

OIL PULLING? What is it and how does it work

What is Oil Pulling?

Oil pulling is the act of swishing oil (usually Coconut, Sunflower or Sesame) in the mouth for up to 20 minutes to improve oral health. The basic idea is that oil is swished in the mouth for a short time each day and that this action helps improve oral health. Just as with Oil Cleansing for the skin, the principle of “like dissolves like” applies, as oil can cut through plaque and removes toxins without disturbing the teeth or gums.

It Helps To:

- increase oral health
- remove plaque
- reduce inflammation of gums
- lessen sensitivity of your teeth
- whiten teeth
- remove bad breath, as the bad bacteria is removed

Incorporate this easy trick into your mouth-healthy routine!



OsteoBloX™ CF

OsteoBloX™ CF features vitamin D3 as cholecalciferol, vitamin K as menaquinone-7, and Bonolive® olive leaf extract to give you science-based bone support without calcium. These nutrients address the multiple needs of a healthy skeletal system—from tooth mineralization to stimulating bone-building cells.



Ask Dr. Ilona Fotek about the benefits of this supplement!

Available for a purchase at the Front Desk.



What's the Benefit of *SAFE* Amalgam Removal

Do you remember as a child our parents used to warn us not to play with the shiny liquid from the thermometer?

It is a poisonous Mercury that may affect your health.

Many of Americans have amalgam fillings that contain 50% of Mercury.

As it evaporates under bodies temperature it gets into patients system and accumulates in major fatty organs as brain, liver, etc. Many of dentist's either still place amalgam filings or believe that they are safe. Most of them do not remove amalgams in a safely manner, jeopardizing patients as well as themselves.



Dr. Fotek's role as a clinician is to help her patients to maintain healthy mouth as it relates to whole body and to make sure that she does no harm.

MinRex

Supports Mineral Repletion and Consumption of a Mineral-Rich Diet

A sufficient intake of minerals is important to produce energy; the synthesis of blood, bone, and hormones; the immune system; enzyme function; and reproduction. Furthermore, balance—or the ratio of one mineral to another—is key to mineral utilization.

Bioavailability offered by **MinRex** is perhaps the most important consideration when selecting a formula containing minerals.

Worried about losing your jaw bone? Consider MinRex!



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WHAT TO KNOW ABOUT ESSENTIAL OILS

DID YOU KNOW?

- **Lemon Essential Oil** shows therapeutic antifungal activity, potential against three *Candida* species!
- **Clove Bud Essential Oil** is widely used in dentistry as an antioxidant, antifungal and antibacterial agent. It was found to possess inhibitory effect on multi-resistant *Staphylococcus*.
- **Cinnamon Essential Oil** possesses antimicrobial effects in treating the growth of various isolates of bacteria including Gram-positive, Gram-negative, and fungi. Studies also suggest that this power house of an essential oil has anti-parasitic, antioxidant, and free radical scavenging properties.



Argentyn 23

Colloidal Silver is a very old anti-bacterial, anti-fungus and anti-virus remedy. Already long ago, silver was used as a workable remedy against threats of infections and decay. Drinking from silver cups and eating with silver cutlery was not only a luxury, it was mainly a protection against infection!

Argentyn 23 is used to prevent and handle infections coming from bacteria, fungi and viruses such as abscesses, periapical infections, periodontal infections, periimplantitis and as a preventative when placing implants.

Viral infections such as common colds and herpes can also be successfully treated with Argentyn 23, as well as fungi of the mouth and irritations on the tongue.



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Lypo-Speric Vitamin C - Powerful, Highly Bioavailable Vitamin C

Vitamin C is one of the most powerful nutrients known to man. But as powerful as it is, vitamin C can't work unless it gets into your bloodstream.

Other forms of vitamin C succumb to absorption barriers – not Lypo-Speric Vitamin C!

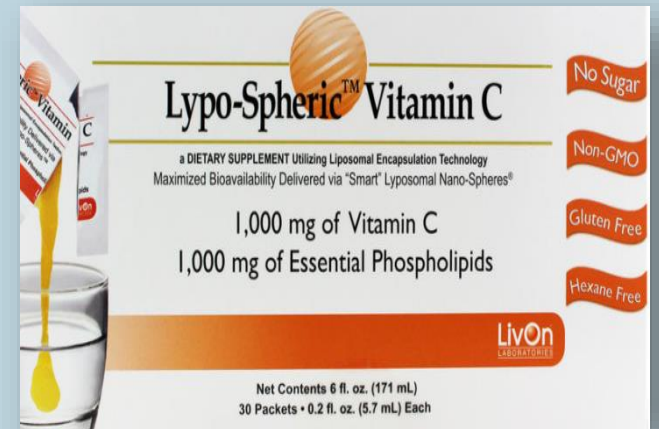
Lypo-Speric Vitamin C:

- Supports a healthy immune system and optimal health
- Helps protect cells from the damage caused by harmful free radicals
- Promotes muscle repair and recovery
- Increases skin firmness and reduces fine lines and wrinkles in as little as 4 weeks!



