

Healthy Mouth = Healthy Body

Welcome To Our First Lecture!

Hello and welcome everyone to our first of many lectures to come. For those that do not know, I am Ella Gashinsky and I am your first speaker for today's educational lecture. I am the office manager at my husband's practice (Dr. G) as well as a nutritional consultant. I want to start by explaining why is it we decided to start the lecture series and why we think it is so important for everyone to understand the connection between a healthy mouth and a healthy body.

To fully understand and go over the files from "The Connection between a Healthy Mouth—Healthy Body" 1st Lecture Series please print out the "Healthy Mouth = Healthy Body" Word document. It will be much easier for you after printing the file to go over the "Welcome to Our First Lecture" PowerPoint File on your computer.

Thank you and for more information and news on our next series of lectures please contact our office at (973)379-9080 or email us at pr@drgdds.com.

In doing so let me give you my very own personal experience.

We all live busy lives, whether it is with school, work or even home. All of us experience the stressful days and sometimes nights at work (some more - some less) and unfortunately at some point we can make ourselves sick. When that happens, what do we do? We see a physician hoping that we can get **ONE** magic pill that can make us feel better again and move on with our normal, busy routine again.

So for many years I have done exactly that! I work in a very busy office where everyone is counting on each other and since I am working with patients I could not allow (for my health and their own) myself to come to work sneezing, coughing or feeling ill. So what did I do? I did what every normal individual does. I went to the physician. He would give me antibiotics to take for a week. Also, I would not take time off from work, because I would not want to let my team down. And a week later I'm back to my very busy and stressful life. Something along these lines had happened a few times a year, until I finally hit rock bottom. I became extremely sick and none of the prescribed antibiotics were working. I was then diagnosed with Crohn's disease (a form of inflammatory bowel disease (IBD), which involves ongoing (chronic) inflammation of the gastrointestinal tract). This is a non-curable disease that can be treated with drugs that suppress your immune system. I was put on a chemotherapy drug and was told that I would have to take this for the rest of my life. This led to my hair falling out, I had no energy to work and felt awful all the time.

So Dr. G and I started researching alternative forms of treatment. In doing so I realized how little I knew about my own body, about the alarming symptoms and signs our body gives us when we are in trouble. I learned about toxicity and detoxification I learned about the connection between antibiotics,

probiotics and candida. I learned how you can control **ANY** disease (to some extent) by following a certain diet while keeping a detoxification program in place. Then I went to my gastroenterologist and told him that I would like to try alternative treatment for my disease and would like to stop taking all the drugs I was prescribed. He looked at me with like I was a mad woman on a suicide mission. He asked me why I would do such a thing and warned me that I would be back in 2 weeks for surgery... I did not come back in 2 weeks for the surgery. I went to Dr. Sharma (who will be speaking today). Dr. Sharma is an alternative physician who monitored and treated my disease. And 2 years later, during my colonoscopy the same gastroenterologist who said I would be back in 2 weeks for the surgery told me, "I do not know what you and your doctor are doing, but you are doing something right and should write a book about it." We did not have to write any books. All the books about alternative treatment for this disease were written before. He just did not know (or did not want to know about it)

After he said that, I realized that I know much more than the average person may know about nutrition, detoxification and supplements. I can share this useful information with a lot of people who I can help to start feeling better while educating them how they can change their lives without taking very powerful and expensive drugs. I went back to school to become a certified nutritionist and now I help and educate our patients and people in our community on alternative ways of becoming and remaining healthy.

So a couple of months ago Dr. G, Dr. Sharma and I had a discussion about the overall health of our population:

- how more and more people are getting sicker and more allergenic
- how the younger generation are coming up with diabetes, heart disease and how it is all connected to their gum and teeth condition
- how the list of medications they are taking becomes bigger and bigger in the younger population
- how the majority of those drugs can be substituted with specific diets and supplements
- how much money the average American spends on the drugs that they are taking
- the worst part is how people have no idea about what they can do to get healthier and remain healthy by not taking these drugs

AND THIS LED TO TODAY!

