

Fear, Denial, Procrastination, Stupidity

... what ever you want to call it, my health is in jeopardy because of it.

This is my life long story of fear... had NO idea that this would hurt me as bad as I have recently just found out. 48 years old and I feel like I am acting as if I am 5. The only way I can **explain** my fear goes like this ... imagine yourself on the roof of a ten story building, you are on the edge with no rail, toes hanging over, your starting to wobble, heart pounding to the point you can hardly hear, feels like the blood is draining from your face. And all of this happens the moment I walk into the dentist office!

Yes this is just walking into the office. I have not even made it to the chair yet. My husband said it best... "I could drive the truck backwards all the way to the dentist office and Margaret would not have said a thing". And trust me I have something to say about his driving ALL the time.

This fear has put my life in jeopardy. Had no idea this could be this serious. It is just my mouth? How can this be happening to someone who has taken responsibility for their own health more than 20 years? I have been very proud to say that I have been healthy and that I do not put a drain on the medical system. I help my family and friends get and stay healthy. Started a business helping others all over the country.

My fear for the past 43 years has now turned into my BIGGEST fear coming true; I have no choice but to pay attention to it. I may not have any choice BUT that does not mean the fear is gone. I so need to learn to face this fear and deal with it. How do I do that?

I took cognitive counselling many years ago... he always asked me "what can you do to make the situation better for you". So the first thing I did was contact a dentist that does sedation dentistry. When on the website, I saw a page dedicated to "Catering to Cowards". Thought to myself, ok they at least recognize the issue of my fear. Emailed them and booked a FREE consultation.

March 16, 2010 - Now I need to walk through the door. Yes it is like walking up to the edge of the ten story roof. But I did walk through the door ... The news of what the dentist told me was absolutely devastating! Then he asked if I wanted to try and keep my own teeth? OMG what have I done to myself. I now know that I have a severe case [Periodontal Disease](#). Walked out with a prescription for antibiotic and pain killer in my hand. Oh ya and a future appointment to have a good tooth pulled.

I get home and immediately start a 4 pack a day dose of Immunocal (2 Immunocal and 2 Platinum). This is added to my routine of probiotics, omega 3, Vit D-3, fiber, oxygen, xtra sharp, cherry juice and calcium... mixed with a few PNT through out the day. I brush with the Immunocal toothpaste.

March 25, 2010 – After a week of absolute horrible pain, I am now about to have the tooth pulled... done! Sad to see a good tooth be pulled. Fear is still strong BUT I have no choice but to do what I have to do. Now the sit down of my future dental plan to save my teeth. WOW... he is a good dentist and I have built a trust with him and the other staff. Still afraid but I will keep going. Now I leave with gauze in my mouth, dazed at the news of my future plan. He will not work on certain teeth until we know we can save the teeth from the gum disease.

Now we book the cleanings that are not your normal cleaning. These cleanings involve freezing and the dentist suggested 2 certain people that could handle this job. Again...OMG what have I done!!!!

I will keep up the Immunocal routine plus taking all my other supplements.

Update as soon as I have more news... hope it to be good news 😊

Margaret