

Integrative Dental
SOLUTIONS



IS BIOLOGICAL DENTISTRY

RIGHT FOR YOU AND YOUR FAMILY?

You work so hard to keep yourself and your family healthy...your dentistry shouldn't compromise that. If you want a dentist that fits your healthy lifestyle, you want a biological dentist.

WHAT IS BIOLOGICAL DENTIST?

A biological, natural or holistic dentist operates according to the belief system that oral health is fundamentally connected to overall health and well-being. They understand the fundamental mouth-body relationship and recognize that problems of the mouth can, and often do, affect other areas of the body.

There are many different reasons to choose a biological dentist. Biological dentists use a whole person, science-based approach to treat the root cause of the problem and not just the symptoms that manifest in the mouth. For example, biological dentists are educated in how oral infections can spread to other parts of the body, how mercury and other toxic dental materials can harm us and how a misaligned bite can account for health problems such as insomnia, headaches, ear aches, poor posture, and joint pain.

Biological dentists are committed to using safe, durable, non-toxic bio-compatible dental materials and strictly oppose the use of amalgam, or mercury fillings. They are advocates for minimally invasive dentistry and aim to preserve as much of the natural tooth structure and surrounding tissue as possible.



They offer various minimally invasive dental technologies to restore teeth to their optimal condition such as air abrasion, ozone therapy, laser therapy, CAD/CAM/CEREC and low radiation digital X-rays.

Perhaps one of the biggest differences you will notice at a biological dental office is the individualized, whole person approach to care. Every patient is different and needs to be treated according to their specific needs. In addition to returning your teeth to optimal health, biological dentists are trained to consider your overall nutrition, toxicity levels, detoxification and cleansing opportunities as well as the elimination of harmful habits. Their mission is to treat and restore the natural health of your mouth while working in harmony with your entire body. The days of “one size fits all” dentistry are over. Individualized care that works with your body, instead of against it, is what biological dentistry provides.

UNDERSTANDING THE MOUTH-BODY RELATIONSHIP

Until recently, dentistry rarely considered the impact of a patient's oral health on their physical health. However, we now know there is a relationship between gum (periodontal) disease and health complications such as a stroke and heart disease. Research shows that more than 90% of all systemic diseases (diseases involving many organs or the whole body) have oral manifestations, including swollen gums, mouth ulcers, dry mouth, and gum problems. And this is just the tip of the iceberg! Since most people have regular oral examinations, their dentist may be the first health care provider to diagnose a health problem in its early stages.

Dr. Reinhard Voll, a German physician, who studied the relationship between oral and physical health for over 40 years, estimated that 80% of human disease was related either directly or indirectly to the oral cavity.

At Integrative Dental Solutions, Milwaukee's premier Biological dentist, we understand the mouth is only one part of the puzzle. After the teeth are returned to optimal health, the process of returning to physical optimal health continues. Detoxification, cleansing, proper nutrition, as well as elimination of harmful habits, all play an equally important and long-term role in achieving the healthier body you are seeking. This is what biological dentistry is all about. And it is our goal to assist you in this quest.

“To keep the body in good health is a duty...otherwise we shall not be able to keep the mind strong and clear.” – Buddha



“The doctor of the future will give no medicine, but will instruct his patients in care of the human frame, in diet, and in the cause and prevention of disease.” – Thomas Edison

WHY BIOLOGICAL DENTISTRY IS RIGHT FOR YOU AND YOUR FAMILY?

A BIOLOGICAL DENTIST TREATS THE WHOLE PERSON

For years, conventional dentistry focused solely on the health of your mouth. Dentists filled cavities, performed root canals and treated gum disease. Rarely, if ever, did they consider a patient's overall physical health to uncover potential underlying causes for certain oral issues.

Today, not only do we realize physical conditions like poor nutrition and smoking have a real impact on oral health, many independent studies have concluded that poor oral health has been linked to conditions such as heart disease, diabetes, Alzheimer's and complications during pregnancy.

A natural dentist recognizes the mouth-body relationship and uses a holistic, whole-body approach to treat the cause of the problem and not just the symptoms that manifest in the mouth. They are educated in how oral infections can spread to other parts of the body, how mercury and other toxic dental materials may harm us, and how a misaligned bite can account for health problems such as insomnia, headaches, ear aches, poor posture, and joint pain.

When you choose to see an alternative dentist, you can expect a whole person approach to your treatment. In addition to returning your teeth to optimal health, they will consider your overall nutrition, toxicity levels, detoxification and cleansing opportunities, as well as the elimination of harmful habits.

