

June 2013 Newsletter

The next time you are in the office be sure to congratulate our hygienist Melissa Giuliano who is among the first hygienists in the state to have passed the examination (after considerable training – not just passed, but aced the exam with a score of 96%) to be allowed to administer local anesthetic (you call it Novocain) to patients. We pride ourselves on our gentle touch. Melissa can only enhance that reputation for us!

In this month's Newsletter I've taken some license and branched out a bit. In addition to the usual interesting information that I've gotten from reading and surfing, I'm including some other topics that are close to my heart.

As most of you know, I've been an avid golfer for almost fifty years now. Our photo gallery has a lot of golf photography of mine. I have a few comments and links about golf that may lead to a separate golf section in future issues (see: Inside the Ropes, Below). I am also pleased to introduce you to the photographic artwork of another talented local photographer, Joe Routon. Please visit our ever-expanding gallery <http://www.cent4dent.com/artistic-photo-gallery.html>

To see back issues, click here <http://www.cent4dent.com/newsletter.html>

In dental school they taught us, as a practice management issue, never to discuss politics. As a child of the sixties, I have to wonder where all the protestors are today? I recently came across a letter to the editor of Newsweek that I wrote almost 15 years ago, about Mangled Care. You might be interested in reading what I had to say: <http://blog.cent4dent.com/2013/05/newsweek-1999/>

Everyone is so busy texting today, that nobody is talking with one another. I had some information I wanted to share about texting but with everything I had to tell in the previous few issues, that texting problem seemed to be the least of our problems.

If you agree that things are out of control, please click on this link [Www.itcanwait.com](http://www.itcanwait.com). Personally, I'd love to be a texting/driving vigilante. Between the increased number of rear-end accidents, and the inattentive drivers at stop lights who slow traffic down once the light changes, I'm disturbed. Share this with friends and family please!!!! <http://news.yahoo.com/parents-hope-photo-fatal-text-203757749.html>

Albert Einstein: I fear the day when the technology overlaps with our humanity. The world will then only have a generation of idiots.

About 15 years ago, a motivational speaker suggested to me that to maintain a positive affect, stop watching the evening news. But when the evening news doesn't even report the news, what do you do? Last month I spoke about how the issue of GMO's was well-publicized in Europe, but few in the US know that GMO's have been identified by Wikileaks as something more insidious to the human race than Al Kaieda.

And so I have provided some links to issues that we need to make more people aware of. Therefore, I would request, as usual, that you forward this newsletter to close friends and family. As promised last month, we are in the process of making our office more accessible to everyone. The process is

complicated, and the entire plan will be unveiled in the July Newsletter. I am sure you are proud of the fact that you are a patient of the ONLY DENTAL PRACTICE TO HAVE BEEN RECOGNIZED AS TOP DENTISTS, FOR THREE YEARS CONSECUTIVELY BY S.J. MAGAZINE, PHILLY STYLE, and PHILADELPHIA MAGAZINE. Look for my picture in the next issue of South Jersey Magazine as well! Thanks to all of you who voted us to the top of the profession, for the fourth year!

Tying all of this information together in a cohesive format is not easy, but writing is one of my passions.

I have asked Julia Scalise to address the issue of inflammation, immunology, and genetics in this issue. So many medical doctors today treat every disease with a drug, without looking at the underlying problems related to eliminating the source of the problem. So many prepared foods causing so many problems. One of our patients sent me this link: The illustrated History of Heart Disease <http://dietheartnews.com/2012/08/illustrated-history-of-heart-disease-1825-2015/> Too much salt, way too much salt. Sugar too. <http://abcnews.go.com/blogs/health/2013/04/25/one-soda-per-day-raises-diabetes-risk-study-suggests/> Artificial sweeteners. Environmental toxins. <http://blog.cent4dent.com/2013/04/notes-from-dr-freedenfeld-env-toxins/>

I was on the golf course the other day with a friend who was up from Florida. They had sprayed something on the course that day. You could smell the organic chemicals in the air. He got sick as a dog within 2 hours. I went into the pro shop to ask what had been sprayed that day. Their answer: "We don't know what it was, but it's safe." My response: According to who? The FDA? You all know from my previous writings, that the FDA is a "pay to play" club of corruption. The EPA?

Did you know that the picture that I won an international photographic prize for (the bungee jumper from New Zealand on the bottom of every web page) is entitled "Blind Trust." So if you trust the government, and its agencies like the EPA and the FDA you might be curious to watch this award winning documentary entitled "Fluoridegate." Funny how since Nixon, anything that smacks of corruption ends in the suffix "gate".

Darwin spoke of survival of the fittest. Last month you read about how the government, when it finally confronted environmental toxins, did so by grandfathering-in every known chemical at the time. Only new chemicals needed government approval. And thus those of us who will live the longest will need the odds stacked in our favor. That means having the right genetics to survive the onslaught of the toxins we are exposed to, having a strong immune system, and the ability to combat inflammation at every level. By the way. I asked the pro shop to text me what chemicals were being used that day because I wanted to reserve the right not to play if I found out anything adverse with those chemicals. I never heard a word.

