



Creative Living with  
 Sheryl Borden  
**7200 Series**  
 Home, Hearth & Health - Section II



# Table of Contents

## Home, Hearth & Health

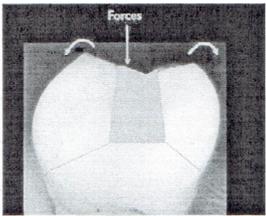
Mindfulness of Body Practice .....	I-3
Kimball Starr Interior Design.....	I-4
MasterBrand Cabinets, Inc.....	I-5
The Components of a LSF Lifestyle .....	I-6
Foods That Feed Your Brain.....	I-7
Projects From Minwax.....	I-9
Less Drilling Feels Great.....	II-11
Primal Dentistry .....	II-12
Qi Jong Meditations.....	II-13
Quit Brushing Your Teeth!!!.....	II-15
Questions & Answers Regarding Biomimetic Dentistry .....	II-16
Guests .....	II-17

**Due to the size of this section, it has been separated into two sections in order for it to be downloaded more quickly. For instance, “Mindfulness of Body Practice” is in Section I on page 3, whereas “Less Drilling Feels Great” is in Section II on page 11.**

# LESS DRILLING FEELS GREAT!

The revolution is here! Advanced dentistry minimizes drilling and shots, while it saves teeth and slashes long-term dental costs. What more could anyone want? The quick fixes of traditional "drill and fill" dentistry, rooted firmly in mid-1800s science can finally begin to be consigned to time's dustbin.

Until the 1950s, we didn't realize that high-speed drills micro-fractured teeth, the boxy filling designs required by drills helped crack teeth apart due to fatigue or that this fracturing is aided by mercury-based filling materials, which expand and contract more than teeth do.



On all levels teeth are composed of arches, one of architecture's most perfect forms for surviving compressive forces. The more arch structures destroyed by decay or a drill, the less likely a lifetime of constant chewing and clenching forces.

For virgin teeth, **conservative micro-air abrasion** is perfect! These mini sand blasters are selective only for ruined tooth structure. Also, air abrasion creates smooth, rounded filling preps that disperse chewing forces. Both benefits minimize tooth fracture rates. Additionally, it is important to accurately and predictably diagnose decay early so decay itself doesn't destroy too many arches.

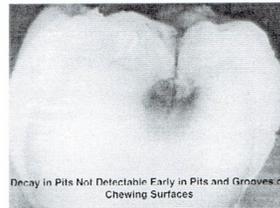
**Dental x-rays and picks are outdated.** X-rays diagnose decay late in the game and explorers are correct only about half the time. Neither can track or measure cavity growth or healing. These last century tools don't protect the integrity of a tooth's structure for the lifetime we want our teeth to last. The current diagnostic gold standard is the **Canary System**. There are other modern systems, but the Canary is my favorite for many reasons. Its low-powered, laser-based sensor detects decay four times earlier than dental X-rays and quantifies decay severity. Here are a few of its advantages:

1. It is precise and consistent and detects even pinpoint decay. In early decay stages, a hygienist and patient working together can intervene to help reverse the decay process.
2. It can scan around and beneath seemingly intact fillings and sealants to depths of 5mm. That's important because there are 3 ways teeth can decay from the inside out, something almost always overlooked

by the dental industry.

3. The Canary System detects decay in between teeth better than x-rays and without the radiation.
4. Unlike x-rays, it can indicate a cracked tooth.
5. The Canary indicates if decay is reversing by re-mineralizing. This is particularly important if the dental team uses ozone to help reverse the decay process with a patient's dietary cooperation.

**Decaying Teeth Can Heal - With Help!** Once a hygienist or dentist has painlessly cleared away the organic debris in a compromised tooth with micro-air abrasion, applied ozone gas will kill microbes at and up to 5mm beneath the surface. The ozone will also deactivate acids the microbes produced that if left, would continue the decay process. With a diet low in simple carbohydrates and processed foods, the tooth can re-harden from the inside out! The Canary can monitor this success!



