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**A-Z GUIDE TO  
HOLISTIC  
DENTISTRY**

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Your Complete Guide to Whole-Body Health  
and Wellness with Holistic Dental Care



**DR. NAMRATA PATEL**

# Introduction

The focus on whole body and lifestyle health is important. Most traditional dentists don't address this, yet it is a crucial point. Knowing the connection between mouth and body is critical to one's overall health and well-being.

Inflammation is the root of all dental health problems. Your body's hormones, sleep patterns, medication and lifestyle play a critical role in maintaining proper dental health. They have a direct correlation to your body's inflammatory response and can complicate many dental conditions.

Here is an example. If you visit a dentist with pain in your teeth or gums, the dentist may tell you there is nothing wrong. You may then find that you've got an autoimmune disorder. Once it is treated, the pain will be gone.

The mouth is a smaller ecosystem within a larger system. Once you understand this fact, you'll find out the importance of correcting the source of health issues over treating symptoms. Since functions of the body are connected, many ailments are related to the teeth. A biological dentist knows this.

People endure major surgeries or invasive procedures when they could have reduced their stress levels, altered their diet, changed their sleep patterns or made other lifestyle adjustments. This book will inform you of safer, greener alternatives to treat your ailments so that you can make decisions that will benefit you for a lifetime.



# Meet Dr. Nammy Patel

My name is Dr. Namrata Patel, but I go by Dr. Nammy. My practice is named Green Dentistry. We are located in San Francisco, California in the heart of Union Square.

I was born in my village of eight houses in India, in my living room. My mom was milking the cows when she went into labor. We had our own biodynamic sustainable garden, which we got our vegetables from.

As you can tell, I come from a very organic background. I just grew up being very holistic in my lifestyle. The aspect of green living came from Jainism, the religion I practice. The basis of Jainism is conserving resources, whether that's with food, money, or even resources like waste.

One of the things that I saw in traditional dentistry was a lot of waste — plastic everywhere. It was really sad. When I was in dental school we had to “plastic up” everything. It was horrific — it does not disintegrate.

When I got out of dental school, I wanted to look for alternative ways of doing things. What could I use so I wouldn't be dependent on plastics and using toxic chemicals? I really wanted to stay away from such practices as much as I could. Hence, the idea of green dentistry.

The more I explored green dentistry, the more I learned. There are so many great alternatives out there, especially with the technology of today. It has evolved so much so that digital x-rays require no fixers. Instead of disposable bibs, we use washcloths that we can wash and reuse on-site.

Instead of using chemicals to polish patients' teeth, we have our own paste. It works really well and contains no animal glycerin. Even our mouthwash — I've made my own — does not have any chemicals in it. It's basically natural oils that are designed to help with the gums. We're really just going back to the basics.

My first book, *Age With Style*, talks about how you can age gracefully by keeping your teeth. My approach to dentistry has reached 67 countries and 14 million people. I have been featured on ABC, CBS and Fox.

I'm writing this book to educate people on how they can live longer lives. They can do so by keeping their teeth holistically healthy. This involves not just keeping their teeth, but also enjoying the quality of life that comes with avoiding the drill and fill cycle. I know that I'm here for a purpose, and my purpose is dentistry. It is to help people live longer, more joyful lives.



# Chapter 1: Holistic Dentistry Basics

## What Is Holistic Dentistry?

Holistic dentistry is a growing buzzword. It is one that treats dental health as an integral component of physical, emotional, and mental well-being. What you may not be familiar with is the concept of wholistic dentistry.

Wholistic dentistry is how we approach patient care at Green Dentistry in San Francisco. I'd like to share with you the fundamentals of wholistic dentistry and why it's a step above the more common holistic care.

**E pluribus unum** — out of many come one.

The whole is more than simply the sum of its parts.

Over the years, I've applied the best parts of biological dentistry, holistic dentistry, metal free-mercury free dentistry, fluoride-free functional dentistry and ayurvedic dentistry to create wholistic dentistry.

**Holistic dentistry** — The mouth-body connection and theory of disease is a central tenet of holistic dentistry and helps us understand the origins of inflammation and disease.

**Biological dentistry** — Biological dentists are similar to holistic dentists with a greater emphasis on prevention of oral and whole body health problems through diet and proactive care.

**Ayurvedic dentistry** — This millennia-old Indian approach to wellness emphasizes spiritual and emotional health. When lacking wellness of the soul, wellness in the body is impossible.

**Metal-Free dentistry** - Metal-free dentists do not use metals.

**Mercury-Free dentistry** — These are groups of dentists who do not place mercury fills. They only remove them safely. However, they do not focus on biocompatibility of materials.

**Flouride-Free dentistry** — Fluoride is an ion that gives enamel strength but can cause brittle bones if too much of it exits in the body. Fluoride-free dentists don't use fluoride in their offices.

Traditional medicine and dentistry both focus on short term results. If your tooth hurts and I fill your cavity and it feels better, have I done my job? Perhaps. But perhaps your diet is lacking and creating a maelstrom of bacterial activity in your mouth. Another cavity and another toothache is inevitable.





This drill-and-fill approach to dentistry should go the way of the dodo, in my opinion. The focus needs to be on long-lasting care that looks good, feels good, works properly and is comfortable.

As a functional dentist, I look beyond solving problems and search for the underlying concerns that caused them in the first place. We must work together and communicate openly to find the root of dental complications. That way, we can save time, effort, energy, teeth and money.

## **Examining the Causative Factors of Disease and Illness**

When I examine a patient and see cavities, gum disease or other health problems, I don't immediately think, "what's the best treatment?" Instead, as a functional medicine practitioner, I focus my examination on the causative lifestyle factors that may be contributing to a patient's health problems. I'll ask about their lifestyle and health history, searching for red flags such as the following:

- Poor diet
- Medications, such as Prozac
- Excessive stress
- Over-reliance on stimulants, such as Adderall, or depressants, such as alcohol
- Diabetes, heart disease, obesity, or sleep disorders
- Hormonal changes, such as menopause or estrogen dominance

## Hormones and The Inflammatory Response

Most people drastically underestimate or completely disregard the connection between hormones and health. Imagine your body is a 4x400 race at a track meet. The runners in each lane are the proteins, carbohydrates and other chemicals that work together to make your body go. The baton handed between the runners is the chemical reaction.

The hormones are the starter gun that sets everything in motion. Without hormones, your body just won't work. Millions of people suffer from hormonal imbalances and low hormone levels that affect how their bodies work. The most common hormonal imbalances I see in patients include the following:

**Low Testosterone** – This is most common in men as they age, affecting sex drive, fertility, strength and overall wellness. As many as 10% of men may have undiagnosed low testosterone.

**Pregnancy** – Hormonal imbalances are common during pregnancy. Often, these imbalances result in a weakened immune system and systemic infections. Gum disease is especially common in pregnant women due to these imbalances in the body.

