

ACADEMY

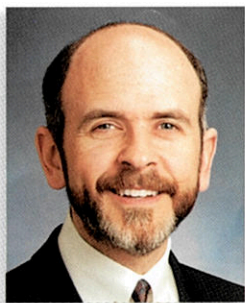
gems



"IT'S ABOUT
THYME"

August 2005 - Effective immediately: All reference to the word GUM in Dental Herb Company® product names is changed to GUMS. For example: TOOTH & GUM TONIC is now known as TOOTH & GUMS TONIC.™

BE ASSURED, THESE ARE EXACTLY THE SAME HIGHLY EFFECTIVE PRODUCTS. DHCo will continue to always provide you and your patients with the most effective, highest quality, Truly Natural® oral hygiene products available anywhere in the world. Yours in Good Dental Health, Dental Herb Company®



by
DR. TOM ORENT

A true "gem" is a valuable byte-sized idea, which can be put into practice Monday morning. Gems are the "meat" of the books, lectures, and tapes we all partake of on a routine basis. If you are looking for a certain gem, have one from which others might benefit, or would like to receive a complimentary copy of the 1000 Gems Newsletter, please contact Gems Publishing at: 1-888/880-GEMS E-mail: orent@1000gems.com www.1000gems.com or fax 508/879-4811.

At the end of a long dimly lit corridor, Jonathan rests in his hospital bed – the weight of the world on his shoulders. At eight years old, he is one of the key people involved in his fight against cancer. His third floor room on the children's cancer ward overlooks a barren inner city lot where two decades ago the city's garment district had thrived. But the picture inside Jonathan's room is far brighter than his surrounding world. As he sits in a chair looking out the window, Jonathan doesn't see the bleak outside. Instead, his mind's eye is watching a thousand little gleaming white Pac-Man-like figures attack a little black hairy monster – Jonathan's cancer. And Jonathan is winning.

Visualization is an important weapon in today's modern arsenal against cancer. Yet just two decades ago, when the garment district outside Jonathan's window was flourishing, things were different up on the ward. You would have thought they were nuts if the oncologists told you that a key factor in your son's recovery would be his internal mind game of Pac Man! Today, it is accepted that the patient's attitude, his ability to turn up his own immune system, plays a critical role in recovery. An elderly man loses his wife of 60 years, and then dies for "no apparent reason" only weeks later. We say he lost his "will to live."

My grandfather took seriously ill almost a year before my wedding. Within a few months, he was confined to a wheelchair, rarely left his room, and never ventured outside. With still six months to go until we tied the knot, my grandfather lost all track of time. Each morning as he awakened, he asked the same question. "Is today the wedding?" He must have asked that question almost 200 times. No one really knew how he hung on. Yet everyday he told us he *would* be at the wedding. It was his very last wish. The day of my wedding, we bathed, dressed, and readied him for the big event. For the first time in almost a year, he joined our family in the car. We celebrated together. He ate, drank and truly loved every precious moment we shared. The second day of my honeymoon, we were called back to Boston. True to his word, he made it to our wedding – and died the very next day.

How many of us have a close friend or relative who has found relief through the healing art of acupuncture? Yet again, if you considered acupuncture not long ago, you would be considered a "nut" on the fringe. My mother, years ago, trusted Western medicine for all of her physical needs. Yet more recently, when our "modern" approach failed her, she found relief from severe chronic pain through "alternative medicine". Do we really believe that modern Western medicine understands all there is to know about the body?

Dr. Bernard Schechter muses when he hears the term "alternative medicine". In addition to his DDS and a working knowledge of microbiology, Dr. Schechter has a certifying degree in therapeutic herbology. He has devoted over two decades researching the effects of essential oils and herbal remedies, combined with modern periodontal therapy. The modern scientific method, upon which western medicine is based, can trace its roots back only two or three centuries. Yet effective, powerful visualization, acupuncture, and herbal medicine have been studied and practiced for millennia. According to Dr. Schechter, *today's* medicine is "alternative medicine". As a dentist, you've already taken advantage of herbal medicine, likely without being aware. For example, Thymol is a derivative of the essential oil of Red-Thyme, and Eucalyptol is a derivative of the essential oil of Eucalyptus.

THE CHLORHEXIDINE DILEMMA

Periodontists *love* Peridex. Why? Because it *works*. Used religiously, Peridex will aid in the healing process helping to effect a speedier and more satisfactory recovery. So where's the dilemma? Peridex often *fails* to work *not* because it doesn't live up to our scientific expectations; rather, its failure is most often due to lack of patient compliance. It would make sense (from one point of view) to counsel the patient on the side effects of Chlorhexidine therapy. If patients are aware that they may encounter significant brown staining, then *shouldn't* compliance improve? Maybe. But in a practice environment where patients *must* be catered to, excusing an ugly side effect is *not* the best we can do.