If caught early enough, a hygienist can also apply a "Super Sealant," which bonds better to teeth than current sealants and maintains that bond *unlike* typical sealants. Typical sealants

often leak and create what we in the business call sealant bombs. Sealant bombs also occur when traditional decay diagnosis miss the decay they are intended to discourage, and it is sealed over.

Super Sealants also help a tooth stay mineralized and may protect tooth surfaces in between teeth. This could provide a fantastic service, especially in under-served populations. Innumerable dentists have told me they placed typical sealants on their children only to have teeth bomb out with decay years later. As you can imagine, they are devastated!

If a tooth is decayed beyond the stage where a sealant will do, "biomimetic" dentists use superior layered bonding techniques and specific white filling materials that expand and contract at the same rate teeth do to help a tooth survive a lifetime of chewing. Biomimetic techniques are even more important if a tooth has already experienced a high-speed drill. Two facts emerge about this different dental model:

1. It can save untold billions of dollars while it
2. Alleviates much of the daily suffering from tooth pain and secondary health and social issues arising from untended tooth decay.

# PRIMAL DENTISTRY

**P**rimal is a hot new descriptor for everything from primal diet to primal clothes, pet foods and deodorants! It works because of a growing awareness we can begin to strip away some of the complex problems we've created for ourselves with technologies and products that offer convenience, but which come with high environmental, social, health and financial costs we ignore.



## What is Primal Dentistry?

Perhaps we should question our casual attitudes about amputating tooth structures with high speed drills, using health-savaging

heavy metals to fill the potholes, expecting our children to have shrinking faces (and airways) that can't hold a full complement of teeth, or suggesting a known neurotoxin like fluoride is a primary panacea against decay? Did our ancestors need these? Can't we know more, then do better?

Consider this: we are a walking collection of microbial ecosystems carrying 10 times more bacteria cells than human cells and 100 times more viruses. These can help or hinder optimal weight, mood and brain function, gut integrity, immunity, and so on. A more sensible approach is to control our internal environments so we predominantly host the microbes that keep us healthy and happy.

Parallels between soil and plant health and human health are striking. Just as pesticides often decimate the beneficial soil microorganisms and enzyme activity necessary for strong plants, systemic fluoride inactivates 68 enzymes and "foods" like sugars, other simple carbohydrates and processed foods skew human health in multiple ways. They create excessive acid waste in tissues and kill off beneficial microbes. Acid-loving hostile microbes like yeasts and germs that thrive in oxygen-free environments are happy to fill in and create health havoc. In the mouth, it is reflected as bleeding gums, crusty deposits, and tooth decay.

## Weeding and Feeding an Organic Garden Requires:

1. Microbial-rich soils at a proper pH (acid/alkaline)
2. Enough water so plants can move nutrients and stay hydrated.
3. Proper micro- and macro-nutrients in natural forms; the right amounts at the right time

4. Toxin avoidance - no pesticides or herbicides. No GMO pesticide-ready crops.

## Weeding and Feeding Human Ecosystems Require:

1. Alkalizing the diet with a variety of fresh, unprocessed foods and organic fruits and especially vegetables grown in mineral-rich soils; conquering sugar addictions.
2. Staying hydrated with toxin-free, neutral pH water
3. Conscious nasal breathing always
4. Toxin avoidance - no pesticides, heavy metals or known neurotoxins

## Common Sense Local Gardening



There are a few things you can do for the local oral ecosystem while you work on rebalancing your entire body's chemistry and ecosystems:

1. **Brush and rinse with baking soda.** Baking soda is alkalizing, so it improves the environment for the helpful microbes. Baking soda is about 10-20 times gentler than most pastes on the market.
2. **"Common Sense"** tooth powder adds a bump to baking soda. Baking soda is its base, but it has a more pleasing taste, and the packaging makes it easier and more portable to use. An additional perk is that it contains calcium and phosphorus, much safer minerals than fluoride that help a tooth remineralize from the outside in.
3. **Chew delicious cardamom seeds** after meals as they do in India! They are anti-microbial, mechanically cleansing, and stimulate saliva flow.
4. **Stay hydrated.** Mineral-rich saliva is essential for neutralizing acids and maintaining healthy oral ecosystems.
5. **Essential oils.** Many essential oils like cinnamon, clove, tea tree, Manuka, spearmint and peppermint are anti-microbial, alkalizing, and some even prevent microbes from adhering to teeth!
6. **Ozonated oils** kill germs on contact, alkalize, slough diseased tissues, and help reduce gum pockets among many other oral benefits
7. **Probiotics specific for the mouth** like Therabreath's Oral Probiotic reseed beneficial oral BLIS bacteria to help crowd out the hostile germs that cause cavities, ear aches, sore throats, bad breath and more.

