



Welcome to Our First Lecture!

**The Connection Between a
Healthy Mouth—Healthy Body**

Guest Speakers:

Ella Gashinsky, RDA, CNC

Vladimir Gashinsky, DDS, CNC,
FIND

Sharda Sharma, MD

Your brain tells you.. I am hungry its time to eat.



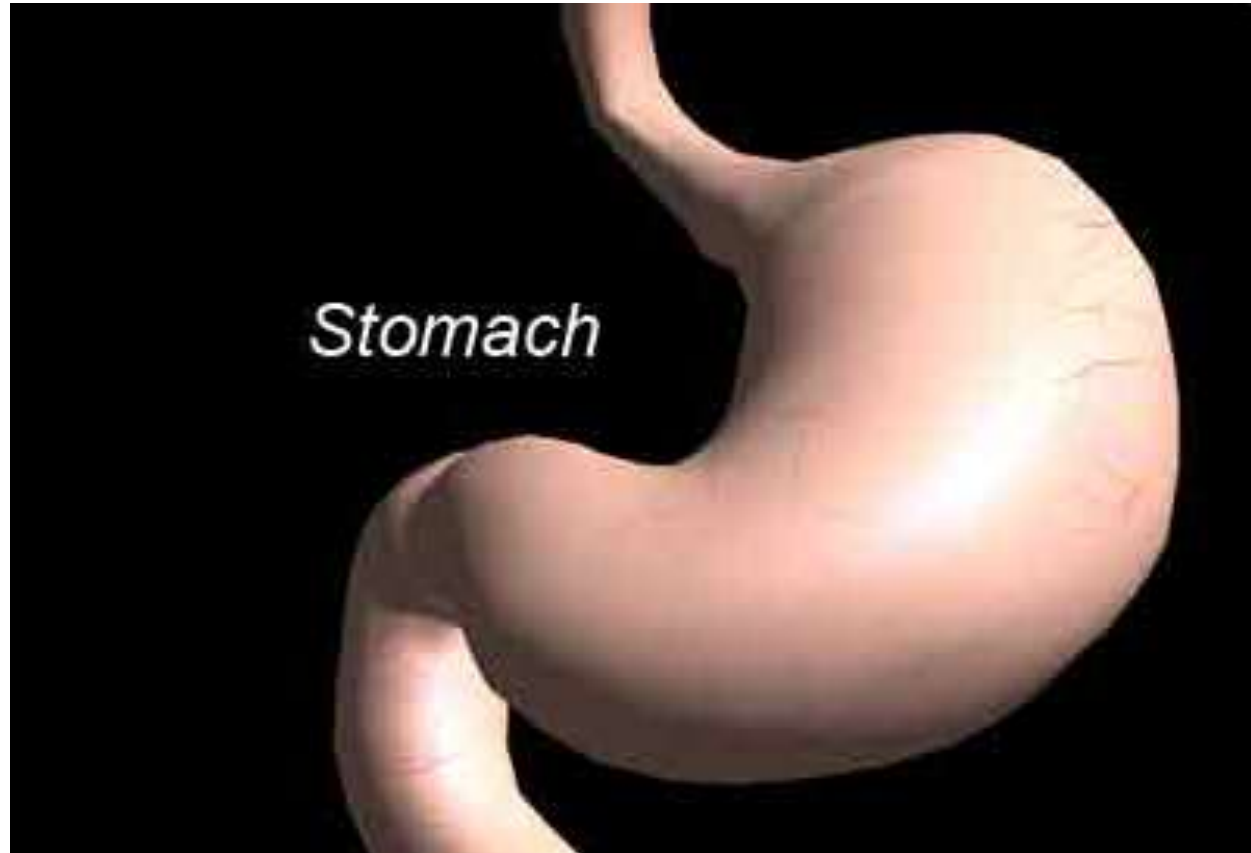
So you look around.. What am I hungry for?



You choose your food and then start
chewing ...



Then your stomach starts to digest the food..



