

TRACE DEFICIENCIES

Some things every Parent, Patient, and Dental Care Giver needs to know about
“Trace Deficiencies”

Or my opinions after three decades of experience, practice, research, and teaching
“One definition of insanity is to keep on doing the same thing expecting different
results.”

When we opened this practice, I had made a commitment to “Preventive Dentistry”. Instead of being part of the problem, a dentist who is looking for things to fix, I made a commitment to build a practice dedicated to helping patients stop future dental problems. Three decades later after we helped develop numerous techniques utilizing materials that replace the need for most drilling on teeth which requires painful and very unpleasant shots of local anesthesia, most dentists still prefer to use high speed drills and local anesthesia to amputate huge amounts of healthy tooth structure to eliminate decay. We see very few dental practices taking the time and effort to help set their patients up for a lifetime free of invasive, painful, and otherwise unnecessary dentistry.

One of the things we have intercepted successfully numerous times are the consequences of cravings for sour “treats” that permanently strip the enamel from the front teeth. While Gator Aid and Mountain Dew are the usually associated with abuse and damage to teeth of teenage males, the most devastating consequences of these craving are seen most often in young girls. While a pickle craving can cause serious damage, usually the dissolving of the enamel is from sucking on lemons or limes, or the highly acidic and damaging treat “Lucas”.

There are physiological phenomena that make these cravings more damaging the younger the child. Parents, teachers, school nurses, and retailers need to be reminded that the younger the child the more control we, the public, have over damaging habits. Lemons, limes, pickles, sports drinks, Mountain Dew, and other highly acidic “treats” need to be off limits for children of any age, and if we observe this damaging behavior, we need to speak up.

The Remedy? Cravings in any individual are difficult to control, even if the individual would like to control an impulse. However, we stumbled on a possible remedy for reducing or eliminating cravings for sour or tart “treats”. To make a long story in this fascinating journey through life by a scientist short, by logical deduction we anticipated that these cravings were due to “trace deficiencies”. People and any animal will instinctively seek out sources of nutrition that contain elements that are in otherwise short supply in their diet. By simply having the parents or guardians place these children on a multivitamin plus minerals supplement daily, the craving will usually disappear within three months.

If your dentist or children’s dentist seems to be looking for an excuse to “fix something” and has not focused on a long range plan for prevention, please give us a call. We very seldom need to use needles or drills on our patients of record. We will provide a

preliminary examination for you or your child at no charge if you bring current x-rays. If treatment is needed, our techniques are so gentle that we ASK the parents to please stay in the room while most practices utilizing ancient technology with needles and high speed drills must bar the parents from entering the treatment room!

Come watch us “Work Our Magic™” with reliable, scientifically based, gentle, Minimally Invasive Dentistry.

Dr. J Tim Rainey, and Staff

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