**COURTESY: Carol Vander Stoep,  
RDH, OMT**

**Author: Mouth Matters**  
[www.mouthmattersbook.com](http://www.mouthmattersbook.com)

# Qi Gong Meditations

Qi Gong Meditations for Healthcare Providers, Their Patients, and Every BODY by Patricia Bates, MSAOM, LAc., is more than a book of meditations; beautifully interwoven with the "how-to" of meditation are stories of the author's experiences with qi gong meditation. Gentle but strong in her encouragement that meditation is for everyone, including children, it is often finding the appropriate meditation for the present time in our life that will help us continue with a practice that has been around for thousands of years. This book offers a number of meditations for you to practice to see which exercise is best for you.

Divided into two parts, the first part includes, in addition to real-life examples, a history of meditation, a description of different meditation styles, techniques to help motivate and incorporate meditation into your daily life, and research examples showing some of the benefits of meditation. As a healthcare provider, Patricia also includes a chapter on how meditation can be included in a healthcare setting.

The second part of the book has many meditation techniques from which to select with diagrams presented in a clear straightforward manner to help you easily learn various styles of qi gong. Variations of moves include moving gently to encourage relaxation and stretch, more vigorous movement to increase circulation and energy, and stilling the mind for inner peace. Examples are organized so you can learn one part of a meditation at a time. As you learn the individual parts, you can then perform the individual moves together as a whole. This is the teaching method that the ancient masters used - before you perform the whole, learn the pieces.

Included are directions for Ba Duan Jin (Eight Piece Brocade), a Shao Lin Monastery Qi Gong exercise, Angel Wings of Light, a walking meditation, laughing meditation, and three relaxing visualization meditations.

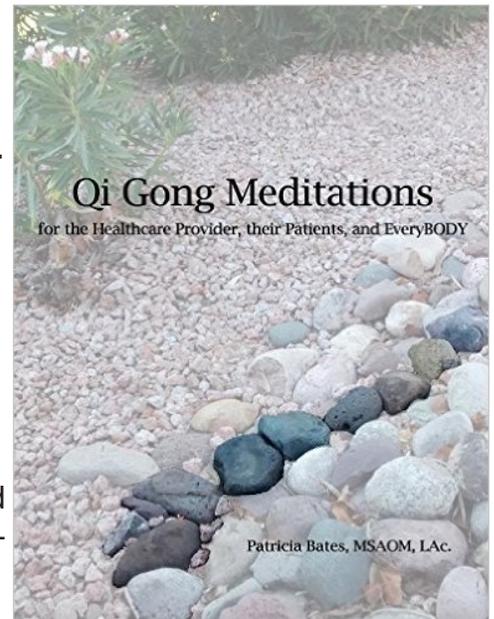
## What is Meditation?

The simple answers to the oft-asked questions, "What is qi gong and meditation and what am I suppose to feel?" are: "The definition can be complex yet simple." And, "You will know it when you experience it."

The outcome of all meditations that I am aware of isn't about being "right", and the more one meditates the more one understands it's not about being right, it's not about ego, it's about letting go of being right and letting go of ego. The by product of this letting go of ego and even thoughts is a sense of relaxation, peace, and for some a spiritual transformation.

What most forms of any meditation have in common and thus can become a definition is: the practice of a specific technique, of which there are many, to achieve a sense of peace, calm, inner happiness, stress reduction, and/or health. Additionally, meditation may lead to a transformation of thought from experiencing the separateness of everything we see in life, to that of a sense of oneness that may feel like an incredible and indescribable feeling of Love or as some describe it, God. Though there are many names of various practices and techniques to accomplish this, the outcome can still be the same.