So what happens if your teeth are hurting,



You wont be able to eat cause your in
so much pain from your toothache



if you have a broken tooth,



or an infection?



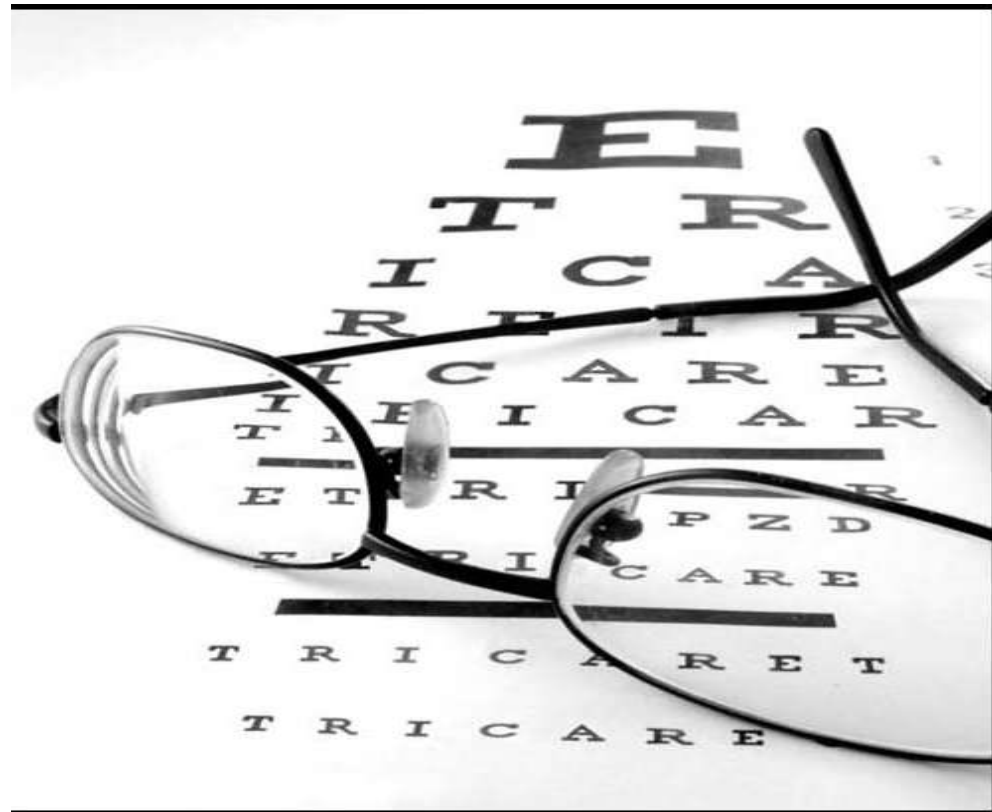
What do you do if you can't read a menu?



You will go to the eye doctor



You may need eyeglasses



If you have stomach pains..