**Adrenal Fatigue** – Stress and inflammation take a toll on the body and create a negative feedback loop. Stress begets stress; your body just can't keep up. Adrenal fatigue caused by stress is the root cause of too many health problems to list.



## Addiction and Dependence

A shocking number of people today suffer from any number of harmful addictions and dependent behaviors. I look to help patients understand how these issues affect their health and how we can work together to create not only a better smile but a better life.

**Sugar** – Some evidence suggests sugary foods may be as addictive as heroin. Tooth decay and gum problems are the most common indicators that sugar may be wreaking havoc on your body. Diabetes and heart disease are often undiagnosed until irreparable damage has been done.

**Alcohol** – Some alcohol is okay and can even be good for you! The tannins, flavonoids and polyphenols in high-quality organic wines can help reduce your risk of heart disease. However, a dependence on alcohol is serious and can cause liver damage – among many other problems. Alcoholism is also linked to extremely poor dental health.

**Medication** – Abuse and dependence on Adderall, sleeping pills, and even over-the-counter pain medications are common and dangerous. You must break the cycle of dependence and allow your body to heal naturally. You'll also reduce stress and improve your health in the long run.

## What is the Difference Between a Biological and a Holistic Dentist?

Holistic dentistry, often called natural or biological dentistry, is growing in popularity. Health-conscious individuals across the country are looking for alternative solutions to traditional dental procedures such as mercury fillings and chemical teeth whitening.

Essentially, biological dentistry and holistic dentistry are the same. The two terms are interchangeable, so it's common to see them used within the same context.

According to the International Academy of Biological Dentistry & Medicine, a biological dentist understands that the mouth and body are connected. Such a dentist also understands that illness or disease inside the body is reflected orally, and vice versa. Factors such as stress, diet and sleep patterns have a direct impact on oral inflammation and disease.

Holistic dentistry is the practice of diagnosing, preventing, treating and maintaining oral health using natural therapies. A biological dentist assesses a patient's entire state of physical and emotional health before deciding on treatments.

## The Difference Between Biological Dentists & Traditional Dentists

All biological and holistic dentists have gone to dental school and have DDS or DMD degrees like traditional dentists. Holistic dentists also offer traditional dental services such as bi-annual cleanings, cavity fillings and treatment for periodontal disease.

The biggest difference between these two types of dentists is their approach to the practice. A traditional dentist often treats symptoms while a biological dentist tries to find the root cause of the symptom.

A traditional dentist may see a cavity, drill it and fill it. But a holistic dentist will inquire about a patient's diet, alcohol consumption, workout regimen, hormone imbalances and sleep patterns that may be interfering with a patient's health and well-being.

The type of materials used to treat patients highlight another significant difference between biological dentistry and traditional dentistry. Holistic dentists use organic, natural and biocompatible materials that are non-toxic and safe for human consumption. Traditional dentists still use toxic mercury and other materials that can negatively impact overall health.

### Biocompatibility Testing – What Is It?

By definition, biocompatibility is the interaction between a patient and a medical treatment. It also evaluates the safety of those treatments for specific patients. Factors used to determine biocompatibility include the following:

- Chemicals and materials used for the treatment
- The duration of exposure
- Tissues that will be exposed during treatment

A biological dentist doesn't necessarily use the same materials on each person. They typically test certain materials for compatibility before any treatment is administered.

This process ensures that a patient won't have an allergic reaction to a procedure. A patient's entire medical history and health status are taken into consideration before a decision is made. It's common for your holistic dentist to use blood samples, stress assessments and applied kinesiology for biocompatibility testing.



# Traditional vs. Biocompatible Dental Treatments

Biological dentists use techniques designed to preserve the tooth. A holistic dentist will avoid drilling whenever possible.

Many biological dentists do not perform root canals or use fluoride. Root canals can expose harmful bacteria to the bloodstream. Chemicals used for sterilization during the procedure may result in long-term health complications.

Traditional dental treatments frequently involve metal crowns or amalgam fillings. A biological dentist, however, will use composite resin fillings as a safe and natural alternative to dental mercury. The removal of amalgam fillings has become a sought-after procedure in the holistic dentistry industry.

Many health-conscious patients have discovered the adverse health effects of their previous dental treatments. People are now seeking help from biological dentists to repair the damage that was done and prevent additional harm.

## How to Choose a Biological Dentist

First, look for a biological dentist based on your location. For example, if you live in the Bay Area, you can search for a holistic dentist in San Francisco.

Find out what types of services the dentist offers to determine if they align with your needs. Many biological dentists offer a wide range of services, including the following:

- Dental exams
- Deep cleaning
- Gum disease treatment
- Sleep apnea
- TMJ treatment
- Teeth whitening
- Dental implants
- Veneers
- Clear braces
- Cosmetics

Ideally, you'll be able to find a dentist that can meet your oral health needs all under one roof. Otherwise, you'll need to find one dentist for cleanings and another dentist for cosmetic treatments. At Green Dentistry, we have taken a look at all the types of dentistry and services and customize them for you in one place.



## Hormones and Dental Health

Hormones are natural chemicals that regulate bodily functions. Your pituitary gland, for example, releases hormones that tell your body how fast to grow. Other hormones affect fertility or glucose levels in your blood.

Hormones are a signaling mechanism that affects your body's inflammatory processes. Hormonal imbalances and their resulting inflammatory responses can cause oral bacteria to grow like they are on steroids!

The hormone levels in your body are directly related to your body's inflammatory response. As I've talked about before, inflammation is the root of all dental health problems. As an experienced dentist, I want to educate you on the critical role hormones play in your dental health and the dangers of hormonal imbalances.

# Common Ways Hormones Hurt Dental Health

## Pregnancy Gingivitis

During pregnancy, hormone levels can become very imbalanced. This imbalance contributes to a common condition known as pregnancy gingivitis. Increased hormone levels lead to more blood flow to the gums. This results in gums that:

- Are swollen and tender
- Bleed more easily
- Are more prone to infection

With early attention, pregnancy gingivitis can be treated non-invasively. If ignored, more advanced gum disease treatments may be required.

Low Testosterone & Gum DiseaseRecent studies show a clear connection between low testosterone and chronic periodontitis, or gum disease. This insidious link can lead to even more serious ailments, including:

- Heart disease
- Diabetes
- ALS
- Hypertension
- Stroke
- Osteoporosis







## Adrenal Fatigue

Infection and disease place stress on the body. In response, your adrenal glands produce “stress hormones”. Over time, chronic conditions like gum disease and tooth decay can lead to adrenal fatigue. Your body is simply too overwhelmed to maintain a proper and healthy balance of hormones.

Adrenal fatigue can lead to gut issues, like leaky gut syndrome where bacteria spread more easily throughout the body. This leads to more stress, more hormonal imbalances and more health problems. Treating your dental health issues is key to maintaining hormonal balance and optimizing your whole-body health.

