

Some months, getting the muse to strike me to get started on the next newsletter is difficult. The muse struck last Thursday, when I caught a glimpse of an ABC News Headline on my iPad: 7000 Oklahoma Dental Patients to be tested for AIDS, Hepatitis. I always try to tailor this newsletter so that it's not real large, but it is really deep. So there are short paragraphs for the stories, and you should click on the links so you can read the articles you're interested in.

So this month, I lead with a short essay on how you protect your family from unscrupulous operators like Dr. Harrington from Tulsa, and also reflect back on the early days of taking universal precautions (i.e. assuming everyone you treat has HIV, so that you don't cross-infect the next person). Just like covering your mouth and nose when you sneeze, the precautions dental offices need to take aren't difficult to do, they're just an additional cost of doing business properly. [Read the entire essay, on my blog.](#)

Please forward this newsletter on to your friends, and family. This is very important information.

### **Cosmetic Case of the Month – [LINK](#)** (hit the left arrow to see patient 20)

Our patient had been through braces twice in her life, and thought that it was time for a third go-round. She wasn't anxious about the prospects of wearing braces for another year or more. My consultation with her showed her that even after orthodontics was completed, the teeth were still misshapen, and would need some cosmetic help. Her complaint was obvious: the teeth were crossed-over, and the front two teeth were much longer than the lateral incisors next to them.

Using our [Smile Blue Printing technique](#) I was able to show her, in advance, what I thought the smile would look like on completion of our Edge Porcelain Veneers (look at the detail in the pictures of the two edges of the veneers, where they meet the gum, and where they meet the eye). The results took 3 weeks for the lab to return, and she tells us, she keeps getting compliments on her new smile). There are many dentists who look at a case like this, and think 8 or 10 veneers to straighten it out. We took care of it with just 4.

### **Julia's corner**

Dr. Markus comments: I had read something about the interrelation of mercury, from dental amalgam fillings, and a condition called Leaky Gut, which I knew nothing about. For this month's Julia's corner, I asked Julia Scalese, DN PhD to comment on Leaky Gut:

**Leaky Gut** occurs when the intestinal lining become more permeable, thus allowing various pathogens and undigested food particles to escape back into the system. As you know, the GI tract must have a healthy balance of good bacteria. Candida, a fungus and normal inhabitant of the GI tract, chelates mercury. Therefore, mercury contributes to excess Candida, as does a carbohydrate rich diet, antibiotics, and birth control pills. And a vicious cycle begins. Mercury, excess candida, and other toxins continually irritate the GI lining, creating chronic inflammation, which begins to break down the wall. When all these substances begin circulating back into the system, many health issues arise. Systemic candidiasis, food sensitivities, autoimmune disorders, and neurological disorders are just a few. The best way to address the issues are to first bring levels of Candida down through a cleanse as well as with a special diet. Then the heavy metals ( Hg) should be removed and should be followed by a heavy metal or mercury detox. At minimum, the GI lining should be supported with probiotics and L-glutamine for healing. Based on the severity of health issues created by this cycle, other support or

treatments may be necessary for the individual. Many chronic health issues dissipate once underlying causes are removed thus allowing balance and optimal function to return.

Julia welcomes your questions about Nutrition

Julia Scalise, DN, PhD  
Doctor of Naturology  
Holistic Health Practitioner  
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## **Never enough – from Seth Godin’s Blog**

There's never enough time to be as patient as we need to be. Not enough slack to focus on the long-term, too much urgency in the now to take the time and to plan ahead. That urgent sign post just ahead demands all of our intention (and attention), and we decide to invest in, "down the road," down the road.

It's not only more urgent, but it's easier to run to the urgent meeting than it is to sit down with a colleague and figure out the truth of what matters and the why of what's before us.

And there's never enough money to easily make the investments that matter. Not enough surplus in the budget to take care of those that need our help, too much on our plate to be generous right now. The short term bills make it easy to ignore the long-term opportunities.

