



Holistic/Integrative Dentistry: Nature intended healing

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What is integrative/Holistic/Biological Dentistry?

“It’s all connected” -All that has life in nature exhibits this quality. Be it the tree with a vast trunk, well spread branches and leaves above and robust root system below, Does the top feed the bottom or the bottom feeds the top? . In reality everything has to coexist for harmony to ensue. It is this all-encompassing nature of all thing living that constitutes life.

We try to incorporate the same philosophy with integrative dentistry. Teeth gums and oral tissues are an integral part of the Body. Every material used and procedure done will have either a systemic healing or stressor response. Every tooth in the mouth lies on an energy meridian.

Health of every tooth contributes towards systemic health. Integrative dentistry means all-inclusive dentistry done keeping in mind the systemic repercussions of oral health.

For the purpose of this article I would like to keep this short and simple and cover some basic philosophies of how Biological Dentistry differs from mainstream.

Biologic dentists are focusing on biocompatible materials and their influence on the immune system, nutritional support for maintaining oral health, focal oral infections from root canaled and bone sites from previously extracted teeth, energy disturbances to the whole body, and the direct influence of the three dimensional relationship of the way the teeth mesh together to the stability of the spine and low back.

Dental materials and systemic toxicity:

Biological Dentistry teaches us to be cognizant of what material to be used as they can cause systemic toxicity. All Biological Dental office should be *Mercury free* and *Mercury safe*. Please refer to www.IAOMT.net website to know more.

Fluoride toxicity:

Fluoride is an industrial waste that has found its ways into dentistry and there have been numerous studies done to discuss the potential health hazards of fluoride use. But still mainstream dentistry keep pushing it on consumers stating it is safe and prevents against cavities. This misinformation is far from truth.

<https://iaomt.org/resources/fluoride-facts/fluoride-exposure-human-health-risks/>

Next metals in dentistry- silent killer

From the very beginning, dentistry has had a very high regards for metals overlooking the energetic aspects of putting dissimilar metals(alloys) in the mouth in present of saliva, blood or gingival crevicular fluid(basically salt solutions) acts like a battery to energetic/electrical disturbances in body field. Many people who had different metallic restorations may have a laundry list of symptoms due to the electrical effects.

I also like to make sure we address the pH and how it correlates to dental disease, inflammation, health. A lot of my clients especially young mom s with little ones are concerned that their child/children is having cavities. A lot of the food choices that we make can be super healthy but may fall in the acidic pH category. I like to emphasize on alkaline diet as this is very important to reducing inflammation in the body, when I see alkaline ph it is more likely I see healthy teeth and gums.

Airway focused dentistry is like an elephant in the room and most biological dentists are waking up to the role they play as being airway mouth doctors. The laundry list of sleep disordered breathing in children and obstructive sleep apnea symptoms in adults need to addressed by first understanding the what's and the why's of the problem.

Interestingly our jaws are getting smaller as time passes by, in comparison to our ancestors we have much smaller jaws these days and extraction of the third molars has now become a commonplace dental procedure. As the future generation come would there be enough room for the second molars to fit in our smaller jaws? Biological dentistry can help if we look at the problem in a holistic fashion.

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