You would go see a traditional doctor



You will be sent by the MD to take these expensive tests



However the MD will never send you to
get your teeth checked

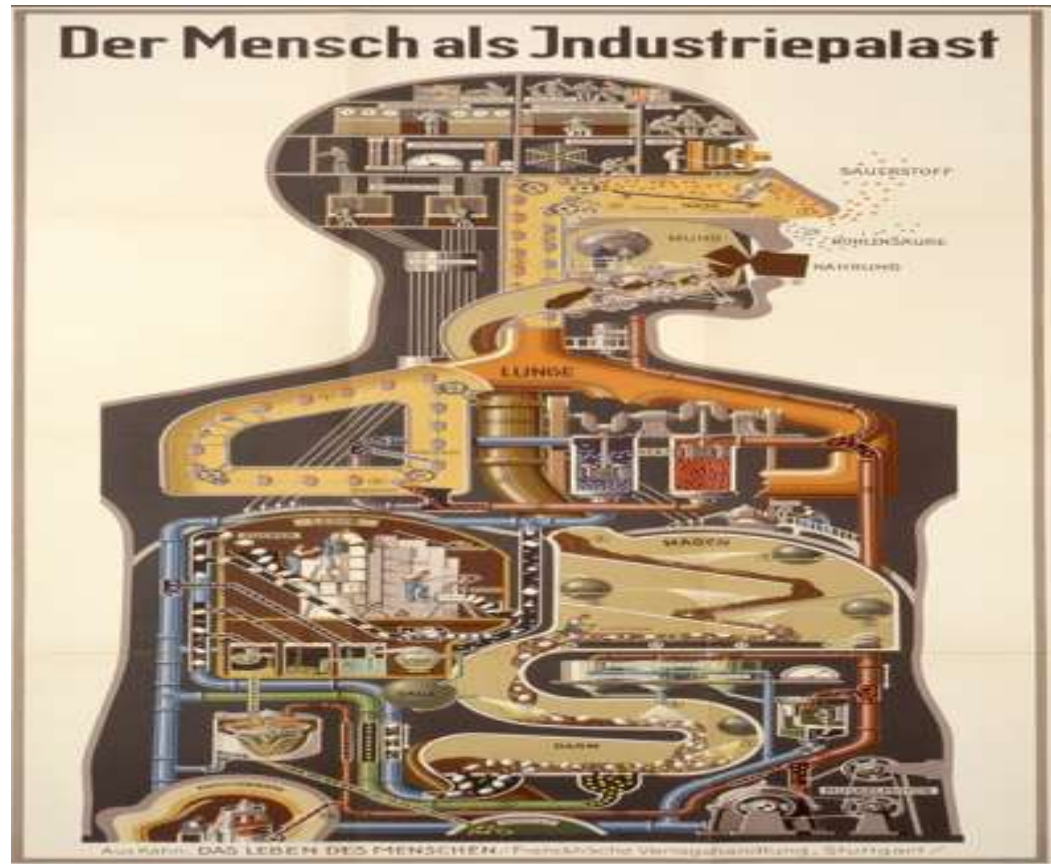




Digestion

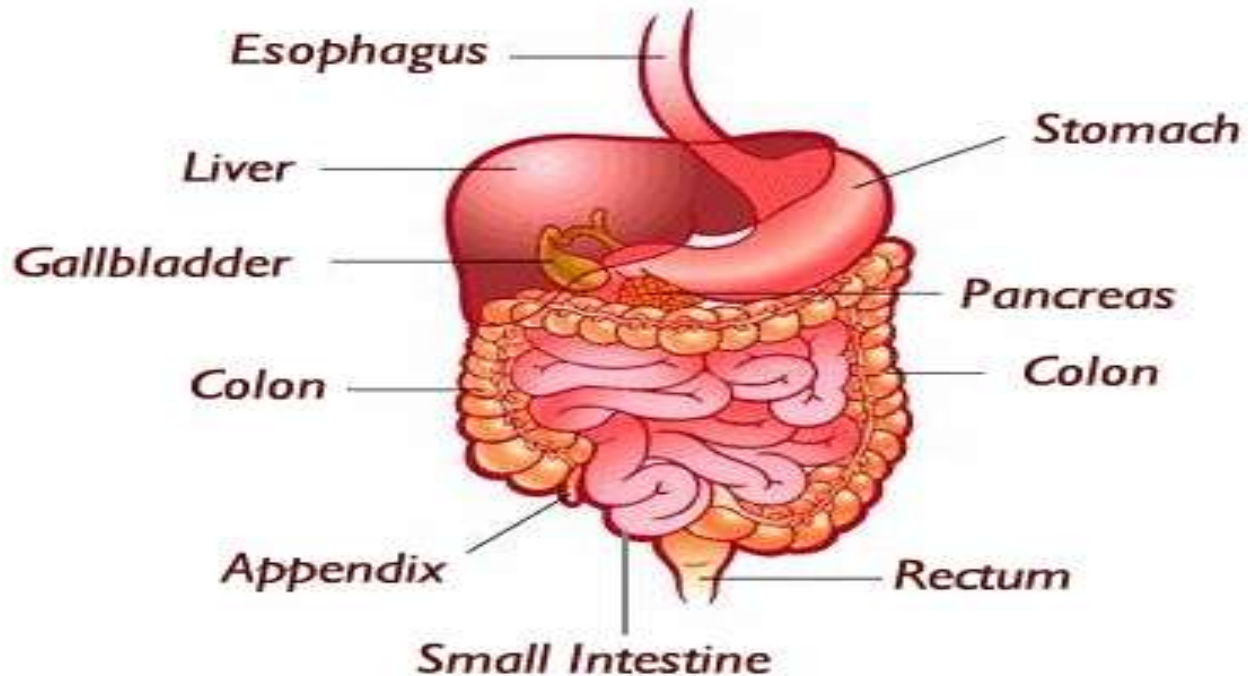
**EVEN THOUGH EVERY PHYSICIAN
KNOWS DIGESTION STARTS IN
THE MOUTH — NONE OF THEM
WOULD SPEAK ABOUT IT**

