

GYSO Eps. 14 Dr. Skaricic Pharmacy

Dr. Gould: Alright everybody, hello out there. This is Dr. Joel Gould, and you're listening to the latest episode of Get Your Smile On. This is the most exciting half hour discussion of wellness dentistry on the internet. Today I'm speaking to you hopefully clearly from my telephone. Today we had an incredibly unusual experience of losing our internet service. Now unfortunately every single thing in my office runs on the internet, and losing the internet in the ideal days wouldn't be that difficult or wouldn't be that big of a deal but now everything. We couldn't even take X-rays, we couldn't have music playing, we couldn't do anything. All our computers need to communicate so it's kind of frightening. Makes me a little worried for where we are headed when it comes to our dependence on technology, cause it sure seems like, boy, these last couple hours were pretty tough.

We were considering cancelling this podcast but I guess technology is always going to give us these little glitches and we have to either deal with it or move forward. So here we go. So tonight we're going to take a little departure again from my usual vitamin D ranting or my fantastic and incredible Vitamin D stories from the most impressive vitamin D experts in the world. And we are going to be talking to a special type of pharmacist. And she does something that is kind of unique aside from the regular pharmacist she also does anti-aging treatments and I'm going to be pretty interested to see what she has to say. Now because we don't have any technical difficulties, I'm hoping that we are going to be able to get her on here. Maria do we have Dr. T on the line?

Maria: We don't yet sir. So I'll let you know as soon as she is on.

Dr. Gould: Okay. Alright so we're waiting for Dr. T. What I would like to do is probably...Gee I'm spaced with airtime. Why don't we talk about some of the previous podcasts? We did a podcast on magnesium and it's an interesting one because it's one of those things that you would never think about, know about or really understand is so important to us. And I recently got my second batch of blood work back to see how I had done with my supplementation with Vitamin D and Magnesium. Those are the two focuses on the vitamins that or the supplements that I'm really interested in. And right here at the office of Modern American Dentistry here in Manhattan Beach and the other two locations, Santa Monica and Northridge. And we have a supplementation sheet that is important and I guess that this is a good time that anybody listening to this podcast need to know that this is for informational purposes only. And before you change or make any changes to your medical supplements or routines that you check with your own medical doctor in case there is going to be any case of health issue that could be related. So it's very important.

So all the information that I'm giving you is really mostly related to the idea that even though the recommendations I'm making is simple but still you know people's health

can vary from person to person. And it's really important that you check even with the most minor things something like magnesium supplementation. In fact, people who have kidney issue may have an issue with taking too much magnesium. So cases where you have any kidney issues at all definitely consult with your doctor before doing anything. You know that's going to be a big change in their health. We talked about magnesium that we used to get in our diet.

Now it's very interesting just because we buy our food organic and it can be GMO free and it can be all kinds of things but we don't often consider what kind of soil it was grown in. And I have sort of gone off the deep end with my interest in health and health related issues and I've become from somebody who is really not that interested in vitamin supplementation I become fully consumed with the details of what we're doing to our bodies. And so speaking a lot about magnesium and how it's pretty incredible that we don't know what's in our soil and magnesium is missing because it's been depleted through repetitive farming. Then what else is missing from our soil? What are the things that we haven't really discovered?

Then also brings you back to our discussion last week with Dr. Michael Holick. He is the incredible medical doctor who basically discovered Vitamin D. He is the one who found the active form of the hormone and he is completely still involved in the management of how the Vitamin D and Vitamin D deficiency is being treated. And one of the things that we talked about was something called phenytoins, and those are other things that we get from being out in the sun. So we know about vitamin D.

There is still really obviously a lot of things that you really don't know. So this is kind of interesting to start think about. What are we doing with our bodies? Where are we getting our food from? And what's involved in that. Alright so we are still waiting for our guest Dr. T and what we are going to do is, I want to take a short commercial break to anyone who is listening hang in there for a second we're going to get to the bottom of where our guest is. Maria we are ready for a commercial break.

Dr. Gould: Hello

Dr. T: Hello

Dr. Gould: Hi, is that Dr. T?

Dr. T: Yes it is.