## Thyroid Disorders

Thyroid problems affect millions of men and women. Common symptoms may include:

- Cold sensitivity
- Dry skin
- Constipation
- Unexplained weight changes

The dental health effects of thyroid disorders can be profound, including:

- Dry mouth
- Poor sense of taste
- Swollen tongue
- Gum disease



## Smile Beautifully & Live A Longer Joyful Life with Green Dentistry

When I got out of dental school, I wanted to do something that was really meaningful. I didn't want to be a dentist down the road that didn't care, didn't have a vision and didn't have a mission. One of the things that I saw was waste in the medical and dental community.

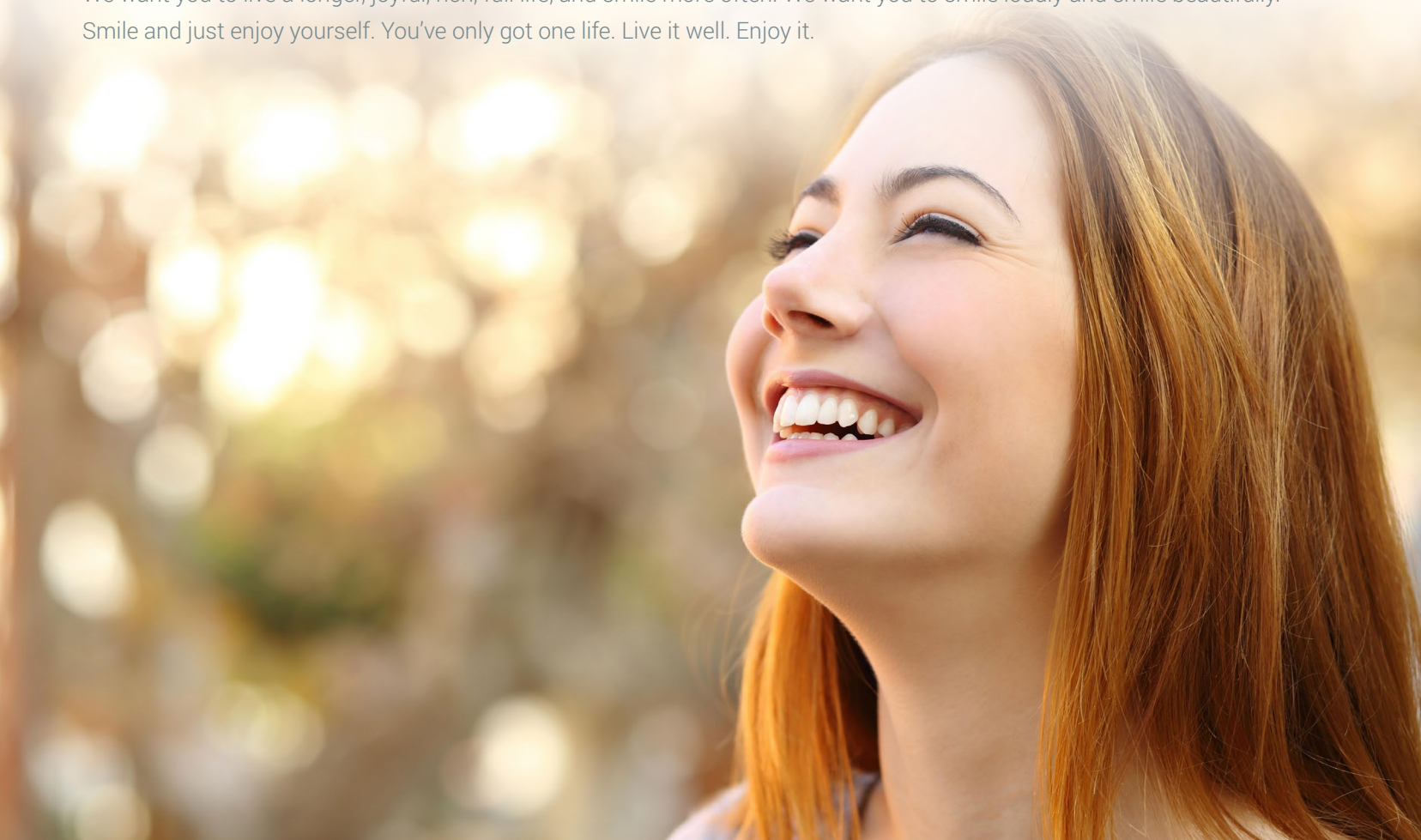
I began to work with a nonprofit called Teleosis that talked about greening and actually worked on greening the healthcare industry. This is why I chose Green Dentistry as our business name.

Beyond that, there are more elements that are unique to our practice that you will not find anywhere else. We really look at how we can help our patients in the best way possible. We do that by being honest about our care, providing solid services and guaranteeing our work — because it's all about lifelong health.

We look at the holistic aspect of the body, not just teeth. There are so many times where I'm finding patients with adrenal dysfunction, oral cancer, diabetes or hypertension. We even take our patient's blood pressures to see how they're doing on a regular basis.

We ask patients what's important for them. We modify treatment plans and are constantly making an effort to meet our patient's needs. My number-one question is "What can I do to serve my patient?!" If it's a simple thing like a filling, that's great. If it's a smile makeover, that's fine, too. Sometimes it's just, "Hey, I'm having a bad day. Can you listen to me?" And that's okay!

We want you to live a longer, joyful, rich, full life, and smile more often. We want you to smile loudly and smile beautifully. Smile and just enjoy yourself. You've only got one life. Live it well. Enjoy it.



# Chapter 2:

## Holistic Orthodontics

### Holistic & BPA-Free Orthodontics

Holistic orthodontics looks closely at every angle of the patient's jaw and teeth alignment. We're not just looking at straightening the teeth. We're making sure that your bite's in the right place, your jaw joints are in the right place and your TMJ is in the right place. We also make sure that you're breathing and have a good oral airway.

### What is TMJ, and How Does It Play Into Orthodontics?

TMJ is the temporomandibular joint. It is a disk, somewhat like a knee, that has two parts. There's a jaw attached to the skull with a disk or joint in-between. In that joint is a disk that moves, allowing you to open your mouth.

In order for teeth to be in the proper position, we have to not only make sure that our teeth look straight and come together, but also that there's not too much stress on the jaw joint. This is the number one concern for patients who go through traditional orthodontics. Additionally, if the teeth are moved in a way that compresses and puts force on the disk, the jaw joint muscles can become very tense. Patients may also hear a "click and pop".

### Traditional Orthodontics

Traditional brace fittings use braces and brackets. There is also headgear, which is fine to use. What is most important is the diagnosis and how patients are looked at. It's not just about the teeth. We have to look at the entire head, neck and body to ensure that we're using the right product or device to fix the right problem.