IT'S ABOUT TIME

It's about time we started listening to our patients' concerns and asking how we can meet their needs – spoken or otherwise. There is a *groundswell* of desire among the today's public for all-natural and *herbal* remedies. If you look in magazines, newspapers or the local shopping mall, you can hardly count the number of times you see something about health – natural, herbal, organic, etc. Yet, there are reasons (scientific) beyond these that we should pay close attention to the benefits intrinsic in herbal remedies.

We've all been counseled not to overprescribe antibiotics. Why? Because virulent antibiotic-resistant strains of pathogens are becoming more and more common, and we are

the cause of their existence. According to Meeker and Linke (*Compendium* 1988;9[1]32-40), microorganisms have not yet demonstrated an ability to develop resistance to the antibacterial effects of essential oils.

THE TRIPLE EDGED SWORD

Ideally, instead of just reducing bacteria, we'd like to be able to stimulate regeneration of the damaged, diseased tissues as well. During his 20-year research, Dr. Schechter has comprised just such a formula. He has combined essential oil derivatives from seven different plants, to create a synergistic effect. According to Dr. Schechter, the exacting proportions of the combinations he's chosen yield an incredibly effective product. A product which offers:

- 1) **Anti-microbial activity** - For example, the phenolic essential oil of Red Thyme, a powerful bactericide, and immunostimulator.
- 2) **Connective tissue rebuilders** - For example, Gotu Kola (*Centella Asiatica*) enhances the development of connective tissue matrix by stimulating fibroblasts to manufacture Hyaluronic Acid (ground substance) while inhibiting Hyaluronidase (an essential link in the chain of events bacteria use to breakdown the periodontal membranes).
- 3) **Tissue conditioners** - For example, pure essential oil of lavender and vegetable glycerin both of which aid by soothing and conditioning tissues during repair.

THE PLAYERS AND THEIR ROLES

PLANT	PRIMARY ACTIVE INGREDIENTS	CATEGORY	ACTION
Red Thyme	Thymol, Carvacrol	Phenol	Powerful bactericide, antiseptic, and immunostimulator
Cinnamon Bark	Cinnamaldehyde, Eugenol	Aldehydes	Antimicrobial, anti-inflammatory, and temperature-reducing
Lavender	Linalool, Geraniol	Alcohol	Mild anti-infectious, stimulating, and warming
Peppermint	Menthone	Ketone	Moderately antibacterial, encourage wound-healing by formation of scar tissue, lower temperature of infected, inflamed, swollen or bleeding tissue
Eucalyptus	Eucalyptol	Oxide	Aid in tissue congestion
Echinacea	(polysaccharides, flavinoids, echinacoside)		Inhibits Hyaluronidase and stimulates fibroblasts to produce ground structure
Gotu Kola	(Tripterpenes)		Increases blood vessels to connective tissue, and structural components, such as hyaluronic acid, and chondriotin sulfate

TAKE YOUR BREATH AWAY

According to Dr. Mel Rosenberg (*Bad Breath, Research Perspectives*), over 90% of Halitosis cases are due to oral problems. The majority of these are due to volatile sulfur compounds (hydrogen sulfide and methyl mercaptan) – byproducts of the putrefaction process of gram negative anaerobic bacteria. By dramatically reducing pathogens in the oral cavity, the major source of halitosis is eliminated. Instead of masking, we actually remove the cause of the odor.

Dr. Schechter's formula is a powerful anti-halitosis agent, as well as a periodontal therapeutic adjunct. CRA

reviewed Dr. Schechter's Dental Herb Company, Tooth & Gum Tonic (CRA March, 1998, Vol [3]). The "aftertaste described by users as 'fresh' persists longer than other products tested." In addition, "100% of subjects with confirmed bad breath taking part in controlled study found flavor appealing."

CONCLUSION

The total system of paste, rinses, subgingival irrigant and spray take advantage of age-old wisdom combined with modern scientific understanding. Today, patients appreciate "alternative" remedies for their problems. Herbal and essential oil therapy are wonderful new additions to our periodontal ther-

apeutic armamentarium. The combination of positive periodontal effect and powerful breath control, have made me a believer and frequent user of Tooth & Gum Tonic, paste and spritz.

ACKNOWLEDGEMENT

I owe much of the technical information to Dr. Schechter, and his in-depth article in the October, 1998 issue of Dentistry Today, Vol 17(10)pp110-115. For more information about his products, Dr. Schechter may be reached at The Dental Herb Company, 1-800-747-4372. AS