

# How NuCalm works within our practice

By Dr Craig Newman, Merimbula, NSW

Fear and anxiety are the biggest barriers to people seeking help with their dental problems. Sedation is a wonderful tool to help many people cope but this does have risks and limitations; patients requiring close monitoring during and after the procedure. So I wanted to find something that gave my patients another option, a non-medicated option, and NuCalm was introduced to me.

The NuCalm system, which shuts down the anxiety response with no after-effects, seemed like it would be an amazing addition to our tool box.

Sometimes a beginning is not so obvious as it was with my use of NuCalm. Dr. Omer Reed, a pioneer in dental practice, is a leading NuCalm user and knowing Omer's astuteness led me to contact Kenton and David at Solace Lifesciences in the U.S. After a number of discussions and much research I elected to have the system shipped to Merimbula. I was quick to take the system home and trial it on myself. The experience was quite unique; I was quickly in that zone you enter just before you fall asleep – a very nice place to be. Time seemed compressed as what I thought was about 20 minutes later was in fact over an hour after commencement.

Patients were next. Darcy, a good mate of mine needed impressions for an MAD to treat his sleep apnea. His gagging has held him back. First the lower impression without NuCalm and the usual gagging. 15 minutes later with NuCalm in full swing we sailed through the upper impression with no problems whatsoever. He and I were blown away. Commonly what I see is people are quiet, relaxed and compliant.



None of the avoidance behaviours are present. The big upside as a practitioner is the increase in productivity and lower of your personal stress level whilst people are "NuCalming".

I won't say NuCalm has worked on every client and we have had a few who haven't taken to the system, but overall most people have had significant benefits from it.

One of the big advantages of using NuCalm is that it takes very complex science and makes it a simple 4-step process that you can master very quickly.

## NuCalm's four part system includes:

**Dietary supplements** – proprietary formulation of amino acids that naturally counteract adrenaline. The main ingredients are GABA and L-Theanine – both are known to help relax you

**CES (Cranial Electrotherapy Stimulation)** – research shows this helps the dietary supplements counteract adrenaline. The CES unit is similar to the Alpha-Stim microcurrent unit and does not require a prescription for use

**Proprietary neuroacoustic binaural beat software** – you listen to soothing classical music that includes beats that essentially hypnotize you and guide you to a pre-sleep state

**Light-blocking glasses** – blocks out light and helps you relax

I do encourage you as I did to have a look at this product. NuCalm has been a great addition to my tool box and with the ongoing support from the team both in the U.S. and Australia I feel confident that NuCalm will be here to stay.

Our job can be incredibly stressful and our sympathetic system is on high-alert and this can remain on as we go home. NuCalm at home will wind you down in no time, then a glass of red to finish off the night. ♦

To find out more information about NuCalm visit [www.nucalm.com.au](http://www.nucalm.com.au)

