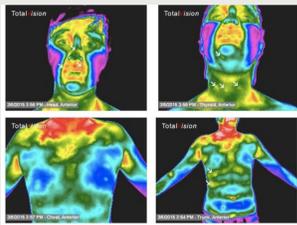


December, 2019

## Breast and Oral Care. Yes, they're connected!

### Greetings!



#### Dental

#### Inflammation

By

April A. Beaman, CTT, RDH

Good dental health translates to good health overall. Dental problems such as cavities or gum disease can impair your ability to eat and speak properly, cause pain and bad breath. But what many people may not realize, is that poor dental health can have a profoundly, negative affect on areas outside of the mouth. In the past decade, there has been an explosion of new research linking oral health to diseases such as heart disease, Type 2 diabetes & cancer to name a few. So what is the link? Inflammation!

So why might I have inflammation in my mouth? Bacteria. One of the main reasons we brush, and floss is to remove plaque, a sticky matrix of bacteria also known as biofilm. Plaque is bad news for several reasons; some of the bacteria living in plaque produce acid that erodes tooth enamel and causes cavities. But other types of bacteria flourish within plaque below the gumline and can trigger inflammation in the tissues surrounding the teeth, causing gum disease. In its early stages, gum disease is known as gingivitis, which causes bleeding when you brush or floss your teeth. Left untreated, *gingivitis can develop into periodontitis*, where the gum

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- Essential oils and nutritional support
- Alternative and avoidable causes of breast cancer

These lectures will include time for questions and discussion for live participants. Recordings of the lectures and electronic copies of handouts will be provided after each weekly session.

Aubrey Lesicki, BS, LMT has been studying alternative medicine with a focus on breast care for 10 years. She applies a mind-body-spirit approach to her massage and wellness coaching practice, emphasizing that the body's wisdom is our best teacher. Through teaching hundreds of clients, she has distilled a decade of information into simple instructions to empower women to take their breast health into their own hands. Register at [BreastRemedySeattle.com](http://BreastRemedySeattle.com)

begins to pull away from the tooth, allowing bacteria to grow in pocket that surrounds the teeth. Periodontis is a chronic inflammatory disease that affects the supporting bone and tissues around the teeth which can cause teeth to become loose and even fall out. Unfortunately this inflammation doesn't only affect the mouth but also other body systems. Bacteria is microscopic, and when you have an overabundance of inflammation and bacteria it can easily travel through the blood stream, in turn lowering the immune system. So let's work on reducing bacteria & inflammation in the mouth. Here are a few tips:

**Have regular dental check-ups** and dental cleanings. Your dentist or dental hygienist can remove bacteria-harboring plaque below the gumline and spot the first signs of gum disease. Look into a holistic or biological dentist in your area. This type of dentist looks at the body as a whole system, starting with the mouth.

**Eat a healthy diet.** A diet rich in vegetables and vegetable oils, fruits, legumes, nuts, and fatty fish not only provides all the essential nutrients, but it helps suppress inflammation. There is some evidence that people whose diets are high in omega-3 fatty acids, which are found in fatty fish, have a reduced risk of periodontal disease.

**Brush and floss.** Brush your teeth at least twice a day. I prefer a powered brush as it removes plaque more effectively. Floss at least once a day, before bedtime is best. I recommend an expanding floss such as Dr Tungs. If you have bridges, implants, or wide spaces between your teeth, you may want to use interdental brushes, toothpick-like implements with tiny bristles at one end to clear trapped food.

**Saltwater rinses:** can reduce and kill bad bacteria in the mouth. It can also speed the healing process of the inflamed gums. Mix ½ teaspoon of sea salt into an 8oz glass of warm water. Swish for 30 seconds then spit out. Can be done 1-2 times daily.

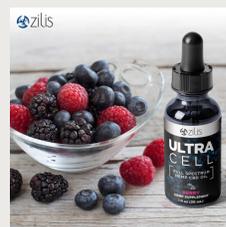
**Natural mouthwash** to reduce the harmful bacteria in your mouth while keeping the good bacteria thriving. You can make your own

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the On-line Class



Watch Jacky Groenewegen & Aubrey Lesicki Live as they discuss the upcoming 5 week class to educate us all about Whole Body Breast Health.

