

Dental Focus

Holistic Dentistry for Total Health

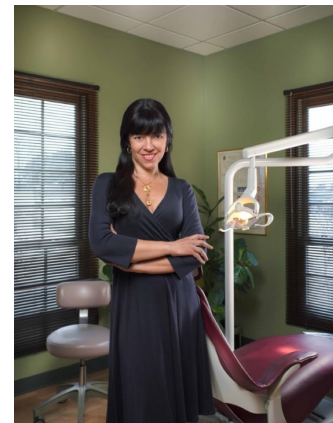


Ozone is a remarkable therapy that can be used to treat and prevent numerous health conditions.

Ozone, like oxygen, is a gas found naturally in the atmosphere. Ozone (O₃) is actually Oxygen (O₂) with an extra oxygen atom. The ozone in dental offices is made by using medical-grade oxygen and an ozone generator, which is a tube through which the oxygen passes. Ozone therapy has been used in dentistry for decades in Europe. Studies of ozone have shown that it is capable of destroying disease microorganisms such as bacteria, viruses, and fungi almost instantly. It has been used to aid in healing by reducing inflammation and boosting the immune response.

No one likes to hear that they have periodontal disease or a cavity and patients tend to fear the treatment that follows either diagnosis. Oftentimes, dental procedures are associated with loud drills and pain. Fortunately, there are options and we no longer have to fear anesthesia, drilling, and filling. Ozone dental therapy is an effective, non-invasive treatment for many dental problems. In patient care, ozone is utilized in ozonated water and pure oxygen/ozone gas. Using a combination of these two agents allows the dentist to treat all oral infections.

There are hundreds of published research studies on the use of ozone in dental procedures. Controlled ozone dental therapy is safe and free of adverse effects. Dr. Garcia has had much success with this powerful tool and continues to use this therapy with amazing results.



FROM OUR KITCHEN TO YOURS



Avocado Salad Dressing

- 1 large avocado
- 1 garlic clove
- 2 Tbsp. lime juice
- 2 tsp. olive oil
- 1/2 cup water

Place all ingredients in a blender and process until smooth!



Find out more about ozone therapy in Dr. Garcia's book

Avocado Fact:
Avocado have anti-inflammatory properties and are a great source of fat and antioxidants.

Wishing You a Happy and Safe 4th of July!



Osteopathic Medicine: Hands-on Healing

Have you ever noticed any of your doctors' credentials? You might see that one or more of your doctors is a D.O. rather than an M.D. While most physicians hold the Doctor of Medicine degree, M.D., there is a growing number of doctors that hold the Doctor of Osteopathic Medicine Degree, D.O. While both degrees require the same medical training, osteopathic physicians have additional training in osteopathic manipulative medicine.

Osteopathic doctors can be found in all medical specialties, but they do not all practice manual manipulation. Osteopathic medicine is a hands-on approach that is used to diagnose and treat illness and injury and to encourage the body to heal itself.

Osteopathic manipulative medicine is a type of manual therapy that focuses on the musculoskeletal system and aims to positively affect the body's circulatory, nervous, and lymphatic systems. It has been found to offer relief from a range of medical problems including low back pain, asthma, irritable bowel syndrome, and depression. It can be used to provide a natural alternative to numerous drug therapies

Osteopathic physicians focus on preventative health care and encourage patients to take responsibility for their well-being and to change unhealthy patterns. If you are feeling stuck on your healing journey, osteopathic treatments can help remove obstacles to achieving optimal health.



How to Look on the Bright Side

Negative thoughts drain you of energy and can have a negative impact on your overall health. Here are 3 ways to focus on the positive:

1. Say "Yes" to happiness. Happiness is a decision. Wake up every morning and say, "I decide to be happy right now."
2. If you can't change your circumstances, change your attitude. "Attitude is a little thing that makes a big difference." - Winston S. Churchill
3. Don't complain, unless you are trying to do something about it. Happiness comes when we stop complaining and focus on being thankful.

Time to prepare for the new school year !

It's a good time for parents to reinforce the importance of good oral hygiene to your children. Call now to schedule care.

*Copyright © 2015
Dr. Lina Garcia D.M.D., D.D.S., Inc. All rights reserved*

*33 West Higgins Road
South Barrington, IL 60010*

*Phone: 847-426-9000
Fax: 847-426-9050*