Dr. Gould: Hi Dr. T. This is Joel Gould from Get Your Smile On. We were waiting for you. I just want you to know that you've pushed my level of abilities in live telephone and lack of technology broadcasting. We are technically not even on the internet right now we are just strictly on old fashion land line and I have to fill actually got some of the good information across. Welcome to Get Your Smile On. And I would love it if you tell

everybody what your full name is, because I don't want to insult you by saying it. Go ahead.

Dr. T: The full name is Tihana Skaricic, like I said, nobody pronounces that right everybody calls me the last 20 years Dr. T, so I'm fine with that.

Dr. Gould: I like it. That's great! And that's a Croatian name. Is that correct?

Dr. T: Yes, that's correct.

Dr. Gould: Very good. Okay, I'd like my listeners know a little bit about you. So why don't you tell us about your background, your education background and history and how you came to be in LA doing what you're doing right now.

Dr. T: So about 18 years ago I obtain my Doctor of Pharmacy degree from University of Zagreb in Croatia in Europe. I came to US and I did my post graduate certificate in USC certificate diabetes, osteoporosis, immunization, Travel medicine quite a few. I was awarded Pharmacist Care Diplomate status at the time. And about six years ago I took intensive training from American Academy of integrated Medicine and obtain my certificate in BHRT meaning Bio Identical Hormone Replacement Therapy and later got my certificate in Integrated Medicine. So it's been quite an interesting journey for me, and very rewarding. I open up my private practice in Encino about ten years ago and that's Central Care Pharmacy.

Dr. Gould: Wow! Wonderful, okay. How unusual is it for someone to come through pharmacy to do their integrative Medicine that you're doing?

Dr. T: Yes that quite maybe a little bit unusual of me but for many years actually I always see my patient using very too many medications and yes they do get better in certain things they're using it for. But at the same time they deal with lots of side effects of medication. So I really become interested in Anti-Hu medicine because we use lots of natural organic supplement and we use Bio Identical Hormone or change of lifestyle or Nutrition. It's not just treating patient as a disease at this point.

Dr. Gould: Right. So one of the things we discuss is because this is a dental wellness and it's actually of course the whole body wellness program we talk much more about prevention then unfortunately what the current medical system has sort of fallen into. You have a problem you go to your doctor you get a prescription, you go home. So that's probably something that you saw earlier on that people were just getting prescription after prescription so

- Dr. T: Right
- Dr. Gould: trying to be earlier and do some preventive care and so that's great. I would like you to explain I sort of understand what would be the hormone replacement. So can you maybe explain what sort of the majority of what you do and maybe just tell us a little bit about it, how it evolves and how you deal with it?
- Dr. T: So Hormone Replacement Therapy is just one of the little segment that I do in addition to foodology testing and DNA genetic testing and many other things that actually we do at Central Care yes but my specialty is Hormone Therapy which means it's a pretty much simple procedure a patient take a test so we obtain a baseline of the hormone levels then after we have a baseline end result we can work exactly personalize for every patient. What is the level of hormone that need to be or if they need to do Bio identical hormone we do the compounding the file pharmacy specifically for that particular patient according to the result? So it's not like a dating game anymore.
- Dr. Gould: So what is Bio identical mean when you say it's the Bio identical. So this is synthetic hormone?
- Dr. T: Exactly. Bio identical means it's exactly the same natural hormone that your body produce. We do have some hormones in the pharmacy that's available but those are synthetic hormones the formula has been twisted a little bit not exactly 100% the same. When we talk about Bio identical it's the same exactly the body produce but just as getting older and getting aging pretty much, we do not produce exactly the same amount. So we just need to replace what's missing in our bodies.
- Dr. Gould: Sure. Okay, but my question is how do you produce these? I always get worried about synthetic anything because we can do a really good job with certain things but when it comes to a complex molecule it makes me nervous and the natural is definitely going to be safer. How are these fabricated?
- Dr. T: Well we use the pure pharmaceutically grade ingredients and lots of hormone are produce from herbal let's say wild yam you know different herbs that can actually be reproduced. When we're dealing with the big pharmaceutical company of course they have their own lobbyists. They cannot really patent something that is natural. So of course they have to twist the formula and then Premarin and Provera and similar synthetic hormone are born and been using the pharmacy for forty years but when we use the ingredients this is something that is strictly compounded into pharmacy but is not advertised and there is none specific related to that so we can basically exactly the same as the body produces. So that's considered the bio identical nature of hormone.
- Dr. Gould: Okay so one of the things that I have learned and really do in this podcast is just how pervasive the pharmaceutical companies ability is to control the way we give our medical care. I hadn't really thought of the idea that they would want to change the

natural product and make it something that they could actually patent. Wow the profit model is sure interesting, isn't it?