We can use headgear, brackets or a DNA appliance to put the teeth in the right place. However, if the jaw joint is not in the right place, we've missed the mark. The goal is to make sure that both are in alignment.

## Holistic Orthodontics

My favorite device is Invisalign. The way that we use Invisalign is very different from the standard. I also use orthotic appliances. What these devices do is put the jaw joint in the right place. With Invisalign, I use a combination of these orthotic appliances.

I like Invisalign because it's BPA- and bisphenol-free, so there are no cancer-causing agents. Many straightening devices out there are cheaper, but they contain toxic chemicals.

Instead of using aligners and moving a patient's teeth every two weeks, my protocol is usually to go every four to six weeks and somewhere in between. When we move the teeth very slowly, it allows the disk to go back into its proper place, alleviating that TMJ pressure. I've done over 800 cases and would say that around 80% of them feel a difference in their jaw joint and disk by 120 days.

These devices make a difference in people's jaw joints. A curve is utilized when we open our jaw and when our teeth rest. When our teeth are resting, a space is created in between the teeth that is called vertical dimension. We open up the space in between the teeth. That way, the teeth are not touching when at rest. This means that there's no compressive pressure or force to cause tension.

# Chapter 3: Gum Disease, Recession, and Natural Gum Care

## What Is Periodontal Disease?

As many as 47% of Americans suffer from gum disease!

Taking care of your oral health means taking care of your overall health. Untreated gum disease can increase your risk of heart disease, diabetes and other chronic health problems. Don't let yourself become another victim of this epidemic in America.

Many people don't know about their dental problems or avoid going to the dentist to have them treated. Why? Because for years, the only treatments available were painful surgical procedures.

If you're suffering from inflamed or bleeding gums or have been told you have gum disease — also known as periodontitis periodontal disease — don't put off treatment any longer. Give us a call or schedule a free online consultation with us.

## How Gum Disease Presents Itself In Your Smile

Gum disease is very interesting. As human beings, we have a microbiome, which basically means we're born with it. As soon as we touch the physical world, we come in contact with bacteria. Microscopically, if we looked at our skin, we would see different types of bacteria there.

The same thing happens in the gums. There are good and bad bacteria in the gums. Gum disease occurs when the bad bacteria grow. Every time you swallow, you swallow these bad bacteria into your system. These bacteria are linked to heart disease, basic immunity, diabetes and even Alzheimer's. That is why it's important to make sure that the gums are super clean.

You know you may have gum disease if you bleed when you floss or brush. You may have a bad taste or smell in your mouth. You could also see red, swollen gums. Sometimes the teeth are a little loose. These are all signs that it's time to see your dentist and get things taken care of.

The best way to prevent gum disease is brushing and flossing. I always recommend flossing first, then brushing. Make sure your overall health is in good shape. That is the underlying factor for many dental problems — especially gum disease — because the mouth is the window to the body.



## Gum Disease and Whole-Body Health

Gum disease mainly refers to bleeding gums and loss of bone. It's usually notated by patients saying, "I have bad breath that I can't seem to get rid of," "When I brush my teeth, it's bleeding" or "My teeth are loose, my gums are pulling away."

Some patients don't even know they have gum disease. They come into the office and say, "I haven't been to a dentist in a year and a half to two years." And that's usually the amount of time it takes when all these sugar bugs start creeping up, get stuck around the teeth and start eating away the bones.

### Bone Loss is a Symptom of Gum Disease

The teeth are actually just like a tree. Trees are held in place by soil, while the tooth is held in place by bone. We have a little socket that our tooth goes in, and the bone is the infrastructure. If you lose some of that bone, your teeth start to wiggle and could even come out.

### Complications of Untreated Gum Disease

The oral complications of untreated gum disease are most commonly loose teeth and then teeth falling out. When you eat, there are bacteria in the mouth as well as carbohydrates that the bacteria are going to eat.

If you brush and floss and come in to see the dentist at six months, it's not a big deal. When you're not able to do that, and if you're taking medications, have dry mouth, are vaping or anything along those lines, the bacteria end up dividing a lot more.

As the bacteria divide, they release acids. Those acids eat away the tooth and cause something called a cavity. The acids dissolve the bone structure — or the soil of the tree — and you end up losing bone.



This process makes the teeth loose and causes tooth loss, which has a huge detriment on the whole body. It is a scientific fact that people who keep their teeth live an extra 10 years. When you have your teeth, you can chew. This means that you can eat leafy greens, which have antioxidants that your immune system uses to be at optimal function and fight disease.

## Unhealthy Gums Lead to Unhealthy Bodies

There are many ways that gum disease can affect the body. Gum disease is a real disease, so your body has to expend energy to fight it. There are bad bugs in gum disease that are very hard to get rid of. We're in a society where we have the demands of working — that high stress level. Instead of spending energy doing the things that we want to, we spend unconscious energy fighting these bugs off.

## Gum Disease Treatments

We do something called a deep cleaning for the majority of my gum disease patients. We numb the gums and then scrub away the bacteria. We then make sure that the teeth are nice and smooth so that more bacteria can't stick to them. After that, we use a laser beam.

The laser goes all the way down to the bone. It penetrates tissue and disinfects surrounding bacteria. We then complete a bio photo stimulation. We use a laser at a different frequency to go around the gums and tell them that it's time to start healing. Once the bacteria is gone, the tissue can start healing on its own. This process can be pain-free, and patients can go back to chewing and daily activities.

The best thing to do at home or on your own is to get a Waterpik. A Waterpik is a device that squirts water in between the teeth. Flossing is really hard, because it involves a lot of practice and can take a great deal of time. My favorite thing to do is keep a Waterpik in the shower. That way, you can utilize it every time you shower without making a mess.