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ARNICA

Arnica is one of the most beneficial substances available in nature, with the power to relieve many of the common aches, pains, and injuries that arise in our daily lives.

The main uses of Arnica include bruising, swelling, pain relief, arthritis, and injuries.

Arnica is taken in two common ways: topically, which is a delivery method for both herbal and homeopathic Arnica; and orally, which is safe and acceptable only in homeopathic form. Some of the most popular products are Arnica gels, creams, and ointments – most of which are used to combat bumps and bruises, inflammation, and the like. Homeopathic pills, tablets, and liquids, can be taken orally, and often address more chronic symptoms like internal pain and arthritis.



OZONE – WHY DR. FOTEK USES IT?

Ozone therapy, proudly used by Dr. Ilona Fotek is currently used to help:

- treating cavities (kills microorganisms)
- non surgically help with treating periodontal disease
- to use for root canal treatment
- healing process after surgery
- with sinus infection



Dental
Healing Arts



Panaxea AntiBioBotanical

AntiBioBotanical by Panaxea is an herbal formula traditionally used to support the healthy elimination of bacteria.

AntiBioBotanical may be used for the following:

- Encourages healthy balance of bacteria
- Helps stimulate humoral immune response
- TCM Functions
- Clears heat
- Expels toxins
- Promotes urination



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WHAT IS THE CANARY SYSTEM?

The Canary System is a painless, noninvasive low-powered laser that examines the health of your teeth. It looks for the presence of tooth demineralization (structural breakdown), fractures and early dental decay. It can identify decay in areas that are undetectable to the eye and in areas that are difficult to detect with dental x-rays. Gives your dental professional additional insight to create conservative and comprehensive treatment plans.

The Canary System can:

- Detect cracks in teeth before the tooth breaks
- Find small openings around the edges of fillings before bacteria have the chance to cause extensive decay
- Find areas that can be repaired early, possibly avoiding the replacement of a large filling
- Help identify subsurface decay that might otherwise go undetected, preventing the need for more costly treatment
- Minimizes the need of taking an X-Ray



SACCHAROMYCIN DF

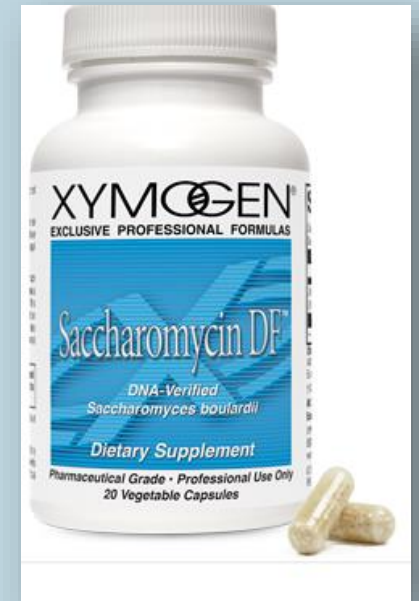
Saccharomyacin DF is a natural, non-pathogenic yeast that may help support and maintain the healthy ecology of the small and large intestines.

- Supports Gastrointestinal-based Immunity
- Supports Integrity and Function of Mucosal Cells
- Supports Healthy Gut Flora



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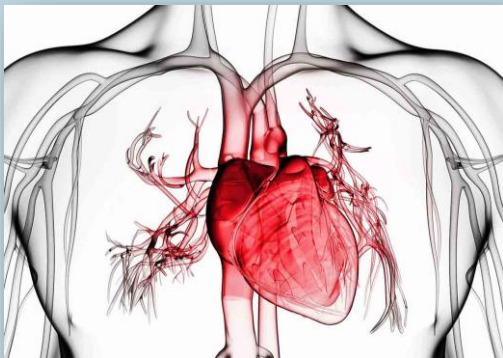
Does a healthy MOUTH equal a healthy HEART?

The research says "yes."

So, what's the link? In a word it's **inflammation**, or **swelling**. Scientists know that it leads to hardened arteries, also called atherosclerosis. That's a condition that makes it hard for blood to flow to your heart. It puts you at greater risk for heart attack and stroke.