SAFE MATERIAL USE

Biological dentists recognize that what goes in your mouth can affect your whole body. They are committed to using safe, durable, non-toxic bio-compatible dental materials, and strictly oppose the use of amalgam, or mercury fillings. This commitment helps to lessen your toxic load and puts less stress on your immune system. Interested in a non-metal implant? Many also offer ceramic dental implants made of zirconia.

BIO-COMPATIBILITY TESTING

Studies indicate that some patients may develop a sensitivity to certain types of dental materials. When working with sensitive patients, a biological dentist will also perform biocompatibility testing—either via a blood test or kinesiology (muscle testing)—to determine which filling material best suits your individual biology. Most holistic dentists offer a wide range of safe bio-compatible dental materials to use for fillings, bridges and crowns.

Alternately, most conventional dentists do not believe in biocompatibility testing and will not test you to determine if you could react to the materials they use. They also do not generally seek to educate patients about the different types of materials available or give them a choice in what they use.

“This was the best dental experience I have ever had.” – Karen

MERCURY SAFE – NOT JUST MERCURY FREE

You may have heard about the risks associated with using mercury, or amalgam, fillings in dentistry. Even conventional news outlets are reporting on the health dangers associated with mercury poisoning, which include psychological, neurological and immunological problems.

Mercury itself is classified as a neurotoxin. It has been scientifically proven that mercury fillings in your mouth continuously release small amounts of toxic vapor into your body every time you eat, drink, brush your teeth, clench your jaw, and so forth. Over time, exposure to these toxic vapors can cause chronic mercury poisoning.

While the American Dental Association (ADA) and pro-amalgam dentists argue that the levels of mercury vapor exposure from fillings are too low to cause concern, biological dentists believe there is no safe level of mercury exposure and will not risk using it in their practice.

Today, you will find numerous dentists who claim to be “mercury free,” meaning they do not place new amalgam fillings. However, most biological dentists go the extra mile to be both mercury free and “mercury safe.” This means they adhere to a strict protocol set forth by the International Academy of Oral Medicine & Technology (IAOMT) to protect patients, staff and the environment from mercury exposure when removing amalgam fillings.



“Be good to your body, and your body will be good to you.” -JC Paulino, Efenians

SAFE AMALGAM REMOVAL

These dentists recognize that while it is certainly important to have mercury removed from your mouth, it is equally as important to use proper removal protocols that protect their patients from additional mercury exposure. If these protocols are not followed, mercury vapor can be released into the air during removal and then absorbed into the body by inhaling or ingesting the vapors.

Some of the protocols that are followed to keep patients safe during amalgam removal include:

- The fillings are kept cool with a cold-water spray
- Patients are provided with an alternative air source during treatment and instructed not to breathe through the mouth.
- A high-volume evacuator tip is placed near the tooth to safely evacuate mercury vapor.

- A dental dam is placed to prevent swallowing or inhalation of vapors
- Any mercury alloy particles are washed and vacuumed away as soon as they are generated.
- We change the patient's protective wear and wash your face after the fillings have been removed.
- Room purifiers or ionizers are utilized
- Appropriate nutritional support and detoxification before, during and after the amalgam removal are discussed.

“Symptoms are not enemies to be destroyed, but sacred messengers who encourage us to take better care of ourselves.” - Jon Gabriel



LISTENING AND EDUCATION

When you see a biological dentist, you can expect more time during your appointment devoted to education. They are passionate about their field and seek to inform and educate their patients about the importance of the mouth-body connection and maintaining overall health. For example, you may be informed about toxic ingredients to avoid in toothpaste, personal care and cleaning products, and how to limit the damage caused by toxic overload.

An alternative dentist will approach your care from a holistic perspective—aiming to treat the cause of the problem and not just the symptoms. They will ask the right questions, listen to your responses and seek to understand and address your unique situation. To them, every patient is different and should be treated according to their specific needs. Through listening and educating, they will provide each person with the care that is right for them.

*“The only thing more expensive than education is ignorance.”
- Benjamin Franklin*

CONSERVATIVE, NON-SURGICAL, MINIMALLY INVASIVE DENTISTRY

In sharp contrast to the “drill and fill” strategy many conventional dentists embrace, holistic dentists are advocates for minimally invasive dentistry. Minimally invasive dentistry seeks to treat dental ailments, such as tooth decay, gum disease and even cosmetic issues, without the overuse of extensive drilling or unwarranted procedures. Natural dentists aim to preserve as much of the natural tooth structure and surrounding tissue as possible. They use safe, bio-compatible materials and offer various minimally invasive dental technologies to restore teeth to their optimal condition. Some of these minimally invasive dental technologies include:

AIR ABRASION

Also known as “drill-less” dentistry, air abrasion can conservatively treat the early stages of tooth decay and help prepare teeth for restorations. It is noiseless, heat-less and a minimally invasive alternative to drilling.