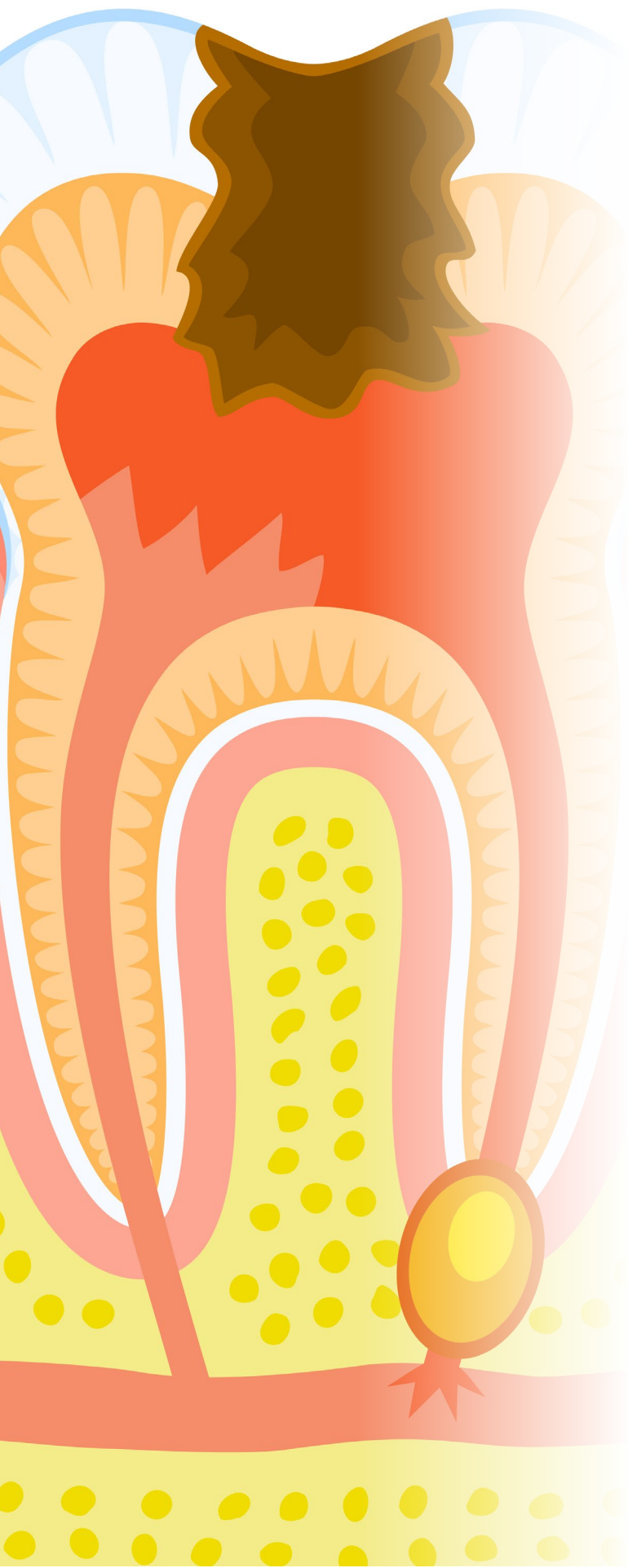
You can put a tablespoon of peroxide in the Waterpik, as well. The peroxide has oxygen in it, which kills off bad bacteria.

The other thing that's very useful is oil pulling. Take oil and swish it around your mouth for 20 minutes, then spit it out. You can also take coconut oil, rub it around your gums for at least two minutes, and go to bed. This process also helps with gum recession and circulation. Coconut oil has natural antibacterial characteristics, so it can help kill bacteria.

## The Inflammatory Process

Inflammation is how the body responds to injury, disease or illness. When you cut yourself and a scab forms, the inflammatory process is at work. While your body is usually very adept at healing itself, there are unfortunately many situations where the natural inflammatory response actually makes a problem worse!





Inflammation in the mouth can begin a frustrating cycle that can't be resolved without the help of a skilled dentist. Inflammatory processes in the mouth lead to:

- Tooth decay
- Gum disease
- Cavities
- Tooth and bone loss

## Bacteria & Dental Inflammation

There will always be bacteria in your mouth; eliminating all of it is neither desirable nor possible! Instead, what we want to do is help you maximize the healthy "good" bacteria in your mouth and minimize the decay-causing "bad" bacteria.

When the bad bacteria thrive, the result is damage to the tissue in your mouth. Your body responds with an inflammatory response, which is the beginning of the vicious cycle of tooth decay and gum disease. You can manage the bacteria in your mouth by:

- Eating a balanced diet rich in leafy greens and low in sugary and acidic foods
- Brushing and flossing regularly at home
- Visiting the dentist for checkups and cleanings to remove built up tartar and plaque

Just as barnacles will grow on a ship traveling through the water, dental tartar is unavoidable, no matter how well or how often you brush and floss. To prevent infection, decay and disease, you must see a dentist you trust to have tartar removed.

## The Consequences of Untreated Gum Inflammation

When dental inflammation is left untreated, your body loses its ability to heal itself naturally. As gum inflammation caused by bacteria in the mouth continues over time, you'll experience:

- **Tooth Decay & Cavities** – Over 95% of adults suffer from tooth decay at some point in their lives, but it's avoidable with diet and proper dental care.
- **Gum Disease** – The mouth is the gateway to the body. Modern research shows that untreated gum disease increases the risk of heart disease and diabetes.
- **Tooth Loss** – Tooth loss leads to bone loss. You won't be able to chew normally and your face will take on a sunken appearance.

The best way to achieve a natural, beautiful, and healthy smile is through proactive and preventive dental care.

## Natural Gum Cleanings

Holistic dentists still provide traditional dental services, though their approach may be different. Every patient should receive two cleanings per year to reduce the risk of cavities and gum disease.

During a dental cleaning at a holistic dental practice, plaque is removed without the use of harmful chemicals. Natural solutions used for dental cleanings remove bacteria and plaque while eliminating stress on your body caused by processing harmful chemicals. Chemical-free dental cleanings promote lasting oral and full-body health.

## What Is Gum Recession?

Receding gums are painful and can lead to other problems. Gum recession occurs when the gum tissue is going away from the tooth. The tooth has bone surrounding it and tissue on top of the bone. This tissue is important because it keeps the bone in place. If you brush too hard, the gum tissues can recede. It's kind of like scrubbing your skin too much and getting a callous or abrasion.

There are many causes of gum recession. One is crunching and grinding the teeth. The second is the positioning of the teeth, such as when they are crowded or not in the proper position. When you brush misaligned teeth, you brush one tooth more than another. This can cause gum recession. Another cause is excessive force from brushing. If you brush too hard or use a medium or a hard toothbrush, you can end up with gum recession.



## Dangers of Receding Gums

One of the most important things about the gum is that it keeps the bone in place. If you lose gum tissue, you automatically lose bone, and vice versa. The gum tissue is a protective layer, like our skin. It protects us from sensitivity; otherwise our root surfaces get sensitive. If there's too much gum recession and bone loss, you can also lose the tooth.

## Traditional Gum Recession Treatments

The majority of dentists will watch gum recession get worse over time and complete gum grafting. Gum grafting is a painful procedure where connective tissue from the palate is stitched onto the gums. You must wait six to eight weeks for everything to heal up, and it's hard to talk. There are stitches and sutures. It's a complicated process that is not 100% predictable.

The odds of grafting being predictable are about 50% to 60%. You can do everything right, but your body still may not take to the graft. It is a foreign material, even when it comes from your own mouth.