Inflammation is also a sure sign of gum disease. Periodontitis, which leads to infected pockets of germy pus. That's the type that raises the worry for heart problems. It allows bacteria and other toxins to spread below the gum line. Your gums are full of blood vessels. And, your mouth is full of bacteria. If you disrupt the gum layer even a little bit, you're going to get bacteria in your bloodstream. Bacteria can go anywhere and trigger inflammation throughout the body, which can cause damage to blood vessels, including those of the heart.

Studies show that the bacteria found in periodontal disease – including Streptococcus sanguis, which plays a role in strokes- spreads to the heart.



ProbioMax DDS

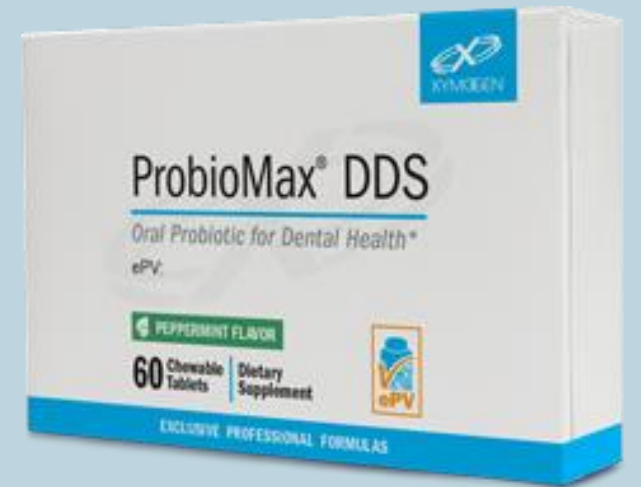
Oral Probiotic for Dental Health

- Supports a Healthy Bacterial Population in the Mouth
- Supports Good Oral Hygiene and Healthy Teeth and Gums
- Supports the Natural Defense of the Teeth Against Plaque Accumulation



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Bothered by your GUMMY SMILE?

If your gums are exposed because the upper lip is lifted too high when you smile then a Gummy Smile Correction could be the solution. It is not always because you have small teeth that the gums are exposed. Sometimes your teeth just look small because when you smile there is an imbalance between the gums and upper lip.

Possible causes of a gummy smile are:

- Over-developed elevation muscle of the upper lip
- The upper lip and the gums are joined too closely
- Excess gum tissue

Available treatment options:

- Gum Correction
- Attaching facings or crowns to enlarge the tooth surface
- Detaching the upper lip



NANOEMULSIFIED D3K2

Vitamin D is recognized as necessary for normal immune system function and bone health. Although a vitamin, it closely resembles and acts like a steroid hormone. Vitamin D3 has been shown to be up to 3 times more effective than vitamin D2 (calciferol).

Vitamins D and K have interdependence in metabolic functions since vitamin K plays a role in directing calcium concentrations in the bone. Vitamin K deficiency is common in chronic gastrointestinal, liver or gallbladder disease, and factors such as antibiotic use and low dietary intake may also contribute to deficiency.

The form of vitamin K utilized in Nanoemulsified D3-K2 is a highly bioactive form of vitamin K2.



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THE DANGERS OF FLUORIDE

While a lot of people think that fluoride prevents tooth decay, most of us don't realize that fluoride can cause tooth lesions called dental fluorosis and lower overall IQ of the children.

Harmful effects of fluoride have also been linked to osteoporosis, thyroid problems, endocrine problems and cancers, just to name a few.

To benefit your overall health, our water lines in all dental units contain fluoride free/chlorine free, ozonated water. BECAUSE WE CARE.



TRACE MINERAL CONCENTRATE

Trace Mineral Concentrate is the most powerful natural health mineral supplements in the world. It's impossible to underestimate the importance of minerals and trace minerals for the human body. They are the catalysts for all the vitamins and other nutrients your body uses for developing and maintaining good health.

USES:

- **Bone, Joint & Health:** Taken as directed, many people have experienced dramatic results in improving and strengthening bones, joints and teeth, and eliminating unwanted calcium deposits
- **Re-Mineralize Distilled Water:** 1/4-1/2 teaspoon per gallon for fresh spring water taste
- **Electrolyte Replacement:** Increased energy, vitality, and improved health by replacing and balancing soluble minerals in the body fluids.
- **Hair and Skin:** Use internally to nourish from within; externally as a rub
- **Bowel:** Helps normalize bowel functions



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