

**THE CENTRE FOR DENTISTRY**



*The perfect blend of art and science.*



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**May 2013**

In this issue:

## **You Really Need to Understand Your Meds**

## **Reboot Your Gut –**

## **Wellness 2013 – You Should Have Been There**

## **Cosmetic Case of the Month**

There is a lot worth reading and thinking about in this issue of my monthly newsletter. The format is done in such a manner so that I give you brief paragraphs on the topic, with embedded links so that you can get a more in-depth understanding if you are so inclined.

If you've never forwarded a copy of our newsletter to friends, or sent them a [link to our Newsletter section](#) on our award-winning website, this would be the copy to send out. The more everyone knows and understands about these issues, the healthier we all

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can be.

Last month, we featured information about Leaky Gut, presented by Julia Scalese, DN PhD. This month she has prepared an article about Gluten-free diets and what that means. It all ties together with something that happened with one of our patients, and comes to some major “AHA MOMENTS” with information gleaned from the Wellness 2013 Expo which I told everyone about in the April Newsletter. It was really great seeing many of our patients there, interested in living a healthier lifestyle, and understanding more about dietary issues.

And so, I begin our May Newsletter with what I hope leads to many new discoveries for you, as they were to me. Comments and questions: [docmarkus@centdent.com](mailto:docmarkus@centdent.com)

## **PAGING DR. HOUSE!!**

A good friend, and patient has been doctoring for what feels like at least 2 years, for an unremitting itch with hives, and a myriad of other symptoms that have made her extremely debilitated. On Monday of this week, her family physician finally came up with a diagnosis of [Gluten sensitivity](#) and switched her to a gluten-free diet.

A follow up with her on Wednesday night: she’s feeling remarkably better, but the itching hasn’t gone away. She said she is still taking Ibuprofen for chronic pain from a severe motor vehicle accident.

I thought back to when a relative who was diagnosed as being extremely lactose-intolerant. He would develop worse symptoms after taking a pill for severe cramps that his gastroenterologist had prescribed for him. In looking at the ingredients for the medication I found that (not-uncommonly) Lactose was used as a binding agent for the pill. So, you’re giving Lactose to someone to prevent the cramping from Lactose intolerance?

Knowing that starch is also an ingredient in tablets, I asked her to identify the ibuprofen she was taking and looked it up on Epocrates database of medications and found that the manufacturer (Amneal) also made a gluten-free ibuprofen. AHA!

## **KNOW THE INGREDIENTS IN WHAT YOU PUT IN YOUR BODY.**

A lot of times I get to play “House” for our patients. If you’ve got severe sensitivities, as a lot of our debilitated patients have, you must know what’s in everything you take, and look at the interactions.

The Epocrates application is a good one to have available. But Google works wonders as well

We are a [mercury-safe office](#), and so can recommend many MD’s in the area who don’t routinely match a symptom with a drug. Eliminate the cause, eliminate the symptom. But, YOU ARE WHAT YOU EAT.

## **WHAT YOU ARE ABOUT TO LEARN**

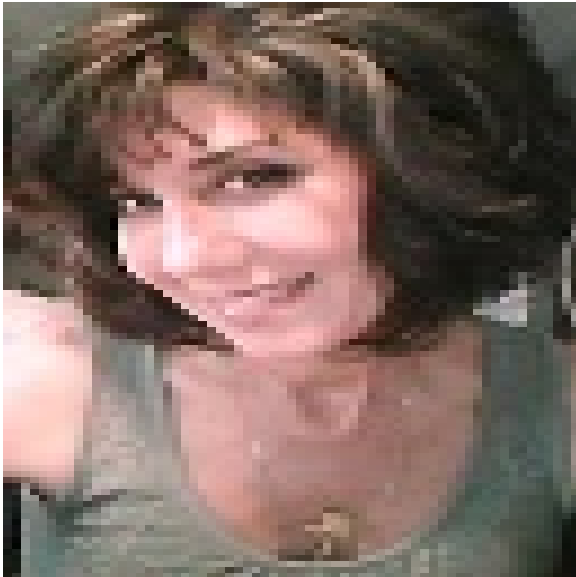
## IS MORE EASILY SAID THAN DONE

Don't get any misconceptions of this being medical advice. As I said before, it's important to do as much research as you can, and make your own decisions about your ability to be totally "pious" about your commitment.

Coincidentally, in follow-up to last month's article by Julia Scalese about leaky gut, the second part of this article, which follows, is about Gluten sensitivity.

### JULIA'S CORNER

In my 15 years of practice, I see an overall rise in many autoimmune disorders. In a nutshell,



autoimmune disorders tend to occur due to genetic predisposition and the introduction of a trigger. Certain autoimmune disorders manifest with specific triggers, but conversely, certain triggers initiate different autoimmune responses for individuals.

If you've read past newsletters, we know that mercury amalgams can wreak havoc and be an underlying cause of various symptoms and diseases. I know there are biological, chemical, environmental, and emotional triggers which contribute to health issues. A person can test negative for true celiac disease but continue to have issues with gluten.

Last month we discussed leaky gut, and a rise in gluten sensitivity can be contributed to the same causes. If the intestinal wall is more permeable, these proteins get back into the system and really do act as foreign invaders. With diets laden with wheat, barley, rye and other grains, the body may see one or all as cause for alarm, triggering chronic inflammation.