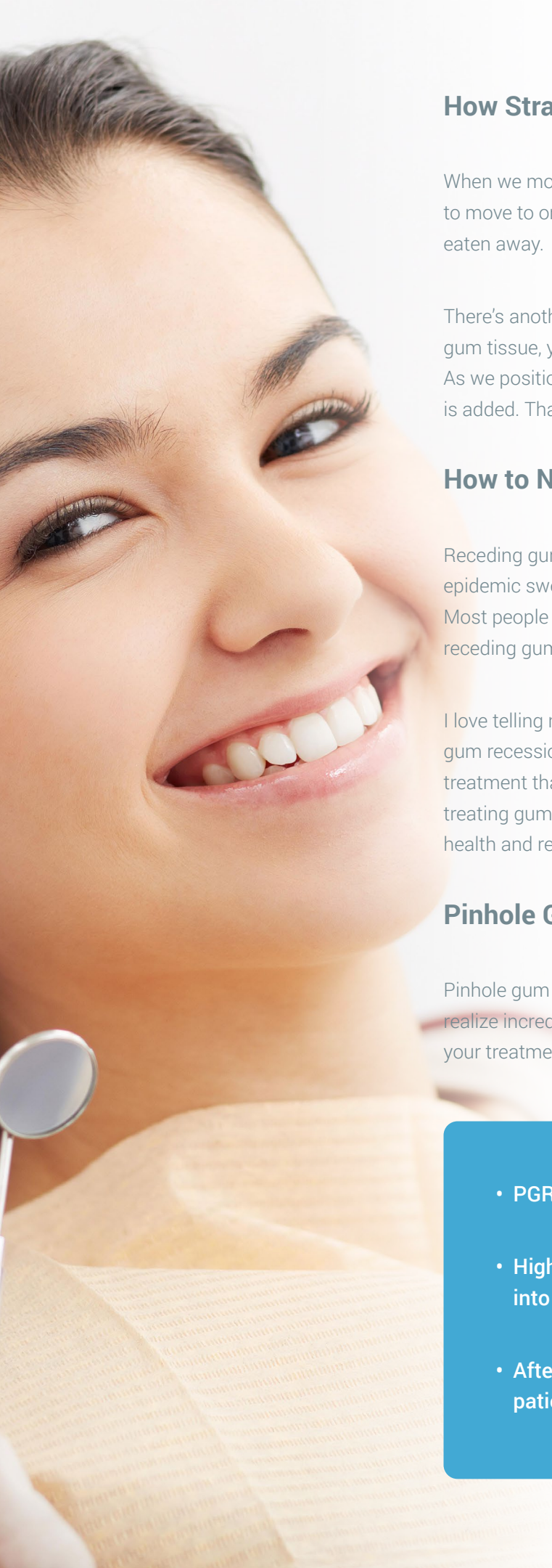
## Holistic Gum Recession Treatments

The first thing I do to address gum recession is find its cause. It may be the positioning of the teeth. If they are crooked, it's guaranteed that there's going to be gum recession. Again, when one tooth is sticking out, we're going to abrade one area more than the other. Therefore, the first step is to straighten the teeth. As we move the teeth to their proper place, the gum tissue can grow back naturally.

The second thing that I do with gum recession is called the pinhole technique or pinhole gum rejuvenation. In that process, we make little pinholes in specific areas near the gum recession. Then what we do is reflect the tissue and fill it with collagen. This collagen is made in a Petri dish. When we stuff it with collagen, the body uses it to make more gum tissue.

The analogy I like to use is that I stuff it like a turkey. Your body is going to try to fight off the bacteria. What it'll do is use that collagen to create scar tissue. Which is what we want because the tissue that comes back is actually healthier and stronger.

The difference between medical treatments like Botox — which is a foreign substance — and collagen, is that collagen lasts forever. You don't have to replace it. To get rid of wrinkles with Botox, you have to get temporary fillers every four to six weeks. With pinhole gum rejuvenation, you go through the process once and it can last you a lifetime. Your gums to grow back, reversing and curing the gum recession.



## How Straightening Teeth Can Improve Gums

When we move a tooth, we have to move bone. It's like a tree. If you want the tree to move to one side, you move the soil. As you move a tooth, one area is being eaten away.

There's another area where bone is being deposited or added. When you lose gum tissue, you lose bone. When you add bone, you get gum tissue with it, too. As we position the teeth, the areas of gum recession are usually where the bone is added. That way, the gum tissue comes back naturally.

## How to Naturally Create Gum Tissue

Receding gums are one of the most common symptoms of the gum disease epidemic sweeping across America. Nearly 50% of people have gum disease. Most people are so afraid of painful surgery that they don't seek treatment for receding gums.

I love telling my patients about our high-tech, scalpel-free and suture-free gum recession treatments. Pinhole Gum Rejuvenation is a minimally invasive treatment that can fix gum recession fast. My high-tech holistic approach to treating gum disease produces long-lasting results, improves your whole body health and restores your beautiful smile!

## Pinhole Gum Rejuvenation: What to Expect

Pinhole gum rejuvenation or PGR involves no scalpel and no stitches. You can realize incredible results without invasive surgery. Here is what to expect from your treatment:

- PGR will take about an hour or so.
- High-tech equipment will be used to guide your gums back into a healthy position.
- After treatment, you might need an aspirin - however, many patients require no pain medication at all.

# Chapter 4: Mercury & Biocompatible Fillings

## The Truth About Mercury Fillings

Do you have any silver cavity fillings? If so, they're likely to be made of mercury, which has dangerous health implications.

Amalgam fillings are those silver metal mercury fillings. Composite fillings are the tooth-colored fillings or porcelain fillings. They look just like a tooth — you won't even notice that they're present in your mouth.

## Dangers of Mercury Toxicity

I would recommend that you have mercury fillings removed as soon as possible. I wouldn't want that substance in my body because it is linked to many different issues. Mercury toxicity is a huge problem. People end up having neurological disorders or Alzheimer's. Many issues can be easily avoided if the metal mercury fillings are removed, eliminating mercury going into your body.

Mercury fillings are removed using the SMART protocol, which is the Safe Mercury Amalgam Removal Technique. The way that the mercury is removed is not toxic to your system and minimizes the amount of vapor that is released — it's actually the mercury vapor.

The whole filling itself isn't a problem when it's sitting in your mouth. If you are having a hot cup of tea or are chewing and grinding, that's when the mercury vapor is released and gets absorbed into your body. What I usually recommend is to get the mercury removed by somebody who is SMART certified, meaning that they know how to remove mercury safely to protect you and themselves.

## Post-Mercury Removal Health Concerns

Your genetics play a huge role where mercury is concerned. If your ancestors had a heavy fish diet, you're more likely to have more mercury in your system than somebody else. It also depends on your diet. If you have a lot of fish in your diet, you're probably going to have more mercury in your system.

What I usually recommend is to have your naturopath doctor look at your metal and mercury levels. Those two things can be very toxic, which is the number one reason why people have a lowered immune response or their immune systems are not as functional as they should be.

This lowered immunity leaves you prone to many different diseases. It also puts a huge stress on your body, which has to defend itself by fighting off bacteria and disease instead of aging gracefully and healing — and making sure it's taking care of itself and its daily functions.