## How To Oil Pull



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There is an intricate group of receptors within the body called the endocannabinoid system (ECS). This complex network impacts many areas of health and is most

natural mouthwash with peppermint and tea tree essential oil and water. Do not use Listerine! I also like Natural Dentist Mouthwash if you don't want to make your own.

**Oil pulling:** helps reduce bad bacteria in the mouth. I recommend raw, organic coconut oil. Use 1-1 1/2 teaspoons of coconut oil, squish around mouth for 10-20 minutes 2-4 days a week. Do not swallow. Spit into toilet paper then throw into garbage. Never spit oil in sink or toilet bowl. Finish by rinsing with saltwater rinse or just plain water



### April A. Beaman, CTT, RDH

April was born and raised in Connecticut and is a wife and a mother of two boys. She is passionate about her

and her family's health and lifestyle choices. Together, they enjoy outdoor activities such as hiking, foraging for wild food and relaxing at the beach. April has been in the wellness industry for over 15 years and was always enthusiastic about the health of her patients. As a licensed holistic dental hygienist since 2004, April's focus has been on educating her patients on how lifestyle choices affect whole body health, beginning with the oral cavity. Furthermore, she believes that being proactive and learning early on where complications are developing will encourage her clients to make health changes long before actual signs of disease and symptoms occur. April first realized the benefits of medical thermography through personal research regarding her own health. During that same time two of her friends were diagnosed with breast cancer, both in their 30's. As you can imagine thermography now felt like a "calling" for her. Had these women been aware of the technology of thermography their diagnosis and outcome would have been different. April is now dedicated to educating women and men of all ages about the benefits of thermography relating to early disease and cancer detection. She has been invited to women's health and leadership events as a guest speaker to educate about medical thermography and the relationship between

abundant in the brain and immune system. Studies have shown the ECS to be responsible for important functions such as....

- Sleep
- Relaxation
- Inflammatory Responses
- Cognitive Ability

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#### THE SYSTEM

The endocannabinoid system is ever present in the human body. This complex network impacts many areas of health and is most abundant in the brain and immune system. The ECS has been shown to be integral in body processes such as sleep, relaxation, and cognitive function.

oral health and systemic health.

### Thermography & Dental Health

Thermography offers a non-invasive way to measure areas of inflammation in the dental, cranial and thyroid regions. It can also be used to help detect any indications of physiologic changes around sites of dental work such as the presence of infection, concerns with crowned teeth or a failing root canal, and/or jaw cavitation's due to extracted teeth to name a few. If the thermogram reveal sites of inflammation, thermography can then be utilized by the practitioner to either monitor the ongoing condition of a developing problem, monitor how well a treatment has worked, and/or help design and carry out a plan of action for alleviating the cause of the problem. By utilizing the additional thermographic information that dental x-rays alone may not provide, the practitioner can correlate findings which can then help the patient become more educated and empowered about their dental health.

As a thermography client, you can schedule a phone consultation with April to discuss your thermography findings relating to your dental health. She can also answer questions you might have and can offer you a holistic approach to your current dental health.

***CLICK HERE TO SCHEDULE A DENTAL CONSULTATION***

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## Important news...



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Call to schedule your appointment

#### 3rd Monday of Each Month

*Integrative Hormone Center & Pharmacy* Centerville Office (8101 Miller Farm Ln., Centerville, 45458)  
937-773-1778 Option #1

#### 3rd Friday of Each Month

*Happy Hormone Cottage Vandalia Office* (900 S. Dixie Dr., Vandalia, 45377)  
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#### Call to see when we will be at the following locations...

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Dr. Nathan Siebenaller  
335 North Main St., Suite 2,  
Springboro, Ohio 45066  
513-443-5161

*The Wellness Lounge*  
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Lebanon, OH 45036  
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WHIF Individual Grant Program

Women's Health Initiative Foundation, whose mission is to empower women and guide them to the truth about natural options which prevent, treat, and defeat cancer and other diseases is proud to

announce its newest offering. WHIF is accepting applications for financial assistance with the cost (full or part) of diagnostic thermography screenings for men and women on the full upper body through Mindful Wellness Medical Thermography and Holistic Health Medical Thermography. *Click here for more information and access to the application.*

Care to make a donation to WHIF, click on the button below...

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