We came up with an idea to organize a series of lectures that can help to educate our patients and community (those who will be willing to attend) to understand the symptoms or alarming signs that our bodies are giving us; that

can help to prevent us from getting very sick; that help you to see the correlation between the overall health and your oral health.

Let me present to you Dr. Gashinsky. As you already heard, he is a practicing dentist in Millburn, New Jersey.

Dr. G is using a holistic and natural approach to dentistry. He does not only treat dental disease in a safe way, but he is also educating our patients on how to get healthier while preventing major issues regarding their health.

Dr. G Introduction

Millburn NJ Holistic Dentist

Good afternoon everyone. As you have previously heard my name is Dr. Gashinsky (Dr. G). I am a practicing dentist in Millburn; in fact I just finished seeing some of my patients about an hour ago. I have been practicing dentistry for over 30 years and I love what I do. I love giving patients more confidence to change their appearance making them smile more.

But for the past 10 years this is not only what I do. I got involved in holistic approach to dentistry. What does this mean? That means that your dentist looks not only at teeth, but the health of the entire body; on the environmental and emotional status of the patient (another words-body-mind-spirit). In my opinion dental diseases can't be healed or controlled properly if patients have uncontrolled medical conditions; are loaded with toxins, and do not eat properly or come to the dentist in a state of fear.

I also remove mercury (silver fillings) in a very special way using certain precautions that are not available in most dental practices. Later I will talk about the reason we are doing it this way. But now I would like to speak about the connections between your oral and general health.

I want to start by saying that for many years, we dentists were only treating patients for oral diseases (cavities, gum disease) and only recently we started telling patients about the correlation between gums and diabetes; gums and heart disease. However, I do not think that it is enough because there is a bigger connection between our organs in the body and our teeth. Everything is connected in our body and our mouth is not an exception.

For example:

In a few hours it is going to be dinner time. I want to go over of what is happening with our body and what are the steps that our body has to take in order to process the food. We are not going to go into details about the

biochemical aspect of that. In very simple terms we are going to explain the reason of this discussion.

SEE SLIDE#2, 3, 4, 5

SEE SLIDE#6

So, what happens if your teeth are hurting? **SEE SLIDE #7** Sometimes you're not going to want to eat at all. Is it healthy? - **NO**.

SEE SLIDE#8, 9

If your teeth are broken or you have infection-would you be able to chew your food properly? - **NO**

Will your digestion be effected? - **YES**

So now let's see: **See slide#10** if your eyesight is bad and you can not read the menu **See slide#11**, you would go to the eye doctor. You may question whether or not you may need eyeglasses. **See slide#12**

See Slide#13 If your stomach hurts after you eat **See Slide#14** you go to your traditional medical doctor. He will give you pills to take: he will also send you to take very expensive tests. **Slide #15** But he will never send you to have your **Slide #16** teeth checked.

Slide #17 Even though every physician knows that digestion starts in the mouth—**NONE OF THEM WOULD SPEAK ABOUT IT.**

We know our body is a quite a complicated machine. **See Slide#18** If every part is working we feel fine. But what if something is off, a few parts of the machine are going to send you a signal that something is off. Some of those parts are: **SEE SLIDES.**

Some of those parts are:

- Digestive system- **Slide#19**
- Immune system - **Slide#20**
- Nervous system- **Slide#21**

So now let's talk about the immune system: **SEE SLIDE. #22**

Generally speaking, the immune system protects us against germs; - **SLIDE#23** viruses, **SLIDE #24** and free radicals, toxins and poisons. We live **SLIDE#25** in a quite toxic and pollution filled environment where it is not only pollutions playing their roll but also the food we eat and the newer viruses we are getting. Our immune system is working 24/7 to protect us. The more stress we put on our immune system the more it becomes compromised and loses the ability to resists additional infections and toxins.

Whenever infection is found in our body it stresses the immune system. The more serious the infection it is — the more stress it puts on our body. **SLIDE#26** It is obvious that a cut finger will not stress the immune system as much as a kidney infection.