Charcoal is a great adjunct to removing mercury from your body. With a naturopath, there's a regimen that can be utilized in order to do so. There are also chemicals that can be put in IV called chelation. The chelation process actually pulls out the mercury and metal that is in your body or bloodstream. That way, it gets secreted out of your body instantaneously through the IV line.

## **Better Than Mercury: Types of Safe Fillings**

There are different types of composite fillings. There are also fillings called porcelain fillings. Even with composite fillings, it's really important to pick out the right composite to make sure that it doesn't have any bisphenol in it — bisphenol is a cancer-causing agent.

You also want to make sure that the composite does not mess up your hormones. Some composite by-products, which are released when you chew and grind, actually end up causing or mimicking many hormones, causing hormonal imbalances for women and children.

It's really important to make sure that you're looking at the type of composite that's been utilized. If the fillings are in between a crown, we can use a porcelain filling. These are great because they're stronger than a composite filling, which is made of plastic.

The porcelain works really well because it lasts much longer. However, you do have to remove a certain amount of tooth structure to be able to put the porcelain in the mouth. The first thing I'll do is try to place the smallest filling I possibly can in the mouth. That is usually a plastic composite filling. They're BPA-free and do not mimic hormones.

I start with that first. If there is a huge amount of decay, and I do have to remove more than two millimeters of tooth structure, then I go to something called an inlay. That means it's a filling, but it's made out of porcelain.

If the cavity is bigger than that, I go to something called an onlay, which means that it's going to cover the chewing surfaces of the teeth. My last resort is a crown. These are all made out of porcelain. They're great. They do last a long time. They resist bacteria. The only negative thing is removal of tooth structure. And that's why I try to protect the teeth as much as I can.

## **Is It More Dangerous to Have Mercury Fillings Removed?**

Mercury is toxic and shouldn't be anywhere near your body — especially in your mouth. Removing mercury fillings can improve your health. The process is completely safe if you work with a SMART-certified dentist.

## **The History of Mercury Fillings**

For over 150 years, dentists have been using amalgam fillings, a material consisting of mercury mixed with an alloy of silver, tin, or copper. Mercury replaced gold fillings because it was relatively inexpensive, pliable during the setting process and durable once hardened. Over 100 million Americans now have mercury fillings in their mouths.



Although the American Dental Association (ADA) continues to say these fillings are safe, a growing amount of research indicates otherwise. As a result, many health-conscious people are opting to have their mercury fillings removed.

## Mercury Exposure and Amalgam Fillings

Mercury fillings release elemental mercury vapor into your mouth, which increases the concentration of mercury in your blood, urine and brain. As you move your mouth throughout the day, an average of two to 20 mcg of mercury seeps out of your fillings. These numbers rise significantly if you chew gum.

## Allergic Reactions to Mercury

Some people have allergic reactions to mercury, which means that their mouths may erupt in rashes called oral lichenoid lesions. In the case of an allergic reaction, you should have the amalgam fillings removed as soon as possible. If amalgam comes into contact with the lesions, the negative health effects are compounded.

## Damaged Fillings

Damaged fillings release even more mercury into your body than undamaged fillings. Signs of damage to your fillings may include jagged edges on your teeth, pain while biting and increased sensitivity. When fillings become cracked or broken, bacteria can grow underneath, causing decay and infection that often result in painful abscesses.

Some people argue that removing undamaged mercury fillings may expose you to higher levels of mercury. This misleading fact only applies if you have your fillings removed by a dentist who is not adequately trained. Mercury-safe dentists use special technology to control the release of mercury vapor as your fillings are removed. You also breathe 100% clean air during the procedure.

## Reduced Health Complaints After Removing Fillings

In a study in Norway, dentists removed mercury fillings from patients suffering from a variety of health complaints, including fatigue, headaches, muscle or joint pain, lack of concentration and memory problems.

Researchers followed up with the patients after three months, one year and three years. During that time, the participants noticed a significant reduction in their health concerns. The same health improvements were not apparent in the reference group that did not have their fillings removed.



## Mercury Bans Around the World

Considering the dangers of mercury, many countries are now banning or limiting its use in dental fillings. Sweden, Denmark, Norway and Germany stopped using mercury fillings nearly a decade ago. In July 2018, the European Union implemented a ban on mercury fillings in children under 15 and women who are pregnant or nursing. These laws are in response to growing research indicating how mercury can damage the nervous, renal and cardiovascular systems.

The United Nations has also urged member countries to reduce their use of mercury in fillings. Although the United States has yet to do so, the shift in global attitude towards amalgam fillings underscore a growing worldwide consensus on the dangers of mercury.

## Removing Mercury Fillings

You can safely replace old mercury fillings with composite resin or ceramic fillings. If you decide to have your mercury fillings removed, you need to work with an experienced, well-trained dentist who can safely remove them without increasing your exposure levels. Exposure could create an even more dangerous situation in your mouth.

### SMART-Certified Removal of Mercury Fillings

Safely removing mercury fillings requires the following essentials:

- Barriers to prevent mercury exposure
- A special rinse that absorbs mercury and prevents ingestion
- Suction to remove the smallest traces of mercury quickly and efficiently
- Filters to safely remove mercury for disposal

## SMART Dentistry

The dangers of mercury poisoning are not a new discovery. In *Alice in Wonderland*, the Mad Hatter's erratic behavior was caused by mercury exposure. This was a well-known affliction among hatmakers in the 19th century.

For decades, mercury amalgam was used by dentists to create "silver" fillings. However, the dangers of mercury toxicity have been known for centuries.

Nearly 75% of adults have a mercury filling. Over time, mercury leaches into the body, causing neurological, immunological and endocrinological problems.

As an experienced dentist focused on my patient's whole-body health, I am not willing to ignore the dangers of mercury amalgam fillings. I completed the SMART certification program from The International Academy of Oral Medicine and Toxicology and am one of few dentists in San Francisco qualified to safely remove amalgam fillings.

## Alternatives to Mercury Amalgam Restoration

If you have mercury fillings in your mouth, don't worry! There are great alternatives that will look better, last longer and, most importantly, help you stay healthy and avoid the negative health effects caused by mercury exposure.

Metal-Free & Mercury-Free Fillings – Composite fillings look just like real teeth and are built to last for years. Unlike mercury fillings, they are completely non-toxic and require the removal of minimal natural tooth structure.

CEREC Crowns – Custom made in minutes, CEREC crowns are amazingly durable and natural-looking restorations. They are made from non-toxic and biocompatible materials.

## Symptoms of Mercury Exposure & Toxicity

- Headaches
- Muscle
- Mood Swings
- Insomnia

## What Are Biocompatible Fillings?

A biocompatible filling provides minimal toxicity and reduces inflammation to nonsignificant levels in a short amount of time. Conventional cavity repair is associated

with more destructive procedures, is regarded unbefitting for visible reconstruction and is enmeshed in ecological contamination.

