

July 2012

St Leonards **holistic** dental care

Level 2, Suite 208, 69 Christie St, St Leonards NSW 2065 Phone 02 9439 2090

www.holisticdentist.com.au



// Check In on us & you could WIN



As part of our website www.holisticdentist.com.au relaunch we are still offering you "Holistic Dental Dollars" simply by clicking "Like" on our Facebook page. This is a courtesy discount of **\$10 credited to your account** at your next treatment (Valid 12 months). We are also commencing competitions on

our Facebook page and Website that give you the chance to win prizes such as a new electric toothbrush or the big prize of a complementary check-up, clean and a Whitening Kit valued at \$850. Competitions and prizes will vary so be sure to [Check In on us for your chance to Win](#)

// The Bittersweet Side of Honey



The Sweet: Thinking of honey as helpful for teeth may seem unrealistic, especially since the bacteria in dental plaque, which cause tooth decay, need sugars to survive and multiply. Yet, according to researchers at the University of Waikato in New Zealand, honey may stop the growth of dental plaque bacteria

and reduce the amount of acid that it produces. How you ask? It's the antimicrobial qualities honey has that make this possible. In other research, tests such as Knoop microhardness and electron microscopy scanning discovered honey to have a relatively low PH level and show no erosion of enamel after 30 mins.

Honey is not only good for those with a sweet tooth it's a natural therapeutic treat. The darker the honey, the more minerals it contains, including potassium, magnesium, phosphor, and iron. It also contains anti-inflammatory agents that reduce swelling and pain which even helps cells repair themselves. It's been proven to aide in dressing for wounds, burns, and skin ulcers. However, you'd want to purchase medicinal honey for applying to cuts or wounds and not just grab the jar you have in your cabinet.

The Bitter: While a little honey may be beneficial, too much honey can cause damage to your teeth. Running a holistic dental practice for 18 years I have seen plenty of unusual dietary programmes however one that consistently causes problems for our patients is the incorrect use of honey. So I would like to let you know a few pointers to prevent toothache, and the subsequent heartache!

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// Have you ever dreamt of a better night's sleep? Part III

In our last newsletter we highlighted ways to create a relaxing environment to improve your sleep and we gave you tips on what you should avoid doing before bedtime. In this newsletter we have expert advice from Nutritionist Fiona Workman of Sydney Nutrition, explaining what foods help and hinder your sleep.



Sleep Easy Eat This

Foods that contain amino acid tryptophan are precursors to serotonin and melatonin

which promote lethargy & sedation. Amino acid tryptophan can be found in; turkey, tuna, cheese, avocado, sunflower & sesame seeds, salmon, trout, mackerel, milk, potatoes & almonds. Research has shown that not having enough

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// Biopsy Be Gone

Oral Cancer is the world's sixth most common cancer. Dr Wenig, a professor in the College of Human Medicine's Department of Surgery states that only 60% of patients diagnosed survive



beyond 5 years of the diagnosis. Oral cancer too often goes completely undetected until it's too late as many people do not see their dentist regularly. As part of your check up and cleaning Charlotte carries out an oral cancer examination to look for the small white or red lesions in your mouth or on your tonsils that can be indicators of oral cancer. Currently when we find something suspicious in the tissues, to be certain if it is oral cancer, patients must undergo a biopsy of that area.

Dr Wenig has an aim of creating a simple saliva test, completely non-invasive, that could aid in early detection of

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- If you have a tendency to a dry mouth and especially if we have spoken with you about this then honey is risky. The risk you are running is decay on the root surface of your teeth where there is no protective enamel.

- If you have a lot of gum recession and have a lot of root surface exposed then for the same reason honey is risky.

- Avoid eating honey late at night or having it in drinks before going to bed.

Avoid eating it in the middle of the night. Decay will happen far more rapidly in these situations.

- Be careful with your use of it as a sweetener, there are alternative natural products that do not cause decay and are just as effective to sweeten, if not more so. The herb Stevia for example.

A little bit of something is a good thing, and in contrast the inappropriate use of a great product like honey can lead to disaster. If you think that your diet might be putting you at risk please ask us about this the next time you are in. Root surface decay can be incredibly destructive to teeth, even perfect teeth.

// Have you ever dreamt of a better night's sleep? Part III

tryptophan in your diet can markedly reduce your brain serotonin levels (the happy neurotransmitter) and so temporarily lower your mood. In the study, a milkshake containing tryptophan before bedtime improved sleep and task performance the next morning amongst insomniacs.

Evening Foods to Avoid

Fiona says it is best to avoid stimulants after 4pm especially those containing caffeine. Eat large meals a minimum of 3-4 hours before retiring and avoid starchy foods (pasta, corn, potatoes, rice, flour products) at night which slowly converts glucose into energy. Minimize starches as they contain amino acid tyramine which inhibits dopamine uptake causing us to stay awake for longer. Use fibre to prevent midnight cravings/snacks. A light dinner can help reduce snoring due to less gut inflammation. Finally, if you snore avoid alcohol within 2 -5 hours of bedtime.

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// A gift for you

Dear (your friend's name) _____

Here's a gift certificate for you on your FIRSTVISIT at St Leonards Holistic Dental Care.

Charlotte and her team have a Holistic approach to Dentistry. They believe that dental health is just one component of the health of your entire body.

Hand them this card when on your FIRSTVISIT (before 30th August 2012) and they will give you \$30 off your bill because you are someone I recommended.

Best wishes,

(your name) _____

Ps. Please use this soon as it expires on 30th August 2012. Bookings essential.

// Biopsy Be Gone

oral cancer. The saliva test would identify the biomarker's presence and dentists and physicians would know which patients need treatment.

Patients who have malignant lesions would be able to get treatment more rapidly after being diagnosed at a very early stage. If this is successful those patients whose results are negative can avoid the unnecessary needles and biopsy that would have otherwise been done before this test was created. With the combined efforts of Delta Dental of Michigan's Research and Data Institute a clinical trial and study is currently underway.

Currently saliva tests at a dental office are most commonly known for testing 3 things: your saliva pH level, its buffering capacity and saliva production levels. The pH test determines how acidic your mouth is. Buffering capacity tests the ability of your saliva to fight the acid attacks after consuming a meal and how quickly it will return the acidity of your mouth to within it's the normal range. The production level test establishes if your glands are producing enough saliva. All these tests are done from a simple few drops of saliva in a cup. We look forward to the day we can add an oral cancer screening test to the list we check at your routine cleaning appointment.

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