With so many different names, outcomes, and approaches to meditation, this alone is reason for so many misunderstandings and disagreements.



Mediation comes in many "flavors" from different cultures spanning thousands of years. With all its different forms, styles, intentions, and techniques, it is all still meditation. Rather than getting caught up in the differences, a key here is to find a form that works for you, use it while it works, and feel free to change it if it no longer works for you. Some meditations use movement while others are practiced stationary such as while sitting, standing, or lying down. Qi gong can be practiced with either of the styles.

Intentions and outcomes of meditation can include any or all of the following: Sense of Wellbeing, Relaxation, Stress Reduction, Better Health/Memory, Inner Peace, Spiritual Transformation, Transcendence.

For interest and comparison purposes below is a brief summary of several types of practices from around the world that are associated with meditation.

#### **Qi Gong:**

*Qi* is translated as vital energy which in turn can be interpreted as the energy or force that makes up everyone and everything in this world, and perhaps beyond. It is what makes us tick. In oriental medicine *qi* is often categorized according to its "job". For example, what makes a lung a lung and not a heart? It's lung *qi* versus heart *qi*.

*Gong* is translated as cultivation. Put them together and *qi gong* means to cultivate vital energy. This is accomplished through a regular practice of postures and forms either while sitting, standing, or moving. Breath and sounds are often incorporated into the practice. There are hundreds of styles carried forward from ancient times and it seems as there are more devotees in modern times, more styles are being developed.

#### **Taijiquan/Tai Chi Chaun/Tai Chi:**

*Taiji* means "grand ultimate" and also refers to the yin yang symbol. *Chuan* means "ballad, fist." Taijiquan is an extremely effective martial art with specific moves that can take years to learn, let alone master.

#### **Yoga:**

Of Sanskrit root, yoga translates as: to join together. Though not known for being a religion, I was once told that yoga means, at one with God. (And the way that we practiced it, I felt as if I was one with God.) Yoga is a health system with its roots in ancient India believed to date back 4,000 years. Its many postures, or *asanas*, are practiced as a way to achieve *Samadhi*, or becoming aware of an all-pervasive-pure-Bliss, aka: God. This is considered the reward for the disciplined. Practitioner may experience a sensation of losing the boundaries of one-self into the universe. It is always good to have the support and understanding of a teacher who has traversed these techniques on their own journey to help keep you on the yoga path, mitigate any fear, confirm the process, and share in the joy you are bound to encounter.

#### **Transcendental Meditation:**

Transcendental meditation or TM is a form of yoga known as mantra yoga. It was brought to the main stream by Maharishi Mahesh Yogi. The practice of Mantra yoga uses a focus of a sound or affirmation, called a mantra, often repetitively to achieve a state ranging from calmness to that of spiritual bliss. Not a religion or philosophy, TM recommends one sit quietly with an empty mind and chant the specific mantra, usually assigned by a teacher, for 20 minutes, twice a day. Many have found TM helpful in achieving stress reduction and a sense of inner peace and happiness.

#### **Reiki:**

The Japanese words *Rei* and *Ki* mean "God's wisdom or higher power" and "Life force energy" respectively. Reiki's premise is that through the laying of the practitioner's hands onto that of the client, this unseen *ki* can be channeled and passed on to the client through touch to promote balance and health. It is felt that when a person's life force energy is low, there is decreased health and when *ki* is strong, health and energy are in balance.

**COURTESY: Patricia Bates**  
Acupuncturist, herbalist, author  
[Youcansucceed2@yahoo.com](mailto:Youcansucceed2@yahoo.com)

# QUIT BRUSHING YOUR TEETH!!!!

What every patient needs to know about tooth brushing

This is something that will adversely affect the vast majority of people sometime in their lifetime unless a very conscious step is taken at some time to alter oral hygiene habits. Probably one of the most damaging and lingering problems facing dental patients throughout their life results from teaching five year old children how to brush their teeth. We should instead teach children how to brush their gums!

