

Whole Health, Whole Smile

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The Osborne Bay Dental Health *Perspective*

Bee-u-tiful Smiles!

Did you know Dr. Steve is a Beekeeper?

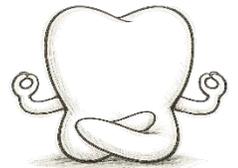
Bee honey has been found to have a strong positive correlation with oral health due to its natural antibacterial and anti-inflammatory properties. It contains enzymes such as glucose oxidase, which produce hydrogen peroxide, a mild antiseptic that can help reduce harmful oral bacteria responsible for tooth decay and gum disease. Additionally, honey is rich in antioxidants and phytochemicals that support the growth of beneficial bacteria in the oral microbiome. Maintaining a balanced oral microbiome is essential for preventing cavities, gingivitis, and bad breath, and honey helps promote this balance.

Unlike refined sugars, honey has a lower glycemic impact and does not promote bacterial acid production to the same extent, making it less harmful to enamel. Furthermore, honey's natural viscosity can help coat and soothe oral tissues, offering relief for mouth ulcers and post-dental procedures. Regular, moderate use of honey as part of oral care, such as in rinses or lozenges; may enhance saliva production, maintain a healthy pH, and support the natural defenses of the mouth. Overall, bee honey can be considered a functional food that benefits not only systemic health but also the delicate ecosystem of the oral microbiome.

Keep an eye out
For in office purchase of
Steve's harvested
Nitinaht honey!



What Makes us Holistic?



Our Focus is on the relationship between oral health and overall well-being

At Osborne Bay Dental Health Centre, we see your smile as more than just teeth, it's a window into your overall health and well-being. Our practice embraces holistic dentistry, which means we focus on the relationship between oral health and overall well-being every time you walk through our door. What's happening in your mouth can influence your entire body, and we're here to help you understand and care for that connection in a warm, supportive way.

Holistic dentistry at our office isn't about weird or scary procedures, it's about *whole-person care*. That means listening closely, talking about your lifestyle and goals, and thinking beyond quick fixes. We want to help you get to the root cause of dental concerns, not just patch systems. Whether it's understanding how diet affects your gums or exploring preventive strategies to keep your smile strong, we guide you with friendly expertise and gentle care.

You'll notice our team takes extra time to answer your questions and explain your options. We believe *knowledge is empowering*, and when you understand your body, including your mouth, you're more confident in the choices you make. From the moment you arrive, we create a space that feels relaxed and welcoming, because taking care of your health shouldn't feel rushed or stressful.

Being holistic also means we think about your comfort, your fears, and your personal story. We'll never just treat a tooth, we treat *you*. That includes helping reduce anxiety, talking through your concerns, and tailoring care that fits your unique needs. Our goal is for you to leave each visit feeling heard, respected, and cared for.

Functional dentistry focuses on the relationship between oral health and overall well-being.

We also take a mindful approach to the materials and techniques we use. As an integrative practice, we are thoughtful about supporting your body's natural ability to heal and thrive. We consider biocompatibility, safe treatment options, and preventive strategies that align with your overall health goals. Our philosophy is simple: dentistry should support your whole body, not work against it. By blending modern science with a wellness-centered mindset, we help you make choices that feel right for you and your long-term health.

So, whether you're here for a routine cleaning, a complex procedure, or just to learn more about your dental health and how it connects to your whole body, we've got your back. At Osborne Bay Dental, your smile is part of a bigger picture, and your health, comfort, and happiness *matter* to us.

Your Health History Matters

Why we update at every appointment and why we care about your medications.

You may notice that at each appointment we ask if there have been any changes to your health or medications. It might seem repetitive, but it's one of the most important steps in keeping you safe. Your overall health and your oral health are closely connected, and even small changes can influence how we plan and deliver your care.



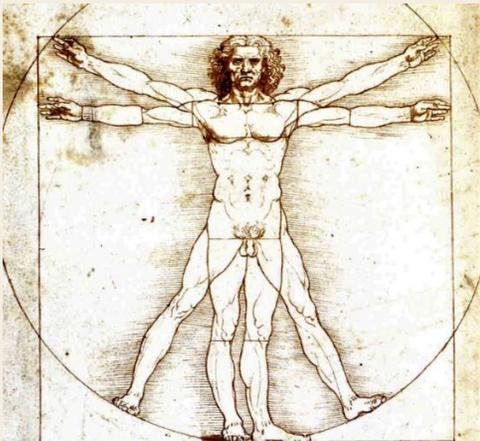
If you're ever unsure whether a medication matters, tell us anyway. When it comes to your health, more information is always better. Even vitamins, herbal supplements, and over-the-counter medications can play a role in your dental care. Some supplements can affect bleeding, blood pressure, or how quickly you heal. Certain medications can also cause dry mouth, gum changes, or increase your risk of cavities. By keeping us fully informed, you're helping us make the safest, most thoughtful decisions for your care, and that's a team effort we truly value.

Medications can affect how your body responds to dental treatment. Knowing what you take helps your dental team keep you safe, prevent complications, and tailor your care, before, during, and after your appointment. Some medications can impact bleeding, healing time, blood pressure, saliva flow, or how you respond to freezing and other treatments.



Bring Your Medication List

Please bring an up-to-date list of everything you take, including prescriptions, over-the-counter drugs, vitamins, and herbal supplements. This simple step helps us provide safe, personalized care and prevent potential complications, because your safety and well-being always come first.



Take a Moment to Ponder

3 ideas from me:

- If you can, you should, if not for shame alone.
- Feminine gives birth, masculine gives blessings.
- Nothing does not exist.

2 quotes from others:

- “Everything happens for you, not to you.”
-Byron Katie
- “When you are joyful the world looks joyful”
- Sadhguru

1 question to ponder:

Why did you not get what you came for?

Managing the Oral Microbiome

At Osborne Bay Dental Health Centre, part of our holistic-focused care includes helping you understand the **impact of oral hygiene on your microbiome**. Everyday practices like brushing, cleaning between your teeth, and regular professional care are all about *supporting beneficial microbes* while reducing the ones that cause disease. A healthy oral microbiome doesn't just mean a cleaner mouth, it supports your overall well-being too, because what's happening in your mouth can influence your body's health beyond your smile.

One tool we often talk about with patients is the **water flosser**. Water flossers are great at gently disrupting plaque and biofilm (that sticky layer bacteria form), especially in places that a toothbrush can't reach. Clinical research has shown that using a water flosser daily can help shift the balance of the microbes under the gumline toward a healthier community of bacteria and reduce harmful species linked to gum disease, which supports a healthier oral microbiome over time.

We love recommending a water flosser because it's easy to use, comfortable for many people, and *effective* in helping you look after your gum health every day. While traditional flossing and brushing are still important, adding water flossing into your routine can make it easier to clean tricky spots and maintain a balanced oral environment. A balanced microbiome helps keep your gums pink and firm and your oral microbiome managed. All part of our holistic approach to dental wellness here in Crofton!

