



Seeing The Dentist . . . Could It Really Save Your Life?



WRITTEN BY:
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There are many aspects to good health and overall longevity. Our moms have always stressed eating our fruits and vegetables. My mom would tell me, "You are what you eat." I never really understood that until recently.

I see many patients who have periodontal, diabetes, heart and respiratory disease. We now know that 90% of systemic diseases are inflammatory in nature. Our current healthcare model treats us when we are sick. It doesn't focus much on wellness and prevention. We dentists have been saying for years that periodontal disease can lead to heart disease. Finally, a couple of years ago, the medical profession agreed. We tend to see many of the symptoms of disease

much earlier than our medical colleagues. Patients tend to see medical doctors in times of acute pain but not as often for general checkups. They do, however, tend to visit the dentist even when they are healthy. This puts us in a great position to help our patients stay healthy.

With the current economic trends, it is imperative that we focus on prevention of diseases. The answer is not a complex one. Stop filling our bodies with processed food. Eat more fruits and vegetables and take proper high grade supplementation. Why supplementation? Eating an antioxidant rich diet is important but it is virtually impossible to get the optimal amount of antioxidants through food alone.

To understand the process of oxidation, all you have to do is think about what goes on in your kitchen every day. At the end of a meal, you wrap up leftovers to keep them from spoiling. One reason wrapping foods works, at least for awhile, is because it keeps oxygen from attacking that uneaten drumstick or grapefruit half. This same process is occurring within our own bodies. Oxygen is the fuel that turns on energy production. Without oxygen, we could not make energy. Yet the production of energy can wreak havoc in the body because it also produces free radicals. Free radicals are unstable molecules that can damage cell structures and can ultimately lead to cancer, heart disease, and numerous other illnesses. Alzheimer's disease, Parkinson's disease, diabetes, cataracts, arthritis and many


other ailments associated with aging are caused or aggravated by free radicals. The key to good health is to maintain the right balance between antioxidants and free radicals. This is the job of the body's antioxidant defense network.

More than 70% of Americans will die prematurely from diseases caused by or compounded by deficiencies of antioxidants. Many of us use the excuse of having bad genes. While it is true that many of us inherit the tendency to develop cancer and other diseases, it is also true that antioxidants can "turn off" these bad genes and greatly reduce our risk of developing hereditary diseases.

Thanks to our new understanding of antioxidants, we can live longer, and live well, in bodies that stay healthy, strong, and vigorous, with minds that are alert and memories that are intact. I am not talking about just adding years to our lives; I am talking about adding life to our years.

Excerpts taken from "The Antioxidant Miracle" by Dr. Lester Packer



 **We at Aesthetic Dental Creations have added a wellness part to our practice.**

We now offer patients advanced laser technology. It is a non-invasive, 90 second test that can detect levels of antioxidants within your body. This will greatly help us recommend proper dental care and supplementation to achieve optimal results. This will allow many of our patients the chance to combat periodontal disease and other related diseases.


**The next issue I will be sharing a personal story about myself and my nutritional health that will greatly impact many of you. I look forward to the next time that we may share a few minutes together.*

Patient Testimonials

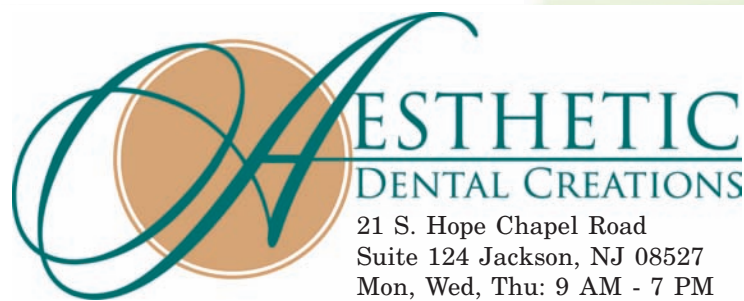
 My mother took me to visit three offices before Dr. Srinivasan and Aesthetic Dental Creations but nobody seemed to care about the issue I was having with myself.

I am so thankful and overwhelmed with happiness for the change that has been made in my life with my new and improved smile. Thank you Dr. Srinivasan for turning my life around!

- Katie (Toms River, NJ)

 I wasn't very confident with my smile and often covered my mouth when speaking. My new smile has made a tremendous difference in my life. I do enjoy smiling and having my picture taken. Being in Dr. Srinivasan's office has changed my perception about dentists. I became very comfortable because the team truly cares so much for your well-being. It has been a wonderful experience for me.

- Leah (Ewing, NJ)



Dr. Balaji Srinivasan graduated from Creighton University School of Dentistry in Omaha, NE in 1994. He completed his residency in Advanced Education in General Dentistry at Temple University in Philadelphia, PA in 1995. Dr. Srinivasan is the owner of Aesthetic Dental Creations in Jackson, NJ. He is an alumni of the world famous Las Vegas Institute for Advanced Dental Studies and member of The International Association of Comprehensive Aesthetics. He also lectures to dentists in his study club at Monmouth Medical Center.

Dr. Srinivasan was elected by his peers as New Jersey's Top Dentist in 2009.