Our body is a quite complicated machine

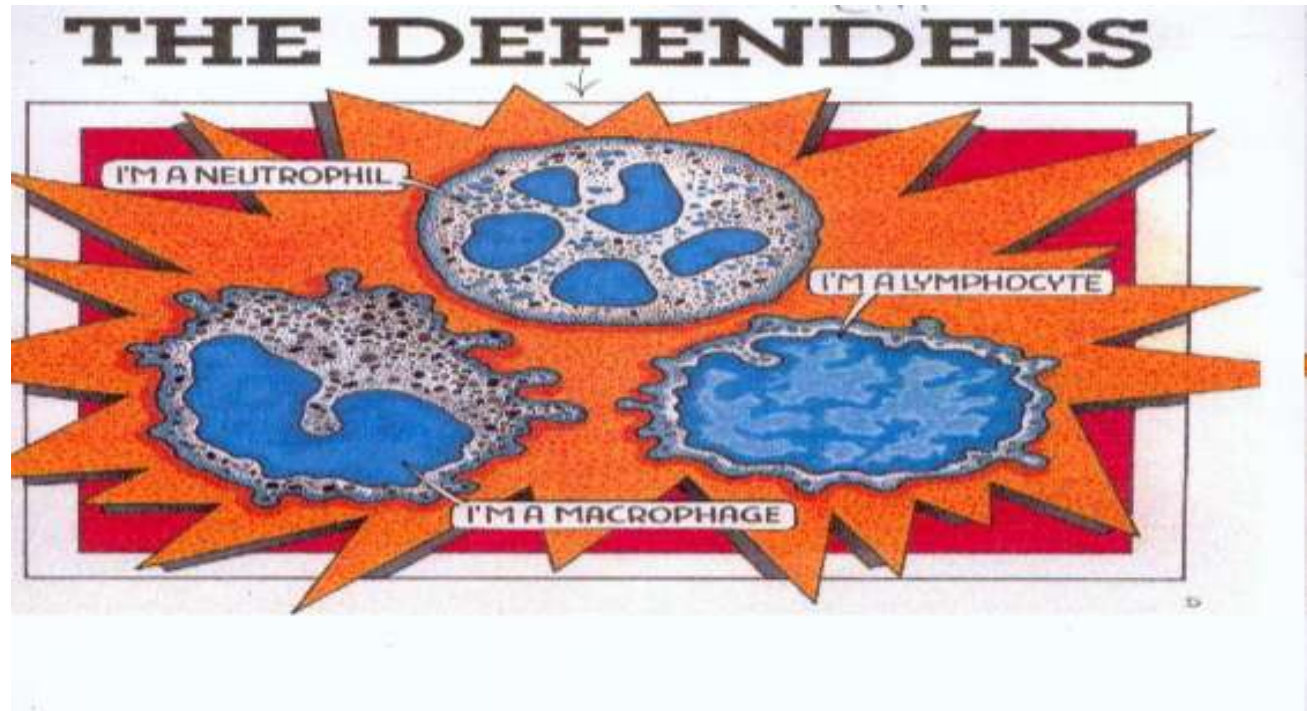


Digestive System

