



## Dr. Linda Golden—One Patient's Experience

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Holistic dentistry is not something everyone has experienced, and it varies a great deal from traditional dentist offices. Instead of dread and anxiety, holistic dentistry patients look forward to their trips. Here, one patient—we'll call her Sally—discusses her experience with Dr. Linda Golden at the Golden Dental Wellness Center.

“Dr. Golden's waiting room is very spa-like,” explains Sally. “There were very few people in the waiting room, and the receptionist, who sits at a desk with a very large fish tank, greets all clients by name.” It was not long before Sally was called back to her room. She sank into the comfortable chair while warm boots were placed on her feet and moisturizer was massaged into her hands. Golden's staff gave her the option of choosing a TV show or movie on Netflix, and she was provided with state-of-the-art viewing glasses and earphones to enjoy her movie while the doctor went to work removing her mercury filling.

“When the drilling started, they massaged my feet,” says Sally. “I was so distracted by the movie I was watching and the foot massage that I barely noticed what was going on in my mouth.” The work that Sally was having done was, in fact, an important procedure. She had started preparing for it one week prior as she did a mercury detox program given to her by Golden.

The state-of-the-art technology does not end with the viewing glasses. In addition to X-rays, Golden takes photos with a small camera the size of a pen throughout each procedure so that she can document and explain, in detail, exactly what takes place. Sally says: “It was an educational experience. She took the time to really talk to me and listen to my needs before deciding how to proceed. Then, when the procedure was finished, she explained exactly what had happened. There is no rush with Dr. Golden.

“Unlike a traditional dentist, a trip to Golden Dental Wellness Center is more like going to a spa,” adds Sally. “It is a very calm experience, with a great deal of care paid to each individual patient. Her staff is exceptional, and the standard of care is topnotch. I would recommend it to anyone.”