A large portion of my practice deals with chronic digestive issues. The best way to address the issues are to eliminate known toxins, heal the G-I tract, and test for not only food allergies, but also food sensitivities. I have many of my clients do ALCAT testing. Once the toxins are removed, support for GI healing is underway, and finding out and eliminating **all** known food sensitivities (not just grains), health complaints drastically subside and in many

cases disappear, including autoimmune issues.

Julia Scalise, DN, PhD Doctor of Naturology Holistic Health Consultant Contact: 856 745 2430

#### **MARKUS CONTINUES:**

**.....AND THE EXPLORATION CONTINUED FOR MY ASSISTANT LAURA AND MYSELF AT WELLNESS 2013. I came away with a great quote I want to share with you. Please take note that this was said over 150 years ago, by a very wise man who certainly would be crying at the state of the world, today:**

*Teach your children what we have taught our children: that the earth is our true mother. Whatever happens to the earth, happens to the children of the earth. If people spit on the ground, they spit on themselves. We know: the earth does not belong to people, but people belong to the earth. We know: everything is joined together in some way, like the blood that runs through a family. Whatever happens to the earth, happens to the children of the earth. We did not weave the web of life; we are just a strand in it. Whatever we do to the web, we do to ourselves.*

*Chief Seattle (c. 1786 - 1866)*

**Highlights of what the speakers had to say.**

**Follow the links that stimulate your curiosity.**

- 1. The Seven Things you Need to Remove from your Diet.** – Think about this, our body's systems e.g. immune, neurologic, digestive, etc were designed through evolution. There are toxins present today that evolution hasn't had a chance to adapt to, so our bodies are trying to protect us. This speaker advocated a total REBOOT of

YOUR DIGESTIVE system. [CLICK HERE](#)

2. [Dr. Stuart Freedenfeld](#), a local MD spoke about the **toxic nature of our environment**. 87,000 chemicals currently in widespread use, a huge host of which have only been around for decades, and are influencing the various human systems, and there-in lies a variation of genetic susceptibility. Chemicals are capable of causing symptoms we typically attribute to aging. Leaky gut means this toxic burden gets out into the cells of the body. [CLICK HERE](#)
3. [Jeffrey Smith](#) blew both Laura and I away with how much we didn't know about [GMO's \(Genetically Modified Organisms\)](#). This is a story that has been quashed in the media in the United States. Europe has banned GMO's. But despite the fact that the FDA's own panel, convened in 1992 advised that GMO's should not be allowed, but the FDA screwed with us folks. In fact here's a quote from Wikileaks: **GMO'S ARE A FAR GREATER RISK TO HUMANITY THAN AL QUAEDA** [CLICK HERE](#) . Learn about [Dr. Puztai](#), who blew the whistle on Monsanto and lost all credibility, later to be totally exonerated. **Yet, the story never made it to the US.** How do you spell coverup? Follow to item 5, below. To read my full notes from this lecture, [CLICK HERE](#)
4. **Having personally seen [the travesty that the FDA](#)** is regarding the use of mercury in dental fillings, and [addressed them three times](#), this story of how government manipulated by corporations doesn't represent the public. I guess after everyone saw the partisan politics over tighter gun control protest against anarchy which was triggered the American Revolution is totally dead. What surprised me was that I never heard anything in the media about the fact that the shootout in the aftermath of the WMD was used in Boston about automatic weapons also being WMD. Sad that the town that brought us the Tea Party will probably never be able to join with their brethren from Sandy Hook to get government to listen to their electorate.
5. **How do we stop GMOs?** This is one of the ten most under-reported stories of the year according to this website about how stories that should have made the news, did not. [Visit ProjectCensored.org](#) . There are no compelling reasons for GMO,s. there are groups who think GMO means **God Move Over**.
6. One of the key points Smith made was about the modification that has been used for corn, soy and other foodstuffs (to learn what to avoid, download the non-GMO food guide [here](#)) comes from a bacterium that was immune to the **weed-killer Round-Up**. Round-up works by poking holes in the intestines of bacteria, thus killing them. They spliced the gene that made them immune to the weed killer into field crops to make it easier to weed the fields. And friends, we're all eating this stuff, our pets are being fed it. It's used for the feed of animals we gain nourishment from. Remember, cows don't only give us beef, they are also the source of most dairy products. Also, remember at the very beginning I told you, it wouldn't be easy, or, I might add, inexpensive.

**ANGIOGENESIS:** William Li presents a new way to think about treating cancer and other diseases: anti-angiogenesis, preventing the growth of blood vessels that feed a tumor. The crucial first (and best) step: Eating cancer-fighting foods that cut off the supply lines and beat cancer at its own game. [See his discussion on TED](#)



Cosmetic Case of the Month: We recently completed the orthodontics on this patient, using our Six Month Smiles technique (esthetic braces) with significant smile enhancement, don't you think. [Visit the Six Month Smiles Section](#) of our website to see more cases like this one.



Next month, some of the stuff I was planning to talk about but ran out of space: Mercury and Autism Research, A Promise not to Drive and Text, an Announcement of a Dental Cost Saving Plan, and some pictures! Thanks for reading.

Send your comments to [docmarkus@cent4dent.com](mailto:docmarkus@cent4dent.com).

Have a great day!

# *The Centre for Dentistry*

The Centre for Dentistry: 209 White Horse Pike - Haddon Heights, NJ 08035  
ph: 856-546-0665 - email: [shannon@cent4dent.com](mailto:shannon@cent4dent.com)