One of the worst infections our body has to deal with is the gum disease. **SLIDE #27** It has a tremendous effect on our immune system. It involves a toxic bacterium that has direct access to the bloodstream -**24/7-** as long as the infection is present.

Gum disease can weaken the immune system — which makes you more susceptible to diabetes, heart disease and cancer.

So if you currently have some health issues (such as diabetes or heart disease) and your immune system is fighting with these diseases already, it creates a vicious cycle when your body is more vulnerable to infections and less able to fight with those infections, and you are more prone to getting gum disease.

INTERESTING!

Here is a list of diseases that have direct affiliation with gum disease: **SLIDE#28**

- Diabetes
- Pancreatic Cancer
- Heart attack
- Osteoporosis
- Stroke
- Premature Birth

SLIDE #29

It has been well documented that diabetes makes gum disease much more difficult to treat. But not everyone knows that people with gum disease are more susceptible to diabetes. A lot of studies indicate that the presence and severity of gum disease can increase the risk of poor blood sugar control.

SLIDE #30

Heart attack is a leading cause of death in the United States, yet about 80% of the population has some form of gum disease. So if gum disease is one of the leading factors of heart attack, don't you think it's time to pay more attention to this disease?

SLIDE #31

Gum diseases have now been associated directly with pancreatic cancer. Recent studies show that after eliminating risk factors such as age and smoking, people with periodontal disease were 63% more likely to develop pancreatic cancer than people without it.

SLIDE #32

Most people diagnosed with Perio disease may be at higher risk of underlying osteoporosis. At the same time one study shows that if you have low bone density you are at 85% greater risk of having gum disease, which creates that bone and tooth loss.

SLIDE #33

All teeth and gum infections have a bacterial origin. The bacteria that is associated with gum disease, especially in the more advanced stages, is very toxic. This is very dangerous because the bacteria and toxins can enter your bloodstream even when you are chewing your food, in the presence of a gum infection. This bacterial infection can cause changes in your body chemistry that may create clotting — which can lead to stroke.

SLIDE #34

Recent studies show that not only alcohol, smoking and drug abuse are increasing the risk of premature birth but now Perio disease as well. About 18% of it is caused by the presence of periodontal disease in pregnant woman.

I am trying to create a picture for you that will show gum disease is a serious health issue and should be treated as you would treat any serious disease. So I suggest that you no longer think of this as an infection just in your mouth but as a general disease of your body.

I strongly recommend that anyone who has any of those diseases who has never been checked for a gum disease should have a thorough oral examination. If gum disease is found, every effort should be made to eliminate or control it. In my office every new patient that comes in is evaluated for gum disease and if gum disease is present — it is treated very aggressively. I am using a holistic approach to treatment. I am not giving antibiotics to my patients; we are treating the disease with herbal remedies and thorough deep cleanings. If this does not treat the disease right away we can give a locally delivered antibiotic that kill the bacteria only in the area of infection. We have a very high rate of success; it is very rare that our patients need surgery.

SLIDE #35

So if you do have a dentist, I would recommend making an appointment as soon as possible and getting checked or treated for gum disease. However, if you do not - feel free to come to my practice and we can most certainly help you to treat this disease.

One of the biggest procedures we offer in my practice is removing those **SLIDE #36** old, silver fillings and replacing them **SLIDE #37** with the new tooth-colored biocompatible fillings. You may be saying: "So what, every dentist is doing that." Yes and no. To understand the difficulty of this procedure let me further explain what these fillings consist of. **SLIDE #38**

The fillings that we call silver are not really silver. These fillings contain 50% mercury, only 35% silver and the rest is broken down to tin, copper and zinc. **SLIDE #39, 40, 41**

We all know that mercury is the most poisonous substance on the planet. What you might not know **SLIDE #42** is that most dental offices that are using amalgam (mercury) fillings have to use special precautions when fresh amalgam fillings or mercury has spilled. OSHA (Occupational Safety & Health Administration) requires that you must use a special amalgam spill kit to remove it in a safe enough way for the staff that is working with it.

