



// A Sweet Christmas Party



Charlotte coordinated another successful surprise Christmas party for us that hit our "sweet tooth" and left us laughing the night away. As always, we rode together to an unknown destination guessing where our journey would begin. It wasn't until we pulled in front of *Kimberley's Chocolates* in Leichardt (ph 9555 7900) that our guesses started to become a reality. We walked into the shop and met Joseph Atallah Chocolatier, BSc (Food Science) who gave us a private chocolate making lesson!

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// Being Smoke Free Doesn't Mean You're Free From Cancer



Oral cancer is primarily associated with smoking but research has revealed that 25% of those diagnosed have NEVER SMOKED! With an average of 3 people being diagnosed with oral cancer every day it's important to

know what you can do to minimise your risk. There are many aspects of oral hygiene and general lifestyle choices that can decrease the chance of you, your friends, and your loved ones being diagnosed with oral cancer. Start by scheduling regular cleanings with our hygienist and examinations with Charlotte. During this examination she can detect early warning signs of oral cancer. The second thing you can do is consider having any amalgam (mercury) fillings removed.

In research compiled by Dr Rashid Buttar, who reviewed more than 643 scientific papers regarding cancer and mercury, he reported that mercury rapidly depletes the immune system. Mercury has also been shown to induce auto-immune diseases. **Anything that depletes and disturbs the immune system will increase one's chances of contracting cancer.** Mercury binds with haemoglobin,

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// Sugar Free Diet Fad Worth Following?

There is a lot of talk in the health industry regarding the newest diet fad, going "sugar free". As we are a holistic practice we care about the foods you put into your body just as much as the teeth you chew the food with. We decided to test the scales and weigh through the facts on this fad.



Reducing the amount of sugar in your daily diet can be beneficial to those with sugar intolerance or who need to maintain their blood sugar levels or may have candida infections. The primary reasons for going sugar free are to prevent/delay the development of diabetes and achieve better oral health. A bonus to cutting back on sugar is your mood stabilizes, and you might shed some kilos. A study by UCLA found that diets high in fructose (fruit sugar) altered the brains ability to learn and remember information. Doesn't cutting sugar out of your diet seem like something worth remembering to do when possible?

Like many habits, quitting cold turkey can be tough/near impossible. Our nutritionist [Fiona Workman of Sydney Nutrition](#) suggests taking it slowly and identifying what type of sugar you normally consume. Are you someone who enjoys a lot of soft drinks or cakes? Do you add sugar to your tea or coffee? Cutting these out first makes it easier and the results overall are then better for your health. In our last newsletter we talked about how to improve your sleep and you may recall that reducing your sugar intake was on the list.

Fiona states that for 3-4 days you can expect to experience withdrawals but after 3-4 weeks you will lose the taste for sugar and won't crave it! It's the processed sugar most people crave and it's in a lot of our daily meals and drinks. If you still find you have a sweet tooth and want the sweetness in your morning cuppa then she recommends you replace the sugar with Stevia - A plant product. Simply adding protein or vegetables to meals reduces your glycaemic load (which is the scientific measure of how long the sugar hit lasts from the food you have eaten). The lower the glycaemic number the better.

Eliminating sugar from your diet can be difficult as there are many "hidden sugars", including fructose, maltose, lactose, and glucose, as well as honey and corn syrup. Be sure to read all labels if you are thinking about eating processed

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which is responsible for oxygen transport to the tissues. This results in less oxygen reaching the tissues when the body is polluted with mercury. In further research by the International Agency for Research on Cancer (IARC), Professor W Kostler stated "Most of our cancer patients have a lot of amalgam dental fillings". The IARC has now classified methyl mercury as "possibly carcinogenic to humans"

In the event there is an area of concern Charlotte will be able to refer you to a specialist that she has worked closely with for over 8 years. There they will fully assess the area and advise you of any required treatment. In the past 15 years in practice Charlotte has had two patients with oral cancer and both patients were able to get treatment before it spread. Only two cases in 15 years means that this is an uncommon form of cancer, but once it is found we need to move quickly because of the nature of the tissues it involves. One of the cases Charlotte detected could have been fatal, the other case detected recently resulted in our patient receiving the intervention that was required within only two weeks of the cancer being correctly diagnosed. Together we help you get well and stay well and this means looking after your entire mouth not just your teeth and gums.

For other [tips on how to prevent oral cancer](#) you can visit The Australian Dental Association's new website. It contains a wealth of information from the basics of oral hygiene to methods of minimising your risk and how to detect oral cancer, www.oralcancerfacts.com.au. If you do have any concerns please contact us promptly.

// Interesting Dental Facts

You should cap the paste but not the brush. Covering the brush can trap moisture and encourage bacteria growth!

Each day, the average person spends 8.5 hours sleeping, 1 hour eating, 7.2 minutes helping others and only 50 seconds brushing their teeth. Set your alarm 2 minutes earlier and squeeze in some extra brush time. Dr Charlotte recommends brushing for between 2-3 minutes, preferably with an electric tooth brush.

The average woman smiles about 62 times a day, while the average man smiles only 8 times. Women are also more likely to brush their teeth and visit the dentist regularly. Is there a connection here?

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foods as most will contain one if not more of these ingredients. To go truly sugar free means you would have to give up alcohol. Although alcoholic drinks may not have a lot of sugar in them, sugar is integral to the creation of alcohol. Alcohol is created by the fermentation of certain kinds of yeast. Yeast is a living organism that ingests sugars and produces carbon dioxide and ethanol as a byproduct. If you can't go without the social drink with mates Fiona recommends having one Vodka, soda and fresh lime.

Based on all the research/studies available about the effects of sugar on the body a sugar free diet does show significant benefits and is worth following. Just be mindful that nutritionists and scientists have discovered that when the body is accustomed to high levels of sugar consumption, it can respond to sugar deprivation with the same kind of withdrawal symptoms as those experienced by a person in drug withdrawal. So take your time and seek professional nutritional assistance to help ease you through the change-over period. A great way to start a new year.

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It was an educational experience with deviously tasty results. Everyone had their hand in the chocolate goodness customizing their fresh cream ganache for the truffles. * [Visit our FB page to see all the fun photos!](#)

While on a sugar high we set off to our next destination which was a wonderful dinner at *Balla* in Star City. The Italian cuisine was exquisite, the ambiance was beautiful and the wine was marvelous. Instead of ordering dessert, (as we had enough chocolate earlier) we continued on our journey walking a short distance to our final surprise. It was at the entry to the theatre where Charlotte presented us with tickets to watch, the winner of 7 major awards including Best New Musical 2011; *Legally Blonde!* The show was highly entertaining and funny. *Legally Blonde*, kept us laughing, dancing in our seats and signing lines from the show during the intermission. At the end of the night we all felt extremely appreciated and glad to be team members of St Leonards Holistic Dental Care. We hope you all had a wonderful Christmas. Best wishes for a fabulous 2013.