

# OraMedia Dental Self Sufficiency

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Dear Reader,

Thank you for purchasing the books, 'Money by the Mouthful' and 'How to Become Dentally Self Sufficient' by Dr. Robert O. Nara. As you will learn, many of the products and services Dr. Nara discusses and had available are unavailable to us today. For example, **Zero-Lube**, by Scheer Laboratories, is an item I have not been able to locate but instead have been directing people to their pharmacies for **Biotene Rinse** for problems with dry mouth. We also did not have Dr. Nara's antimicrobial rinse, which is no longer available. He explained that **TheraSol** rinse, which we now carry, would work well in its place. In place of his calcium and phosphorous gel for remineralizing teeth, we now have **Restore Toothpaste** with calcium and phosphorus ions.

In addition, current data regarding fluoride use has caused us to take a fresh look at fluorides as a whole. While you will read Dr. Nara discuss the benefits of fluorides, keep in mind that this point of view was common at the time of writing these manuscripts. At this point we tend to shy away from the use of fluorides as topicals, for ingestion or for any other purpose. Tooth remineralization does not require fluorides, though they were thought to enhance the bonding of calcium and phosphorus on the surface of the tooth. We have also removed products containing fluoride, or removed the fluoride from the fine products we offer.

Finally, at the time the materials were written Lactobacillus was considered a major player in tooth decay due to its prevalence during decay. We now know that certain strains were likely to have been prevalent due to the benefit of their going after strep mutans - pathogens later found to be the real culprits in tooth decay. Nonetheless, high levels of Lactobacillus were indicators of disease process and the principles of treatment and prevention written about by Dr. Nara are still valid.

After reading these materials, you may be wondering if there is a dentist near you who practices along the same lines as Dr. Nara. This is one of the first questions I asked when putting the web site together in 1996. His reply was that

at one time there were Oramedics Fellows who practiced according to his teachings, but that they have since passed on, retired or gone back to restorative work for the money. (Please see: [www.mizar5.com/omedia2.htm](http://www.mizar5.com/omedia2.htm) ) In addition, please do not be lulled into thinking that if you locate a homeopathic dentist or a dentist who claims to practice 'prevention' that you are on the right track. The former has nothing to do with the way Nara practiced, and drilling and filling a tooth is now considered 'prevention' by the CDCP (Centers for Disease Control and *Prevention*). It is much the same as the issue over the word 'organic.' If you choose to become dentally self sufficient, don't look for much support in the dental community. If you do get it, it will most likely come from the hygienist – but remember, in most cases, he or she still works for the dentist. However, if you DO locate a professional team willing to back you on this approach, please let us know!

Thank you again for your order and good luck with the future of your (and your family's) oral health!



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P.S. Please help us reach others with this message. If you find that you have been helped by these materials, please tell others. Thank you, Tom