OZONE THERAPY

Ozone therapy is used to treat gum disease and oral infections using only water and oxygen. This ozone gas is a powerful antimicrobial agent, killing bacteria on contact and penetrating areas deep below the gum line where disinfectant or antibiotic cannot reach.

LASER THERAPY

In dentistry, lasers are an effective, non-chemical tool to kill bacteria. They can be used in the treatment of gum disease, to sterilize root canals and even in the shaping of gum tissue. As opposed to drills and cutting tools, lasers are less invasive, more precise and there is less pain, bleeding and swelling for the patient.

CAD/CAM/CEREC

CAD/CAM is a computer system that allows dentists to make precise, long-lasting restorations in a single visit.

\$99

NEW PATIENT SPECIAL

The ultimate dental experience. Our new patient special offer includes all necessary x-rays, a complete biological dental examination and a 30-minute consultation.

ALTERNATIVE TREATMENT TO ROOT CANALS

Root canals are commonly performed by traditional dentists to “save” a tooth that is dead or is going to die soon. A biological dentist, on the other hand, acknowledges the potential long-term risks associated with root canals and is much more conservative in their approach to recommending and performing them.

Research shows that unless root canals are 100% sterilized and cleaned of all bacteria (which is virtually impossible to achieve), bacteria can leak into the bloodstream and, over time, cause serious chronic health complications.

If you are told you need a root canal, it's always in your best interest to seek out another opinion. In some cases, an inflamed tooth may respond well to root canal alternatives such as homeopathy, herbs, ozone or laser therapy, nutritional support, and so on. Extractions are also a safe alternative that should be considered.

Holistic dentists will first seek out potential alternatives to root canal therapy and seek to educate you about all your available options and any potential risks. Generally, biological dentists only perform root canals as a last resort, if they perform them at all.

LOW-RADIATION DIGITAL X-RAYS

While x-rays are a useful tool for early detection of dental problems, all dental x-rays are not created equal. Biological dentists offer digital dental x-rays, which expose you to 80-90% less radiation than conventional x-rays. Digital x-rays are not only safer with lower radiation exposure—they are also a superior technology to aid in both diagnosing and evaluation.

FLUORIDE

Most conventional dentists promote the use of both topical and ingested fluoride, favoring fluoridated water and toothpaste. Biological dentists, on the other hand, generally dispute the use of ingested fluoride, pointing to research indicating various risks:

- Fluoride is an endocrine disruptor and can affect bones, brain, thyroid and blood sugar levels.
- Fluoride over-exposure can cause Fluorosis, leading to cloudy spots, streaks and stains on the teeth.
- 36 studies found a correlation between fluoride and a lower IQ.

There are many safe alternatives to fluoride, and we help educate and support our patients to make the best choice for their families.

Dr. Shetty is honest and puts a great deal of care into the natural health of our children's teeth and their overall health. We highly recommend Integrative Dental Solutions."

-Jamie

ARE YOU READY?

Are you ready to experience a different kind of dentistry? At Integrative Dental Solutions, we want everyone to get the ultimate dental experience. We have a special gift for all new patients called The Gift of Health.

THE GIFT OF HEALTH INCLUDES

New Patient Examination
Oral Cancer Screening
TMJ Exam
Periodontal (Gum) Screening
Smile Evaluation
All Necessary X-rays
30-min Private Consultation with Our Doctor

If you are ready to take the next step in your health journey with us, give us a call today at 262-226-2117.

https://www.deltadentalins.com/oral_health/boomers.html?utm_content=buffer32b6d&utm_medium=social&utm_source=twitter.com&utm_campaign=buffer

<https://www.health.harvard.edu/heart-health/gum-disease-and-heart-disease-the-common-thread>

<https://www.perio.org/consumer/gum-disease-and-diabetes.htm>

<https://pubmed.ncbi.nlm.nih.gov/32280099/>

<https://www.cdc.gov/oralhealth/publications/features/pregnancy-and-oral-health.html>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4625353/#:~:text=The%20most%20common%20allergic%20reactions,and%20nickel%20cause%20immediate%20reactions.>

<https://iaomt.org/resources/safe-removal-amalgam-fillings/>

<http://fluoridealert.org/wp-content/uploads/FAN-Neurotoxicity-One-pager-3-10-20.-pdf.pdf>



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 262-226-2117
 info@winaturaldentist.com
 www.winaturaldentist.com