Of course, the organizations that get around the universal and insurmountable problems of not enough time and not enough money are able to create innovations, find resources to be generous and prepare for a tomorrow that's better than today. It's not easy, not at all, but probably (okay, certainly) worth it.

We're going to spend our entire future living in tomorrow—investing now, when it's difficult, is the single best moment.

## **Changes to our Website:**

We are pleased to announce we have a site, totally dedicated to children's dentistry now. Please visit <http://www.kidssmilesofnj.com/>

As my online photographic art gallery expands, I invite you to [come see some of the photos](#) I took on the Monterey Peninsula several years ago.

**A Full Day Symposium to Promote Wellness & Prevent Disease  
featuring nationally acclaimed and recognized authorities sharing  
cutting-edge insight to keep you healthy, vital and vibrant**

## **OUR OFFICE WILL BE PARTICIPATING IN A LOCAL WELLNESS SYMPOSIUM – YOU AND YOUR FRIENDS ARE INVITED TO STOP BY.**

It will be on Sunday, April 21<sup>st</sup> in Cherry Hill. For a list of speakers and the location, please [click here](#). It should be a very interesting day.

## **EVERY MONTH I COMPILE ARTICLES I THINK OUR READERS WILL BE INTERESTED IN ON HEALTH RELATED TOPICS.**

### **25,000 U.S. Deaths Tied to Sugary Drinks**

“We know that sugar-sweetened beverages are linked to obesity, and that a large number of deaths are caused by obesity-related diseases. But until now, nobody had really put these pieces together,” said Gitanjali Singh, a postdoctoral research fellow at the Harvard School of Public Health in Boston and lead author of the study presented today at the American Heart Association’s annual meeting in New Orleans.

<http://abcnews.go.com/blogs/health/2013/03/19/25000-us-deaths-linked-to-sugary-drinks/>

### **Safety Concerns about Gardasil (Vaccine for HPV)**

The scientific community needs to investigate these potential risks immediately. Medical consumers need to know the risks as well as any potential benefits before they decide if Gardasil is right for them.

In the interest of public health and safety, the FDA needs to rescind approval for Gardasil until satisfactory answers are provided to the four questions above. The time for poke and hope is long since passed. Medical consumers need proof this and many other vaccines are safe.

[READ MORE:](#)

### **Z Pack can lead to death in those with heart conditions**

Also known as zithromax (or azith row micin), can cause abnormal changes in the electrical activity of the heart, which can be fatal. Pfizer is updating their labels with that warning, listing those conditions. Many patients may not know they have those conditions and too often people ask for z-pak when they start to feel sick.

But to reduce your risk, know your family's heart history and your own, but the best advice, don't request antibiotics, they only work for some infections. [READ MORE](#)

### **Trash the Calcium, Save the Patient**

Scant evidence supports the notion that calcium supplements alone significantly decrease the risk for osteoporotic fracture, yet these supplements remain one of the most popular treatments taken by adults in the United States. In addition, there is increasing evidence that calcium may contribute to a higher risk for cardiovascular disease (CVD). The current study uses a large cohort of adults to examine how dietary calcium and calcium supplements affect the risk for CVD among women and men. [READ MORE](#)

### **Neurological problems again with flu vaccines**

Narcolepsy and Glaxo Flu – In Europe, there is a significant outbreak of Narcolepsy and other chronic fatigue (neurologic) disorders tied to a Glaxo vaccine. In another article I read that the FDA has already determined what is going to be in the 2014 flu vaccine. To me, this is very scary; this crisis is in full bloom, and they've already announced they've figured out what to do about next year's flu vaccine. [Read More](#)

### **And finally, to reward you for making it to the end of our newsletter, here's a treat!**

The 7 Health Benefits of Chocolate –

Winning a Nobel Prize may have just gotten easier. [Findings](#) published in *The New England Journal of Medicine* in October 2012 show that countries with more chocolate consumers produce significantly more Nobel laureates, possibly through enhanced cognition.<sup>[1]</sup> The study comes on the heels of mounting data showing that chocolate consumption not only improves brain function<sup>[2]</sup> but may also proffer a host of other health benefits. [Read More](#)