



## // Talking Point.



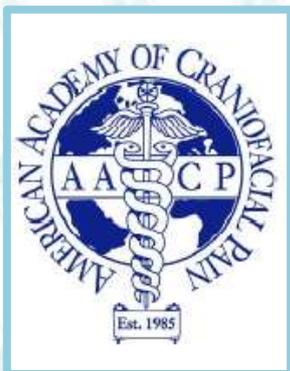
Whitening Gum-Something To Chew On?

If you take a walk down the confectionary aisle you'll notice a wide variety of chewing gums to choose from.

Some promise intense flavour, others guarantee to be long lasting and then there are the most popular on the market, the whitening chewing gums. Recently, Nicorette (a stop smoking gum) has introduced a new range to the market that is said to 'improve teeth whiteness'. This seems like a grand idea, quit smoking and whiten your smile.

However, this raises questions such as, how effective are these whitening chewing gums on the market? Do they really work? Is it worth the extra money? What's the best option to gain a brighter smile?

## // Charlotte's News



OZsome First In addition to running a busy holistic dental office, Charlotte is President of the American Academy of Craniofacial Pain (AACFP) here in Australia. In March Charlotte and her committee.

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## // Techniques



The American Position On Dental Pollution: The Argument Goes On

Millions of Americans with mercury-based dental fillings (dental amalgam) are exposed to levels of mercury vapour that qualify as toxic waste sites under the federal Superfund program as stated by biologist G. Mark Richardson, PhD. Dental amalgam, has been linked to diseases ranging from autism to Alzheimer's. Opponents of dental amalgam have petitioned the FDA to reconsider classification to a high-risk class III device.

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## // Lifestyle

Endota Spa, An Organic Experience . In early December our office went on a mystery surprise trip for our



Christmas party and arrived in the wonderful relaxing environment of Endota Spa in Martin Place. There, we were welcomed in to choose from an array of spa packages all of which are done using natural and organic all Australian ingredients.

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If you're in need of a detox after the holidays look into experiencing an Endota Spa treatment visit [www.endota.com.au](http://www.endota.com.au)



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HealthMad.com states, 'Most chewing gums with whitening agents are formulated with a cleansing agent and an additional abrasive to help remove surface stains.

While they won't lighten the colour of teeth, they can help to remove superficial surface stains from coffee and tea due to their mild abrasive action.'

As far as paying more for a piece of chewing gum goes, the only benefit with selecting a whitening chewing gum is because most contain an ingredient called xylitol. This ingredient has been shown to reduce the risk of dental decay according to HealthMad.com. However, xylitol can also be found in many sugar free chewing gums at a fraction of the cost.

Like buying a coffee a day, the cost of purchasing a whitening gum each week might not seem significant and go unnoticed. Yet, if you spend \$5 a week for a pack, over the course of a year you would have spent \$260 for a short term, minimally noticeable whitening product. If you are seeking significant tooth whitening please talk to us. A professional whitening treatment can last up to 4 years and the cost of a treatment will save you over \$600 in purchasing whitening gum in that time frame.

## // Charlotte's News

will be running the 1st ever international symposium to be held in Sydney. Professors, Doctors and Physical Therapists from the USA, Canada, and Australia will speak about the connection between sleep & pain. The speakers will address 110 practitioners from around the world on the underlying mechanisms that cause headaches, neck aches and backaches and divulge techniques on how long term stable results are achieved. Sharing this information will help many patients live a better quality of life.

## // Techniques

However, the FDA states the mercury dose absorbed by individuals with 7 to 10 amalgam fillings is at 1 to 5 ug/day. Last year the FDA reclassified the dental amalgam risk from a class I medical device to a class II device yet the agency states that the material is still safe for adults and children aged 6 years and above. Dr Richardson, the lead author of a dental amalgam study disagrees with the FDA's daily dose calculation and states that the amount of mercury absorbed can range up to 22 ug, based on a conservative scenario of amalgam use. In his study, he estimates that 67 million Americans with dental amalgam exceed the permissible mercury dose associated with the EPA guidelines.

Amalgam fillings are shown to leak mercury continuously which can adversely affect your health. Holistic Dental Care's stand on amalgam is based the research of Dr Richardson. Because of this information we take special precautions to protect our clients when removing their amalgam fillings.

## // Lifestyle

Endota Spa has blissful treatments for everyone, even special packages for men and pregnant women to enjoy.

Many of us opted for the massage and facial combination known as Endotarama that starts off with a wonderful Billabong Footbath. Sherine still raves about the massage being so relaxing she drifted off to sleep. The facial left Michelle with a glow even brighter than the one shining from her pregnancy. I opted for a full body polish scrub and an essentials oil wrap that left my skin feeling fresh and new. Woman's Weekly and Good Health rave about Endota Spas great natural products that are perfect for using this summer.

Charlotte has arranged for you to get 10% off at Endota Spa in Martin Place by mentioning St Leonards Holistic Dental Care.