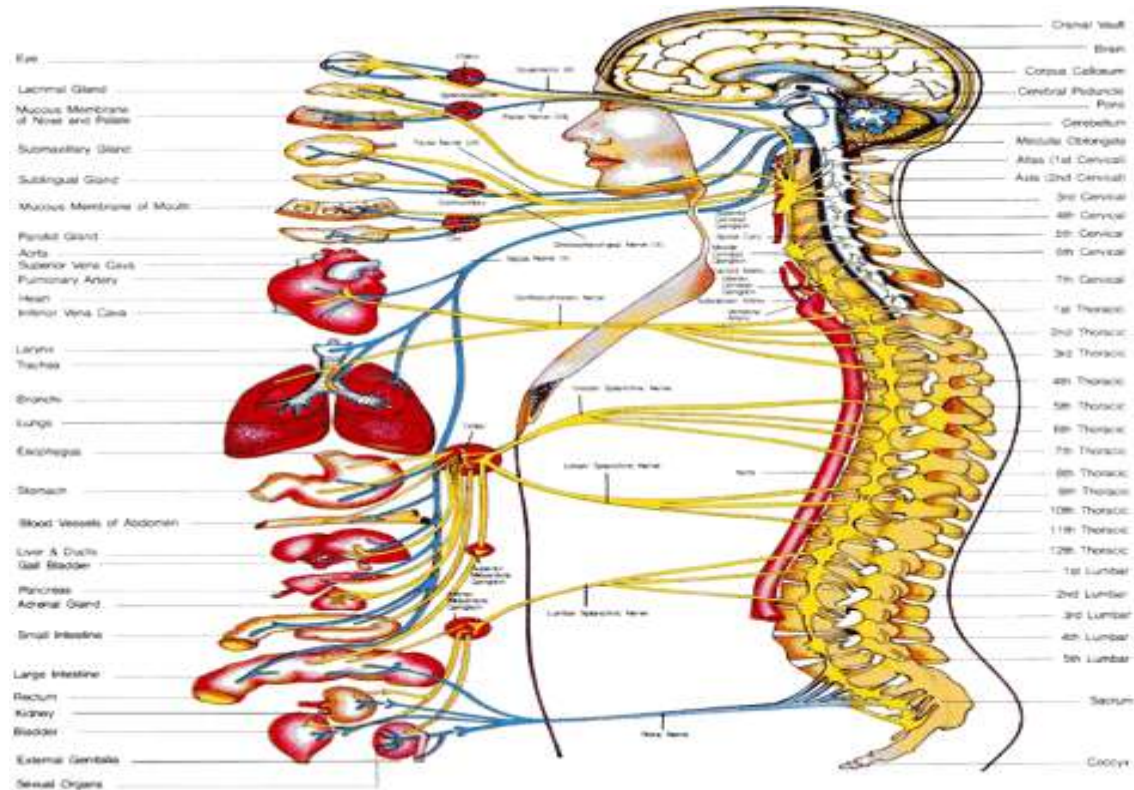
**CLICK ON THE AREA YOU WANT
TO KNOW MORE ABOUT**