It used to be the time when during the cleaning, the hygienist would polish your silver fillings, to make them look shiny **–not any more.** Also **SLIDE #43** as of 2009 every dental office in New Jersey is required to have an amalgam separator to protect our water supply from amalgam particles.

So let me ask you something. If it is so harmful to touch amalgam before it enters your mouth, if it's so harmful for hygienists to breathe in the vapors of amalgam when they are heating while polishing, if it is so harmful that we need to keep it out of our water supply but has been in your mouth for **DECADES**, why is it still safe to put these fillings in your mouth? Everyone knows that there is no safe level of mercury, but at the same time not everyone knows that having

those fillings in your mouth means you are constantly breathing in mercury vapors that are being released from them. These vapors go into your lungs and into your blood stream. They accumulate in every cell of your body.

Even when you drink anything hot or you grind your teeth those fillings are releasing vapors that are very harmful. And because of that we are using all kinds of precautions to prevent you from breathing in those vapors during removal of the amalgam. The vapors that you breathe in during the removal of the filling may be more harmful and create more problems to your health than the actual filling. For the audience, who are not my patients, I want to mention that it is not a dentist's legal responsibility to protect you from mercury vapors during amalgam removal. That is why if your silver filling needs to be removed ask your dentist what is he going to do in order to protect you from those harmful vapors that you will be exposed to, inevitably. If you are not going to get the answer you expected, do not go ahead with it at that office — find someone who will know how to deal with it. Within the past 10 years I have dealt with a lot of patient's complications from the botched removal of amalgam fillings: amalgams left under the gums, not removed completely or left under the white fillings. But this is the least of the problems people may have from it.

So what is the safe way of removing amalgam: **SEE SLIDE #44**

- Use a special suction that is put on the tooth **SLIDE #45**
- Use a lot of **COLD** water
- Isolate the field you will work on with a rubber dam **SLIDE #46**
- Use a special air purifier (we call it an "elephant") **SLIDE #47**
- Filter air by air-ionizer
- Use of supplements
- Detoxification program

I'm not going to talk to you about detoxification programs. I would like to introduce to you Dr. Sharma. Dr. Sharma is a medical doctor who is running a holistic center in Millburn. And I am, personally, her patient. I am living in the same area you are; breathing the same polluted air. I love eating fish, which is generally good for you, but for the most part contains some mercury. When I'm going out I'm not sure that the food I'm ordering does not contain antibiotics, hormones or even arsenic. I'm removing the silver fillings and even though I'm using precautions for that - I am still getting exposed to mercury. I'm getting exposed to the pesticides like everyone around. That is why I'm going to see Dr. Sharma to help me to remove heavy metals and toxins from my body.

She will talk to you about detoxification.....

For Dr. Sharma's presentation, please call Dr. Sharma at (973)376-4500

ELLA GASHINSKY INTRODUCTION NATURAL SUPPLEMENTS FOR STAYING HEALTHY

I hope you did not get too overwhelmed with the information you received. I want to spend a few minutes and give you some helpful information which can help you right away to improve your health.

We already talked about the effects that stress puts on our body. But what can we do to help our body to reduce stress from pollutions, toxins, and the not really clean and healthy food that we eat.

(See slide #49)

We have to help ourselves to reduce the amount of those toxins. How and what can we do?

(See slide #50)

First of all, we have to use as many organic products as we can in our diet. "We are what we eat"-isn't it? That is why I prepared for you a chart of products that helps you to determine which products you absolutely have to buy organic and which conventional fruits and vegetables are still OK to eat.

(SEE SLIDE #51-54)

So, what else can we do in order to reduce the toxins we absorb?

(SEE SLIDE #55)

We need to have a **detoxification** program in place. It does not matter what and which products you are going to start taking as long as you are going to do something. We got in agreement with Whole foods representatives, that they are going to distribute a product that is really helping (they are ordering a Heel product-called a Detox-kit) so you will be able to buy it at the store soon.

Cleansing your colon. You can do it with the health professionals (Dr. Sharma does it too) or you can buy cleansing tea or other cleansing products, that are available at the stores. Personally I like Holy Tea, people who use it rave about this product.