Dr. T: And the worst part is that actually you're thinking you're using hormone and all this bad piece in the media people hear about it because it's all about some petty hormone, the bio identical hormone do not have any side effect. So it's completely different result that you really get by using that.

Dr. Gould: Okay. That's incredible. So tell me what is the most common hormone that you are doing replacement for? Is there a top two or top three?

Dr. T: Well there are five most common or major hormones that actually we assess in the baseline which is estrogen, progesterone, testosterone, DHEA and cortisol. So those five hormones are obtained from saliva and once you receive result in about ten days, we are able to see exactly what is the level of the hormones that is available, to patient to be used. If we do the testing in blood, then it's completely different result. Blood tests really show the hormone that has been combined with protein, so it's not really the amount of hormones that are available for our patients to use. When we do the saliva testing we see much more in detail what is really available for patients to use and according to that we can do the compounding.

Dr. Gould: Well, okay, so you do like a cheek swab or you know.

Dr. T: No, actually just a spit in the tube and it takes about ten minutes into the morning, first thing in the morning, before breakfast, before coffee, before any of the activities in the morning and it's sent to the lab directly in about ten days I have the result.

Dr. Gould: Okay, and so now you compared you'd basically take someone's age and compared to what the standard or average should be,

Dr. T: Exactly!

Dr. Gould: I'd look to know if somebody are higher or lower

Dr. T: Exactly, but actually is I say with anti-aging medicine we treat a whole person. We just not looking only the numbers, yes I will have the results exactly, what is the level of estrogen? What is the level of I don't know, Testosterone? But at the same time I'm listening what patient is telling me, what is really bothering them, or him or her. You know what are the side effects they're experiencing the most? So we are pretty much focus and target more of those things that's really bothering the patients so we don't. You know hormones are really art, it's not just going over numbers and you do exactly number one, I'm going to give you this results or that results, you know you have to kind of listen both sides what the patient's telling you and somehow you put this all together and then make that the best.

Dr. Gould: Sure, that will be you using your diagnostic skills

Dr. T: Yeah

Dr. Gould: And your communication skills and all of your experimenting, and that's really interesting.

Dr. T: Yeah

Dr. Gould: Okay, so then aside from bio-identical hormone replacement, what are some of the other things you do at your practice?

Dr. T: Yes, at my practice I do food allergy testing is very common. I mean lots of people asking about gluten allergy or pretty much it's the blood spot test. We use ninety-five most common food allergies that are to be tested or is a very popular the DNA genetic sequence test. This is a cheek swab test; it just takes about ten minutes to obtain the genome or specimen. We send it to the lab and in about four weeks you get exactly very very specific types of what is the very best for patient. What kind of food to eat, what kind of exercise to do and what kind of supplements to take according to the genotype and genes that a patient has.

Dr. Gould: Okay, well...

Dr. T: Yeah

Dr. Gould: That's a very big topic to discuss so how long have this been going on and I guess, I have a bunch of questions. First of all, how long has this type of treatment been going on where you do? And I actually want to know how many different types there are, or is it an infinite number?

Dr. T: You mean specific DNA genetic test or just

Dr. Gould: Yeah! Yeah, genetic test in so much that you are actually looking to see what type of diet, what type of exercise regimen that

Dr. T: Right

Dr. Gould: Would be appropriate

Dr. T: Well

Dr. Gould: How long has that been going on for?

Dr. T: I would say about last eight or even ten years, I am pretty much focusing on this Anti-aging programs but specifically with the DNA genetic testing that is very new. It was only available to you know movie stars, and you know people like that before, but now it's

available to general public to take. I would say maybe last couple of years it has been available this particular test.

Dr. Gould: Okay

Dr. T: For the DNA test.

Dr. Gould: So is there a large number of different types of you know when someone gets their DNA identified like the top three or five main types of?