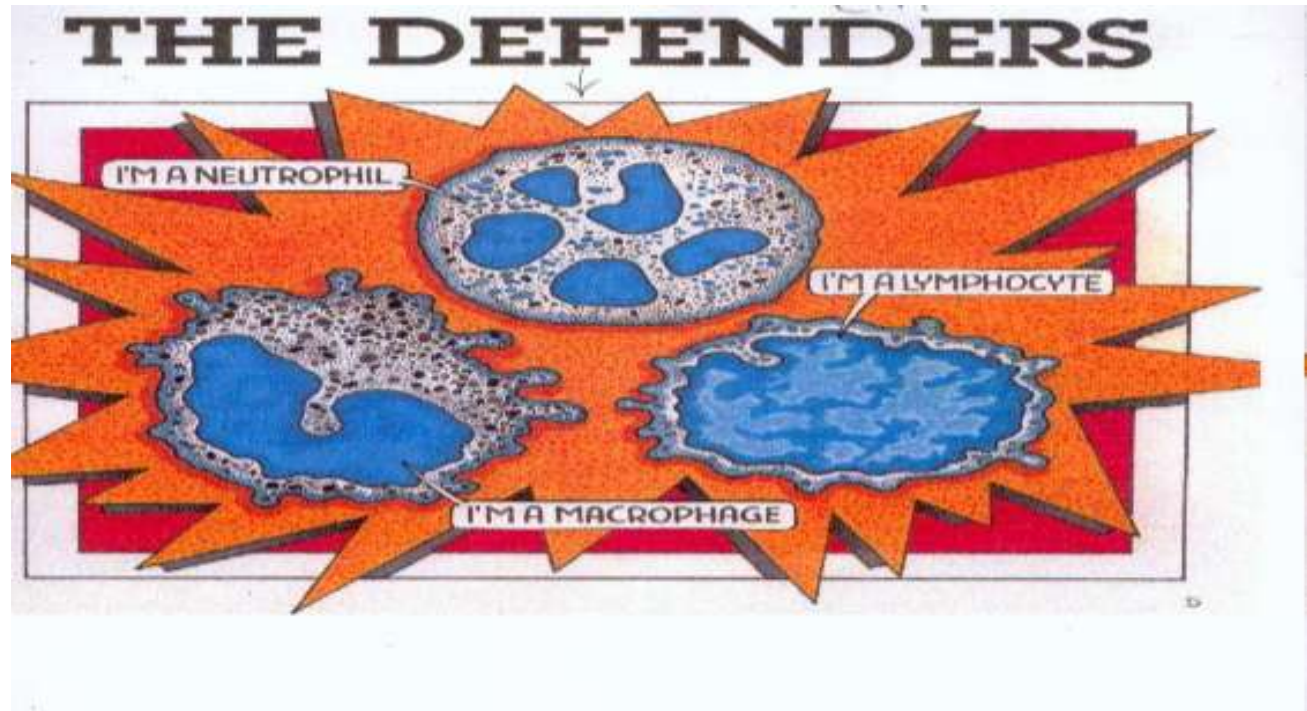
Immune System



Nervous System



Immune System



Germs



Viruses



Toxins & Pollutions



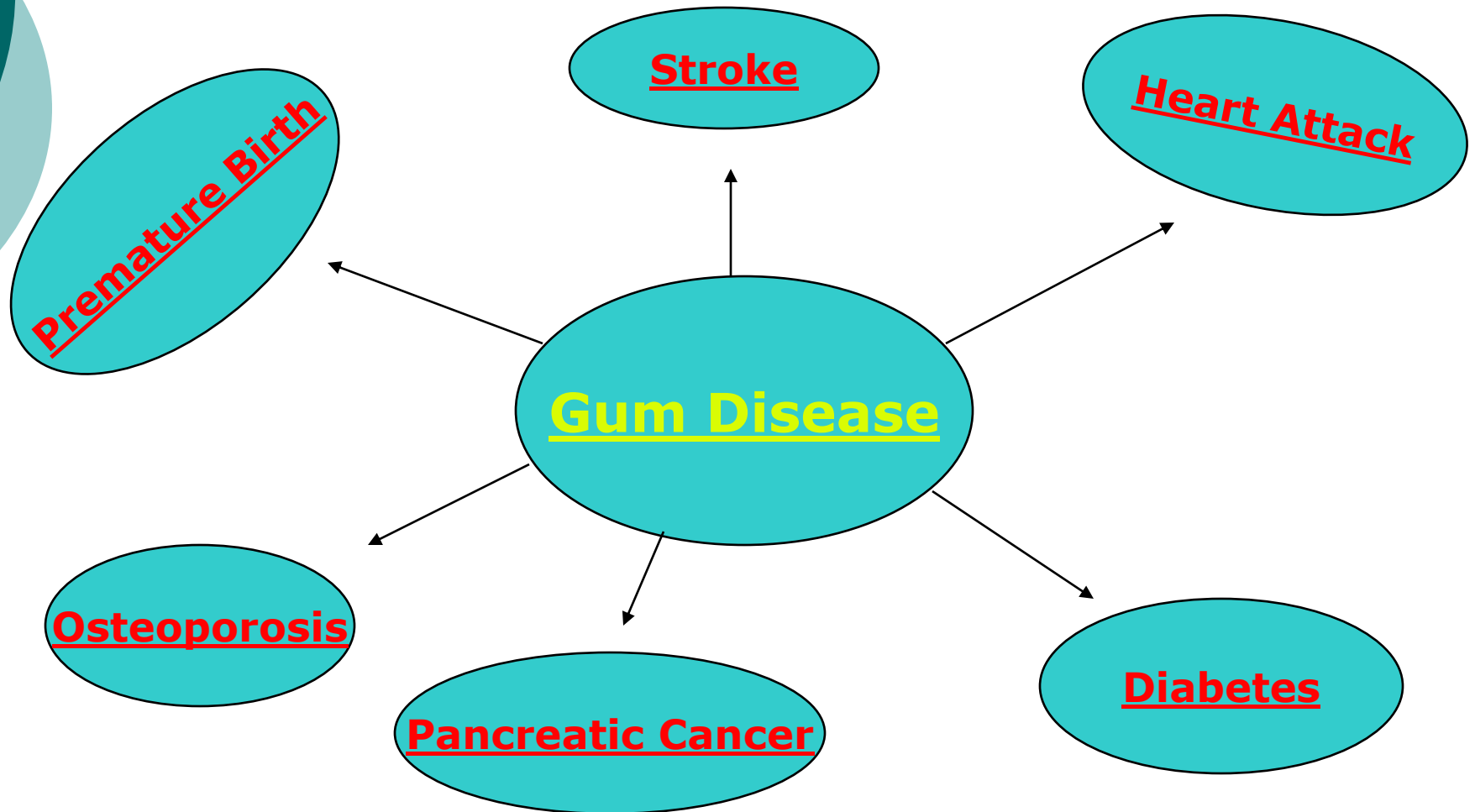
Finger Cut vs. Kidney Infection



Gum Disease



Diseases that are directly connected with GUM DISEASE





Diabetes — Gum Disease

- 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.



Heart Attack — Gum Disease

- 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 its time to pay more attention to this disease?



Pancreatic Cancer — Gum Disease

- Gum disease has 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.



Osteoporosis — Gum Disease

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



Stroke — Gum Disease

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



Premature Birth — Gum Disease

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

We can help!



Removing old silver fillings



Replacing them with composite fillings





What is in a Silver Filling?

- 50% Mercury
- 35% Silver
- 15% Tin, Copper & Zinc

Hazards of Mercury Filling



Mercury Hazards


DOUBLE SPILL



**EACH CAPSULE CONTAINS:
600 mg. ALLOY/600 mg. MERCURY**



**Read Directions
Before Use**



WARNING Ingestion: May cause Neurotoxic Nephrotoxic effects.
Inhalation: May cause Bronchiolitis, Pneumonitis Pulmonary Edema.
Eyes & Skin: May cause redness and irritation to eyes and skin.
Acute Exposure: May cause sensitization dermatitis and possible visual disturbances.
California Prop 65 Warning: This product contains mercury, a chemical known to the State of California to cause birth defects or other reproductive harm.
Store at temperature no higher than 25°C.
Mercury Complies to ISO 1560: 1985
Keep Out Of Reach Of Children
Caution: Federal law restricts this device to sale by or on the order of a dentist.