If you can, once a week gives your digestive system a break. **Do not eat** anything from 6 pm to 1 pm of the next day. During this time you can drink plenty of water. If this is difficult, drink vegetable juice. In fact juicing is

one of the most powerful cleansing techniques there is. Use vegetable juices to alkalize and cleanse your body.

If you are coming from work feeling tired, run down, having body aches – **take a mineral bath.** First pour hot water (comfortable for you). Add 2 mugs of Epsom salt. Add a few drops of essential oils (such as Lemon, Peas and Calming, Peppermint etc.) and spend 30-40 min in the bath tub. Do it twice a week. Epsom Salt relaxes the nervous system, and draw toxins from the body through the skin. It has been useful for almost everything from back pain, muscle strain, colds and congestion, and flushing toxins and heavy metals from the body. If you have the ability to go to the sauna - it's great too. It also helps you to remove toxins through the skin, boost your immune system, and rejuvenate your body.

Help your body with supplements. If you have any health issues - try alternative methods. Sometimes the diet and proper supplements can help you the same way as the medications. And it's not giving you any side effects. If you have to take antibiotics - take probiotics.

I want also to remind you about a few very important vitamins and minerals, that most of us know about and we need to include in our daily regiment.

(SEE SLIDE #56)

If you have a health issues you can talk to Dr. Sharma - she is a great diagnostician - she will help you.

I want to say a few words about the supplements we encourage our patients to take if they have a gum disease or if they are having amalgam removed.

From what we already talked about I think you will agree with me if I call out that the mouth is a mirror of our body. Sometimes the gum irritations may be a secondary symptom of a diseased condition in our body. Sometimes the mouth is a first part of the body to reflect a body's diseased condition.

You always have to listen to your body. It will give you a signal if something is wrong. You just have to learn to listen to it.

If you brushing your teeth and your gums bleed - be alarmed by that - **healthy gums do not bleed! (SEE SLIDE #57)** This is a signal that your body is given you that something is wrong. Make an appointment to have your gums checked. **(SEE SLIDE #58)** But in the mean time, while you are waiting to see a dentist – start helping your body to reduce the toxins and bacteria that irritate your gums and making them bleed. Start to brush and floss your teeth more often. Our gums are like muscles. If you do not exercise - they get flabby. If you massage your gums – you will make them stronger. Do not be afraid of bleeding-you are not going to make your condition worse.

(SEE SLIDE #59)

If your dentist diagnosed you with the gum disease - get the natural toothpaste and mouthwash that contain healing herbs such as Aloe Vera, Calendula flower, Green tea leaf, Oregano leaf, Co-EnzymeQ-10 etc

We offer great products at our office, which help our patients control and stabilize gum disease after their initial treatment at the office.

But you can also buy some products here at the store. I have some of their products here on the display.

Drink healing foods, in particular, juices that can reduce the acids in your mouth. Another suggestion is to use the juice of three or four carrots with stems, four or five stems each of celery and broccoli, and a few sprigs of parsley along with a handful of spinach. Process, and have one or two glasses of this a day. Juice made from all these ingredients will help "cool down" the gum tissue that has become "heated up" from acids in the mouth. Blueberries are also a smart food choice, as they create a more alkaline environment in the mouth. **(SEE SLIDE #60)**

(SEE SLIDE #61) When we are removing amalgam we recommend to our patients and especially one with the health issues to do a chelation; start taking supplements such as Sun-chlorella (one week prior to amalgam removal), Activated charcoal (we dispense this at the office 15-minutes prior to the procedure) or 1 cup of cilantro a day (one week before the procedure and continue for another week after). All of those supplements help to bind heavy metals and safely remove mercury from our body. Cilantro is also called-poor man's detox.

(SEE SLIDE #62)

I want to finish our lecture by thanking everyone for coming and showing your interest in the subject that we are all so passionate about.

**If you have any question to any of our speakers we'll be more than happy to give you the answers now.
I hope to see you at our next lectures.**