Dr. T: No, there is, it doesn't really go under any type of category. They have the patient gets very very specific. It's about thirty pages long, very specific information like according to your five most common genes when its tested in the lab, what kind of food is best for your body? How does your body process or metabolizes certain carbs or fat? What kind of exercise you need to do in order to get the best outcome? Somebody who maybe killing itself in the gym what you do on the treadmill for three hours when according to the genes, someone supposed to be maybe doing swimming or maybe doing zoom ball or you know completely different types of exercise. Yeah.

Dr. Gould: How interesting! Okay, what do you typically charge for something like that?

Dr. T: DNA- genetic test is for four hundred and eighty dollars and this is a once in a life time test. So pretty much when they do once, you can use their information for the rest of your life.

Dr. Gould: Well, how fantastic. I love it, so what other type of things you do at your office?

Dr. T: Yeah. So like I mentioned, bio- identical hormones are about two hundred and fifty dollars for the basic outline and then foodology test, it's about two hundred and eighty dollars. You know depends on the test we do the bio- meridian very advanced test, it's very unusual but it is approved by FDA. This is something that has to really say unusual because bio meridian is testing the meridian. It's a combination of let's say EKG with acupuncture combined together and it got FDA approval. So that's advanced really test. It's a really advanced machine, that it takes me about forty-five minutes to assess all the meridians from all the major organs in the body and in one hour I will have the results exactly, everything that is imbalance or balance, in that particular patient. And according to the results I can see exactly the best type of supplements for patient to use, what we need to focus on and you know how to really keep the patient in that shape.

Dr. Gould: When did that get FDA approval?

Dr. T: A little more than ten years ago. I've been doing Bio-Meridian now over ten years ago but even more than that. It started in Germany fifty years ago and then about maybe twenty years ago, the United States took the patent and they wanted to work on it,

because Bio- meridian was truly truly showing a very very specific result that sometimes it shows changes in the body even six months or a year before any blood test can show. So it was proven to be very successful and this is how FDA got into approval mode.

Dr. Gould: Okay, so, unfortunately we are sort of running short on time, but I actually have a proposition for you. I am very interested in absolutely everything that you're talking about and I'm really interested in knowing more because I have shared with a lot of my listeners some of the health issues I have that actually brought me to this point where I have this podcast and discuss these wellness issues. I would like to come and see you and I would like to get myself tested, and then what I would like you to come back on the show and then we can maybe talk a little more in detail about you know maybe my experience and some results that I had. And I think that you know, discuss a lot of things that we hear about but we don't often get the opportunity to have like a legitimate person who does this explain it in the way that you have. And it has made a lot of sense to me so far.

Dr. T: Oh yes, I would love to have you in my office and we will have a complementary test for you and you can see what I am talking about.

Dr. Gould: Okay, well complementary is always great but what I would like to do now is, I'd like to let my listeners know how they can find you, if you want to go ahead and tell us what your website is and maybe give us a phone number. And I think you have two locations for the pharmacy but you're one practicing.

Dr. T: Yeah, actually we kind of consolidate everything in Encino office at the moment so we have a central care pharmacy in Encino on Ventura Boulevard and that would be the site www.central-care.com. Or they can just Google doctor T and I am sure it's going to pop up everywhere.

Dr. Gould: We should be hopefully the number one hit when we Google doctor T. I love it.

Dr. T: Yes, Yes.

Dr. Gould: Okay. Well, for everybody out there I want to thank you for hanging in there while we had our technical difficulties, and unfortunately like we are short on time, but I am pretty excited about learning a little bit more about the sort of unusual and seemingly fantastic sounding techniques that you've got. And I can't wait to share the results and give everybody more information on this topic. Doctor T, thank you so much for being on my show.

Dr. T: Oh, you are very welcome and thank you for having me.

Dr. Gould: Okay, my pleasure will see you soon. Hey everybody, thank you so much. If you were stuck listening to this and wondering, Oh, is he going to have to talk like on the magnesium episode where my guest was really late. Sorry for doing that. I am probably

going to have some more prepared shows just in case these technical difficulties happen again. Anyways, thank you all for listening. To any of my new listeners, please check in with us next week, we have an incredible guest and hopefully we'll be back to our full technology and hopefully things are going to work out a little better, until next time, hang in there. Please get your smile on, see you next week.