Julia's corner

I continue to state, from personal and professional experience, and researcher's documentation being published, that the main underlying causes of disease are toxins, stress, genetics and mind/spirit. We are learning more and more that genetic predisposition does not necessarily mean a disease will manifest. In some genetic disorders, but not all, you need a trigger to start the downward spiral of that process. An analogy is any bone has a predisposition for fracture but you need traumatic insult for the fracture to happen. So too, a trigger is necessary with some genetic disorders. Toxins, whether pathogens, chronic viruses or bacteria, food

sensitivities, environmental or chemical, all tax the immune system. It is asking one army to fight multiple battles. At some point, the army can no longer handle these multiple unending battles. When the immune system starts to fail, so too does health. Chronic inflammation and chronic infections up-regulate a substance called Interleukin 6 (IL-6). IL-6 has the capacity to change receptor sites on cells. The goals in my practice are to identify and eliminate toxins, support the various organs and systems as needed throughout the process, down-regulate the damaging cytokines/interleukins, and maintain optimal function through maintenance going forward. We each have the capacity to alter some genetic pathways and should capitalize on any opportunity to do so. I offer a free toxicity self-assessment if anyone is interested to know levels of some toxins in their system. All they need do is send an email to : DrJuliaScalise@aol.com In the subject line put "Toxicity assessment" and the forms will be emailed . Based on individual scores, your readers may wish to work with practitioners, myself included, that can help them start to eliminate some of the major causes of illness.

Indeed, my inbox is full of recent articles showing how the bacteria that cause periodontal disease have been implicated in heart disease <http://www.ncbi.nlm.nih.gov/pubmed/23418311> , insulin levels (therefore blood sugar) <http://dx.doi.org/10.1016/j.joen.2012.12.031> and rheumatoid arthritis <http://www.journaloforalmicrobiology.net/index.php/jom/article/view/5784/6557> .

In our practice, the use of antibiotics to combat gum disease is no longer our treatment of choice. I believe that antibiotics are used far too easily and frequently, and lead to resistant strains of bacteria. Instead, for the past several years we have added pro-biotics (instead of antibiotics) to our regimen. The Scientific American recently ran an article about this, as well. <http://www.scientificamerican.com/article.cfm?id=beat-bad-breath-keep-mouth-bacteria-happy>

These days one can't help but be inundated by the negativity of the news. But somehow stories like these escape even those newscasters who we trust. Therefore, not to make you upset with the news, but with the way government is run, and the way stories are spun, I entice you to look at the following stories, which ran three nights in a row. **Please share this newsletter with concerned citizens. What's passing as a Federal Government is a disgrace.**

Story One – Finally Congress unanimously passes legislation without any of the bipartisan rhetoric we've become so inured to. Learn more about a recently coined term: Procrasturbation <http://tonightsforecastdark.blogspot.com/2013/04/daily-show-congratsturbating-congress.html>

Story Two – Why is it that Veterans can't receive benefits they truly deserve until their story is run on the local news? If you click on no other links, BE SURE TO WATCH THIS ONE. OUR GOVERNMENT IS DISGUSTING. <http://www.thedailyshow.com/full-episodes/thu-may-2-2013-eric-greitens>

Last year, 60 Minutes ran a story about a loophole nobody knew about: Congress and the Executive Branch were immune to insider trading statutes. Therefore, if someone knew that Boeing was about to get a major government contract, before the ink was dry, they could be calling their broker. Sheepishly Congress passed the STOCK act, an acronym for Stop Trading on Congressional Knowledge, banning that activity. They then quietly repealed the act last month. How is it the nightly news never reported the story last year, or this year? How is it that we all know the name of Mr. Castro of Cleveland, who made the news for a solid week? What about the Jodi Arias trial? I am tired of the under-reporting of truly newsworthy stories in deference to "selling newspapers sensationistically." The real villains are in

Washington. <http://www.federalnewsradio.com/204/3283822/Congress-repeals-STOCK-Act-reporting-requirements-for-senior-execs>

If the government's plan for getting people back to work is to incentivize NOT working with 99 weeks of unemployment checks and no requirement to prove they applied but can't find work ... you might live in a country founded by geniuses but run by idiots. Read more. <http://blog.cent4dent.com/2013/05/food-for-thought/>

Golf Blog – Inside the Ropes (photograph is something I stitched together from three shots taken in Palm Desert, CA).

Did you ever wonder how some home viewer gets to call in and question a call? Read the story of how Tiger's improper drop at 16 at the Masters became an issue. <http://sports.yahoo.com/blogs/golf-devil-ball-golf/guy-told-tiger-woods-masters-champions-tour-player-163031201.html>

Don't you think the pros have a definite advantage over us mortals, with galleries lining the sides of the target. Then there was Big Brother, the camera on a blimp saved McIlroy at the PGA. How easy would golf be with a gallery and our own private drone watching every shot we took? www.youtube.com/watch?v=rGeS-9WDYk4

Want to tattoo a driver? Not a golf ball, but the head of the club. Some neat stuff shown to me by local artist and golf pro, Chris Fintus. <http://fintusgolf.blogspot.com/2013/02/the-blank-canvas.html>

Next Month – A review of the US Open at Merion. The next time you're in the office, be sure to ask me about my first round there, and The Quarry Hole.

Obituaries:

David Kearns, the inventor of Oragel credits his longevity to the martini or two a day, and shunning leafy greens. Some people don't need great genes! <http://news.yahoo.com/orajel-creator-david-morris-kern-202911654.html>

And Finally:

Since this entire issue has been dedicated to Political Incorectitude (my word), this recent obit in the Courier Post might have escaped you, but I caught it. Mayor Errichetti, of Camden and Abscam Fame. If you've never read the story about Abscam (it could have been Erichettigate) and how stupid these money-grubbing politicians were here: <http://en.wikipedia.org/wiki/Abscam> I had a friend who knew one of the FBI guys, his neighbor, and wondered why this guy was leaving the house looking like an Arab potentate in full garb in the wee hours of the morning. More than 30 years later, a movie showing how dumb these politicians were is in production.

http://www.americanthinker.com/2013/04/sanitizing_mel_weinberg_and_the_horrors_of_abscam.html

Mel Weinberg, a con-man facing Federal time came up with perhaps one of the greatest con games of all-time. And the FBI bought in on it.

Next month –

The article planned for two months ago showing the links between mercury and autism despite the statements from CDC, continue to grow.