

WELLNESS IN *Goa*

# Bare Your Teeth!

Dr. David J. Lincoln examines the lure of dental treatment in Goa

Whether by design or accident, many tourists from the UK, Europe and even further away find themselves in need of dental treatment. It is at this time that they notice that Goa seems awash with dental clinics.

The first thing that really surprises the tourists is the cost, quality and variety of treatment available. This along with the speed of treatment and the fact that most dentists will see their patients at a time that suits the patient leads them to the dental clinic.

The tourists, some of whom may be in great pain, are further surprised that the clinics they go to in Goa are as clean and well equipped as the clinics they are used to back home. In many cases, the clinic here is even better equipped.

Many of the dentists specialise in treating patients who are particularly nervous. Some even use modern hypnosis techniques along with emotional functional therapy to relax their patients into a state where pain is not a problem. The use of essential oils such as lavender in the diffusers helps patients to relax easier.

The dentist also uses surface anaesthetics that numb the area where the dreaded needle is inserted. This use of surface anaesthetic, along with a unique technique of pressure point and breathing exercises before local anaesthesia, makes the injection completely painless. All of this leaves the patient with a feeling of pleasure rather than the old anticipated dread. This in turn leads the patient to actually look forward to complete his treatment.

All modern treatment procedures are available in Goa, including dental implants and full surgery, as



"Or there was never yet philosopher  
that could endure the toothache patiently."  
William Shakespeare  
Much Ado About Nothing

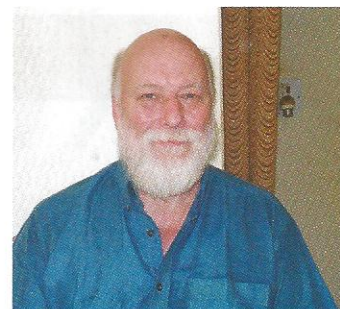
required. Sterilisation, to ensure a virus and bacteria free environment, is given utmost importance in all clinics.

There are several specialities of dentistry also available in Goa. Among some of the better known ones is orthodontics. This is a speciality which deals with the re-alignment of teeth and bone structure in relationship to dentistry. Other specialities in dentistry include Cosmetic Dentistry, Implants (replacing missing teeth with titanium inserts), Prosthodontics (crowns/bridges and dentures), Endodontic (root canal treatments), Paedodontics (child dentistry), Periodontics (gum and surrounding bone) and Oral Surgery. Anti snoring devices are also now available with dentists in Goa, which help combat sleep apnea.

Cosmetic dentistry is often well beyond the reach of tourists in their own country. The cost structure of dentistry here can be up to ten times cheaper than the tourist's home country without any compromise of quality.

Those who have discovered this cost effective treatment actually plan their holidays around their dental treatments. The cost of holiday and treatment together is still considerably less here than the cost of treatment alone in their home countries.

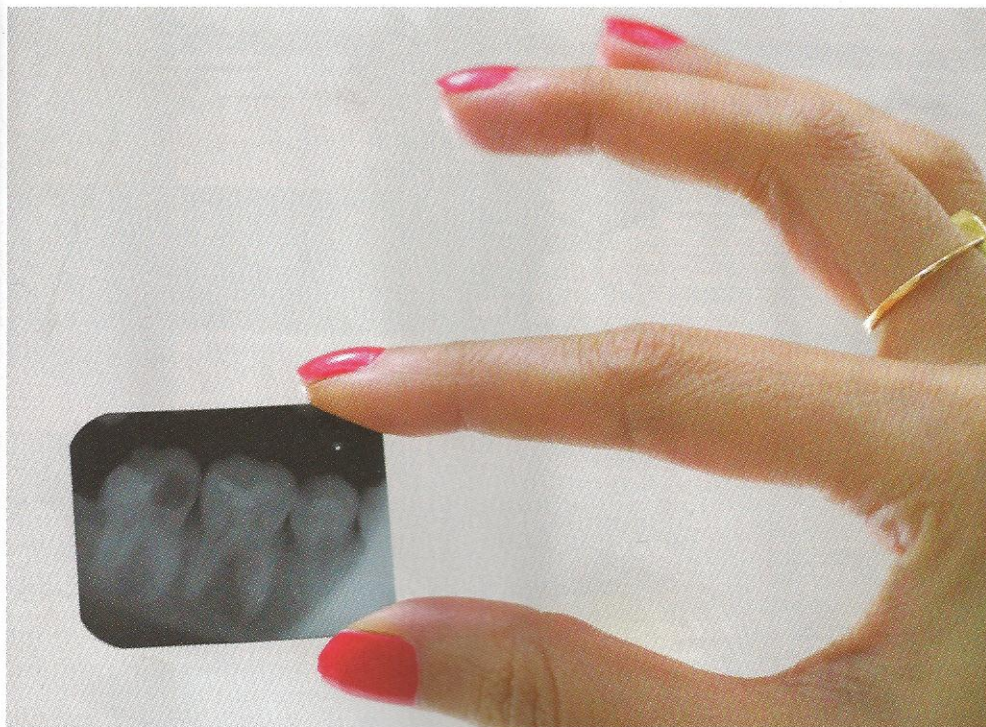
Many insurance companies throughout the world are happy to cover the cost of treatment in Goa, provided their policy covers dental treatment.



Dr. David J Lincoln BSc PhD is a consultant clinical psychologist and a certified hypnotherapist, Reiki Master and Neuro-Linguistic Practitioner. No stranger to complementary therapies, Dr. David has written a number of articles and books on the subject including 'A Confusion of Therapies (A-Z list of therapies)'. Now, a life coach and a mentor, he has worked and travelled to many countries while carrying out research on the mind-body connection.

I'm always amazed to hear of air crash victims so badly mutilated that they have to be identified by their dental records. What I can't understand is, if they don't know who you are, how do they know who your dentist is?

Paul Merton



Technical contents in this months' article have been checked by Dr Supriya Wagle of Dental Affairs, Goa.

In the next issue we will look at some alternative body therapies that are readily available in Goa.

Dr. David J. Lincoln can be contacted at: [psychologist@therapist.net](mailto:psychologist@therapist.net)

**FOR BACK ISSUES**

email us at [contact@planet-goa.com](mailto:contact@planet-goa.com)

**JUST RS. 499/-**

(for 6 issues)

[www.planet-goa.com](http://www.planet-goa.com)



**HEALING SOULS.....**

A JOURNEY TOWARDS LIFE & BEYOND.....



- Hypnosis
- Past life regression
- Chakra Diagnosis
- Counselling
- TAO Discipline

**Contact:**

Dr. Anupama Kathyayani @  
9011035444