Mercury Hazards

Mercury Alert



One of many brands with the same warning.

WARNING
Ingestion: May cause **Neurotoxic (nerve damaging)** **Nephrotoxic (kidney damaging)** effects.
California Prop 65 Warning:
Known to cause birth defects or other reproductive harm
Poison
Health: Serious Hazard

OSHA Requirements for handling fresh amalgam fillings or mercury spills



Amalgam separator



Safe way of removing the amalgam

- Use a special suction that is put on the tooth
- Use a lot of **COLD** water
- Isolate the field you will work on with a rubber dam
- Use a special air purification (we call it an “elephant”)
- Filter air by air-ionizer
- Use of supplements
- Detoxification program

“Clean Up” Suction



Removal of mercury filling with rubber dam



“Elephant”



Thank You





How to Stay Healthy

What can we do to help our body to reduce stress from pollutions, toxins, not really clean and healthy food we eat.

How can we help ourselves to reduce the amount of those toxins



Try to buy more organic products

- If you can not go “absolutely organic” do it as much as you can.

Buy ORGANIC!

- These are the products you should **BUY ONLY ORGANIC:**

Apples

Oranges

Peas

Grapes

Pears

Potatoes

Green Beans

Peaches

Tomatoes

Information is provided by the Organic Trade Association.



Some other foods that are better when bought organic:

- Butter
- Eggs
- Yogurt (American)
- Peanut Butter

What to limit—or best bet, BUY ORGANIC!

○ Fruit

Cherries

Nectarines

Red Raspberries

Strawberries

○ Vegetables

Bell Peppers

Celery (Imported)

Spinach

Tomatoes

Green Peppers

Lettuce (head not loose leaf)

Winter Squash



Here is the best of conventionally grown produce,
with consistently low levels of pesticide residues:

○ Fruit

Avocado
Banana
Blueberries
Grapefruit
Kiwi
Mangoes
Papaya
Pineapples
Plantains
Plums
Watermelon

○ Vegetables

Asparagus
Broccoli
Brussels Sprouts
Cabbage
Cauliflower
Eggplant
Okra
Onions
Radishes
Peas (canned or frozen)
Sweet Corn
Sweet Potatoes



How to reduce toxins

- Eat Organic Foods
- Detoxification Program
- Cleansing
- Fasting
- Juicing
- Epsom Salt Bath
- Sauna
- Supplements



Vitamins & Minerals

- **Vitamin C-** Reduces cold symptoms, promotes wound healing, boosts your immunity, and helps prevent cancer.
- **Calcium-** Promotes strong bones, helps to prevent osteoporosis, lowers blood pressure, reduces risk of colon cancer.
- **Selenium-** Helps prevent cancer and heart disease, and it supports your immune system.
- **CoQ10-** Increase energy, strengthen your heart, lower blood pressure and improve your immune system.
- **Garlic-** Helps to lower blood pressure, reduce bad cholesterol and helps to treat fungal and yeast infections.



The mouth is a mirror of our body

- **HEALTHY GUMS DO NOT BLEED!**

If your gums are bleeding make an appointment to have your gums checked.



If you have gum disease you should use Natural Toothpaste and Mouthwash that contain

Healing herbs:

- Aloe Vera
- Calendula flower
- Green tea leaf
- Oregano leaf
- Co-Enzyme Q-10
- Essential Oils



Juices

- String beans, parsley, cucumber, celery, and watercress can reduce acid-mouth
- Also combine carrots, celery, parsley, spinach, and broccoli in a blender: use 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
- Blueberries are also a smart food choice, as they create a more alkaline environment in the mouth



Amalgam Removal

- Chelation
- Sun-Chlorella (one week prior to Amalgam Removal and continue for another week after)
- 1 cup of cilantro a day (one week before the procedure and continue for another week after)
- Activated charcoal (we are dispensing at the office -15-min prior to the procedure)
- Epsom Salt Bath (2x a week before and after)

Thank You