Now that you have recovered from that shock, here's what happens. Teeth are brushed properly only when the patient concentrates on brushing the gums and teeth in an up and down motion. What we do when we teach five year olds to "brush their teeth" is we allow them to saw back and forth on their baby teeth, the only motion a five year old is capable of mastering in oral hygiene.

So, what happens when the permanent teeth erupt? Flash forward a quarter of a century. Most adults still have habits that are related to brushing the baby teeth they have long since lost. If you live long enough, a bad brushing habit will eventually cost you your teeth. How? Fortunately, most people in general are most susceptible to decay only during two periods of their life, before 20 years of age, and after fifty years of age. When permanent teeth erupt, they go through a hardening stage that lasts for several years, and makes the teeth more resistant to decay by age 20. What happens after fifty years of age? Not only age, but any disease that affects the immune system, depression, diabetes, asthma, high blood pressure, etc, can promote serious decay, particularly at the gum line as gumlines inevitably recede with age!

Solutions? To make a long story short, the patient must concentrate on brushing their teeth AND GUMS in an up and down motion. While some patients can relearn how to brush with a manual tooth brush, the easiest solution lies in breaking the habit by switching to an electric toothbrush. We tell our patients that they will not break the habit of bad brushing unless they brush in an unfamiliar place, anywhere but standing in front of the bathroom mirror. Looking in the mirror is pointless. You simply cannot see over 80% of the areas that need to be brushed. (The shower is the best place for oral hygiene.) While the little pink tablets help and any place that accumulates

plaque will show up, patients must re-learn to brush their teeth by "feel". They must feel the tooth brush follow ALL of the tooth gum lines with the brush. Learn how to brush those areas by "feel".

**Tooth brushing:** What you brush your teeth with is not as important as how you brush your teeth. Learn how to brush all the surfaces of the mouth, including your tongue. The tongue harbors the most bacteria associated with bad breath, and is a reservoir for re-infection of the teeth and sinuses. Baby boomers who never used tooth paste have fewer problems with their teeth than those who did use tooth paste because the original tooth pastes had sugar in them. Plain Baking Soda on a tooth brush is the cheapest "tooth paste" and is equally effective as any brand of tooth paste in removing stain from teeth. Be sure to sanitize all tooth brushes regularly.

That still leaves the areas between the teeth that are most susceptible to gum disease, and most adults have some gum disease. Floss is great when a person is young, but gum tissue and bone does recede naturally with age, making floss less effective. The more root surface exposed, the less effective is floss. Using an appropriately sized interproximal brush between the teeth will virtually eliminate gum disease and root decay in places floss cannot reach. You have three choices for care between your teeth:

1. Floss
2. Interproximal brushes
3. Or eventually lose your teeth if you live long enough. Interproximal brushes are the best.



This patient improperly brushed the teeth every day, and there is serious gumline decay on the cuspid. The teeth on either side were in the brushed area and did not decay. Nobody had taught the patient to "brush the gums."

# Questions & Answers Regarding Biomimetic Dentistry

The damage has been done, how to pull teeth back from the brink.

## What are two distinct problems facing dental patients?

1. Decay
2. Periodontal disease

Decay and the initial breakdown of teeth starts with poor prevention and antiquated and disproven methods for treating decay. The favorite tool of the dentist in treating dental disease, the high speed drill, begins an irreversible cycle of "Drill, fill, bill and drill, fill, bill, etc."

Although gum disease generally starts later on in life, the genesis of both decay and periodontal disease is one and the same: microbes that require low, acidic pH. The solution is to establish an acid/base balance favorable to health.

A poorly educated professional system has created a public health nightmare. We need to fix the educational system.

## What are the problems facing this segment of the population starting with prevention?

The continued initial use of sealants will lead to a future failure rate of at least 50%. An

uneducated dental professional population is the problem. The continued use of the high speed drill as an initial tool in the intervention of decay will ensure a continued future failure rate of 80% of those "restorations."



The lack of education among the public regarding "Informed consent" will contribute to more of the same. The lack of education among the public

regarding simple preventive solutions will also continue to insure more of the same.

