webtalkradio.net](http://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!

**A GREAT XMAS GIFT!**

**GIVE A SONICARE TOOTHBRUSH**

For that hard to buy for person on your list... We carry the Sonicare FlexCare Toothbrush with the Sanitizer!! This is the top of the line unit Dr. Robbins and Lori recommend.

**We sell them cheaper than stores and now have a \$20 rebate form!**

Give the gift that can keep them smiling for life! Not yet on our website so call us for pricing!

What act

is NOT good when heated at higher temperatures. It is perfect at room temperatures, like on a salad or when cool.



But NOT when used in high heat. When heated the large amount of unsaturated fats present get oxidized rapidly, the omega-3 rich olive oil is ruined and the chlorophyll present in the oil cause it to behave as if it were rancid. A word of advice: omega-3 oils need a cool, dark place (including your omega-3 supplements), and need to be closed from the air to reduce spoilage.

The other unsaturated oils, canola, sunflower, corn, soy and safflower, are very susceptible to oxidative damage also. The heat causes damage to these omega-6 fats which then are damaging to your health. They perform just like the artery-clogging trans-fats (which are damaged when hardened into margarine or shortening). Trans fats raise your LDL (bad cholesterol) and lowers your HDL (good cholesterol). These changes are linked to heart disease, clogging of your arteries and affect type 2 diabetic changes in your metabolism.



And guess what? Coconut oil tastes good too!!

**Play Name That Food!**

Without peeking, tell us what "food" this is. Over half of the food contains the following ingredients:

1. modified food starch, wheat starch
2. autolyzed yeast extract, safflower oil, canola oil
3. dextrose, citric acid
4. sodium phosphates, mon- and di-glycerides
5. sodium acid pyrophosphate, sodium aluminum phosphate, monocalcium phosphate, calcium lactate
6. hydrogenated soybean oil withbutylhydroquinone (TBHQ)
7. dimethylpolysiloxane



***OK - What is it?***

**SEE THE ANSWER BELOW (FOOD ANSWER)**

## **California City Sets Standard to Stop Dental Amalgam Immediately!**

Costa Mesa, California has become the first city in the United States to call for an immediate end to dental amalgam use in dental offices. In a unanimous vote in October, the City Council adopted the resolution by Councilman Gary Monahan that

1. asks federal and state agencies to eliminate amalgam
2. asks dentists in Cost Mesa to stop using mercury and switch to non-toxic alternatives
3. asked the other 33 cities in Orange County to also oppose dental mercury.



This success for Californians for Green Dentistry was also supported by a dental hygienist and a naturopathic doctor. Testimony in front of the city council convinced them that dental mercury is a very bad idea and swung support against its use.

Congratulations and let us hope it is the start of a trend!!

## Less Radiation with NEW Digital Radiography!

### **EXCITING NEWS - MAJOR DENTAL OFFICE UPGRADE**

Many dental offices have switched from the old x-ray film radiation technique to a state-of-the-art Digital Radiography Unit!



The latest digital radiography produces higher quality images of your teeth and mouth. Dentists are able to see the image immediately on the computer monitor as soon as it is taken. No more waiting!

Other advantages:

1. Minimum radiation exposure, up to four time less than old regular x-ray film systems

2. Environmentally friendly. There are no harmful chemicals nor any papers or films to dispose of in the waster water or trash.
3. Quality of the radiograph is exceptional. It is easier to detect small cavities or initial gum disease. Cysts in the bone and infected abscessed teeth are more easily seen - and at an earlier stage.
4. Early periodontal disease is detected sooner with small changes more able to be seen.
5. Patients are able to see the problem areas on the monitors and to discuss any questions about diagnosis or treatment that might be of concern.



This new system does not change our conservative posture about how often to take radiographs on patients. Each patient is assessed for risk factors of oral disease and the dentist will determine how many and how often radiographs are taken. Being conservative, a complete series of digital radiographs is usual taken every four to five years. Yearly bitewing radiographs (2 or 4) are taken every 12-18 months.

BioSafeDentists are happy to make your dental checkup appointment as easy and painless as possible! Digital radiographs help make the appointment faster and more productive.

Lori Tribbett, RDH, PHDH, DHA  
Dental Hygienist

**FOOD ANSWER**

The answer is McDonalds' Chicken McNuggets!!

About half the nuggets are actual chicken. The rest is, according to Federal Judge Robert Sweet in a 2003 lawsuit, "...a McFrankenstein creation of various elements not utilized by the home cook".

These are a real nightmare and in my opinion do not qualify as food. They are undigestible for the most part and non-nutritious. They are downright dangerous to your health.



Butylhydroquinone (TBHQ) is a petroleum based product which is an industrial antioxidant, not a natural one. Its purpose in the McNugget is to prevent oxidation of fats and oils, **thereby extending the shelf life of the product it is in.** *It is common in paints, varnishes, lacquers and pesticides and used in perfumes to prevent evaporation.* It can cause nausea, vomiting, breathing difficulties and ringing in the ears. Reproductive and biochemical changes in the body have been noted.

Dimethyl polysiloxane is a type of silicone with anti-foaming properties, used in cosmetics and things like Silly Putty.

Most of the ingredients listed above are not digestible. We would suggest to avoid eating them!!!

**SIGN IN PLEASE!!**



You may think your dentist or office staff has forgotten your name when you arrive at their office for a dental appointment. After all they are asking patients, some of whom have been coming to their office for *decades*, to sign onto the daily sign in sheet. We assure you they know who you are!! In fact they often recognize your voice over the telephone when you call, without you immediately identifying yourselves!

Although signing in seems very impersonal, it is necessary for good reason. It becomes a legal record for the day.

Many of you know BioSafe dental offices strictly follow HIPPA guidelines for your privacy. Once you sign in, that entry is removed from the sheet so that any patients arriving after you do not see your name. You will also notice that most offices do not use patients' last names on any bulletin board. Many also use privacy screens on their computer monitors to prevent someone accidentally seeing your name or treatment in the office. Even the daily schedules posted in the rooms are covered up.

Your privacy is very important to you and all of us!  
Have a Great Holiday Season,

Nina Marcynyszyn, Office Manager  
BioSafeDentistry.com

**PS** -- Don't lose end of year insurance benefits that have not been used! Call your nearest BioSafeDentistry office to schedule dental treatment still needed or you could lose remaining \$\$\$ after December 31st!!

**[CLICK HERE TO RETURN TO TOP OF NEWSLETTER](#)**

*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.*

**DONALD ROBBINS, DMD, FAGD, FIAOMT**

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