## What are the solutions to the problems both dentists and patients face for transforming dentistry to a patient-centered health science?

The problem is lack of education and awareness among the patient population and the dental profession. Fixing the problem of prevention of both dental decay and periodontal disease is largely one and the same: pH.

The solution to raising pH and thus preventing both dental decay and periodontal disease is simple and cost effective:

plain baking soda is basic and neutralizes acids.



The solution to the initial problem caused by microfracturing is simple: Ban the indiscriminate use of the high speed drill on virgin teeth, particularly those without open lesions. When the tooth has been seriously damaged by traditional dentistry using the high speed drill, amalgam fillings, and improperly placed bondings, the teeth can be restored to their original strength through the meticulous application of scientific principles of tooth reconstruction. This is called Biomimetic Dentistry, or dentistry mimicking the biology (and physiology) of natural tooth structure.

**COURTESY: Dr. J. Tim Rainey, DDS, MAGD**  
**Texas Institute for Advanced Dental Studies**

[www.tiads.com](http://www.tiads.com)

# Home, Hearth & Health Guests

**Patricia Bates**

14300 W. Bell Rd. #214  
Surprise, AZ 85374  
425-445-0452

[Youcansucceed2@yahoo.com](mailto:Youcansucceed2@yahoo.com)

**Latriece Brooks**

Brooks Interiors  
125 Colonial Estates Parkway  
Clovis, NM 88101  
575-799-4888

[brooksinterior@gmail.com](mailto:brooksinterior@gmail.com)

[www.brooksinteriorsllc.com](http://www.brooksinteriorsllc.com)

**Bruce Johnson**

Minwax  
10 Mountainview Rd., Suite A  
Upper Saddle River, NJ 07458  
973-841-1736

[askminwax@sherwin.com](mailto:askminwax@sherwin.com)

[www.minwax.com](http://www.minwax.com)

**Kate McKay**

Author, speaker, coach  
6 Morin Rd.  
Newburyport, MA 01950  
978-387-7873

[katesiena@comcast.net](mailto:katesiena@comcast.net)

[www.kate-mckay.com](http://www.kate-mckay.com)

**Michelle Ontiveros**

Clinical Mental Health Counselor  
1400 Fairway Terrace, Apt. 27  
Clovis, NM 88101  
505-974-9488

[M82ontiveros@gmail.com](mailto:M82ontiveros@gmail.com)

**Dr. J. Tim Rainey, DDS, MAGD**

Texas Institute for Advanced Dental Studies  
606 Osage St. – P O Box 1044  
Refugio, TX 78377  
361-526-4695

[jtimiraney@tiads.com](mailto:jtimiraney@tiads.com)

[www.tiads.com](http://www.tiads.com)

**Jenny Rausch**

Karr Bick Kitchen & Design  
2715 Mercantile Cir.  
Brentwood, MO 63122  
314-486-8467

[jenny@karrbick.com](mailto:jenny@karrbick.com)

[www.karrbick.com](http://www.karrbick.com)

**Elizabeth Somer**

Author & nutritionist  
4742 Liberty Rd. S., PMB 148  
Salem, OR 97302  
503-362-2368

[esomer@earthlink.net](mailto:esomer@earthlink.net)

[www.elizabethsomer.com](http://www.elizabethsomer.com)

**Kimball Starr**

Kimball Starr Interior Design  
1616 16th St. #370  
San Francisco, CA 94013  
415-637-8203

[Kimball@kimballstarr.com](mailto:Kimball@kimballstarr.com)

<http://kimballstarr.com>

**Carol Vander Stoep**

Mouth Matters  
11 Tall Oaks Trail  
Austin, TX 78737  
512-288-3331

[carol@mouthmattersbook.com](mailto:carol@mouthmattersbook.com)

[www.mouthmattersbook.com](http://www.mouthmattersbook.com)

**Andy Wells**

MasterBrand Cabinets  
P. O. Box 420  
Jasper, IN 47547-0420  
812-634-0451

812-630-0656 (cell)

FAX: 812-481-1867

[www.masterbrand.com](http://www.masterbrand.com)