An evolution of biocompatible materials has confronted these issues. Biocompatible fillings are a shift in dentistry that focuses on safe materials which aim to promote its repair and regeneration.

# Chapter 5: Natural Cosmetic Dentistry

## What's Involved With A Smile Makeover?

The smile makeovers in my practice typically involve pinhole surgery. This brings the gum tissues down, and about 16 to 22 veneers, or 16 to 22 crowns. But what matters is what's important to the patients, because it's actually about them. The only non-negotiable that we have is health — really making sure that there are zero cavities and no gum disease. We want to make sure we handle those first. As far as cosmetics, we really look at the question of “How can we help them achieve their goals so that they can live a longer, joyful, rich, full life?”

I even have geriatric patients who are in the hospital that want to have a beautiful smile when their family comes to visit. It is their self-esteem. It is their pride. A smile is important, and there's no price for it. It's something that every single person wants. It's something that matters for every single person, whether they admit it or not. It's something that is so valuable because it's internal.

## Achieving Your Beautiful Smile Naturally With Teeth Whitening

We have several different teeth whitening options in the practice. The first and easiest is a routine cleaning. We polish your teeth and we're able to get stains off, typically coffee stains and things like that.

Beyond a cleaning, there are several different options. The first is I have my own activated charcoal and coconut oil polishing paste that I use. After that, we have whitening pens. Then we have in-office laser whitening procedures and take-home trays.





What typically happens with take home whitening trays, pens or in-office whitening is there's a little bit of sensitivity associated with it. One thing that I do is use activated charcoal and coconut ghee – and natural oils like peppermint and tea tree – to make my own natural whitening gel that I use in the practice.

We polish your teeth up. It takes about 15 minutes. It's completely natural. Your teeth look nicer. They are shiny and they have that beautiful sheen, so you're able to really see a difference. It's almost like a facial.

## **Invisalign Treatment For Healthier, Natural, Better-Looking Gums And Teeth**

When it comes to Invisalign versus regular braces, I only use regular ones if I absolutely have to. With Invisalign, you're able to take them on and off, so you can clean them properly. This allows you to make sure that it doesn't cause gum disease, decalcification of teeth or any other problems. That is what typically occurs with regular braces. It's hard to keep the areas clean because you're not able to floss through very well. If you are, it's still subpar. It's really, really, really difficult to get in between the wires and clean.

What I typically find is that patients who have gone through regular braces in their childhood end up needing crowns in their adulthood. The teeth that were banded had a lot of glue on them and were decalcified. Because of this, they start needing crowns on their molars in their 30s, which is the worst thing you could ever do.

The other reason I really like Invisalign is because it's aesthetically pleasing. People don't even know that you're in Invisalign. I was in Invisalign myself. People did not know that I was. Even my patients were only able to tell when they got really close to me, which is really nice. It was a compliment to me. I really appreciated that. I'm a big fan of straightening the teeth, especially through Invisalign.

## **Are You A Candidate For Porcelain Veneers?**

Veneers are great because we're able to be minimally invasive with the natural teeth and get great results. They look really good within a short period of time. We don't have to extract any teeth. We don't have to remove a lot of tooth structure. We don't have to do any additional services. It's basically like a press-on nail. We're able to put a veneer on and make sure that the teeth look good and feel good within a short period of time.

When somebody has a foundation of the teeth that's solid, but the aesthetics are not very pleasing, veneers are a solid solution for that. The foundation is really rock solid of the teeth and, what the veneers will do, it'll put a nice casing on the outside to make it look really good.

What the veneers are great for is for patients who have tetracycline staining or just teeth that are too short or have had bonding that has failed over time. It's a great service for patients, especially if they're unhappy with their smile.

# Chapter 6: Laser Dentistry

## What Is Laser Dentistry?

I've been at the forefront of dental technology in San Francisco for years. I've seen firsthand how my patients have benefitted from the use of lasers in a wide variety of dental procedures. Lasers have helped my patients:

- Fight bacterial infections
- Feel more comfortable during treatments
- Heal faster and feel better
- Strengthen the mouth-body connection

## Treating & Curing Gum Disease

Gum disease is a true epidemic. Millions of people are needlessly suffering. High-tech dental lasers can eliminate gum disease and help you heal fast. With these lasers, you can realize these benefits:

- Get results in as little as 1 treatment
- They allow you to recover quickly
- No scalpel and no stitches
- They help your body to heal itself naturally



## Precisely Eliminating Tooth Decay

Imagine repairing a cavity without a drill. It's possible with the Waterlase dental laser system. Unlike a traditional drill, the Waterlase is so precise it can eliminate even the tiniest of cavities without damaging or removing any healthy tooth structure.

Your filling will be smaller and helps protect the long-term health of your tooth. It's the best way to get a filling.

## Killing Bacteria and Encouraging Bone Health

Bacteria lead to gum disease, infection, and even systemic disease throughout the body. High-tech dental lasers can be used to eliminate bacteria known to cause disease and clean out gum "pockets" where bacteria love to hide. When used during implant procedures or other dental surgeries, a dental laser can help you heal faster.

Lasers destroy diseased tissue and increase blood flow to healthy tissue. This is a win-win situation for your health! You'll feel better faster and your treatment will be more effective.

## How Laser Dentistry Can Improve Your Overall Health

My greatest love for laser dentistry comes from how well it serves patients. It's really nice to have a procedure done that is almost pain-free. It allows us to minimize the amount of anesthesia that we need, so it's minimally invasive. It's also durable, efficient and lasts for a long time.

The laser promotes healing. It activates your own natural immune system to heal the tissue much more effectively.

I have so many patients that go through this process. They come back saying, "You know, I feel healthier. I have more energy. My mouth smells better. I feel more confident about my smile. I feel more confident about my health in general." The mouth is an access point to the body. The cleaner the mouth is, the better the body will respond.

Our bodies are filled with good bacteria and bad bacteria — everywhere from our skin to our stomach, mouths and hair. When we're able to get rid of this bacteria and encourage hormonal balance in the mouth, we find that patients have a decrease in allergy responses. As people with autoimmune dysfunctions, it helps them feel better. They have more energy and their bodies work better.

That's where we focus all of our efforts — on feeling better, having your immune system work better and having your body naturally work better. That is the key to living longer.

# Chapter 7: Dental Implants

## What Are Dental Implants?

Advanced tooth decay, accidents, injuries and disease can all cause severe damage to a tooth. This makes it impossible to repair it with a filling or other restoration. In these cases, we recommend high-tech holistic dental implants as the best solution for replacing missing or damaged teeth.

Holistic dental implants are permanent restorations with a natural appearance and function. The titanium/porcelain implants used at Green Dentistry are 100% biocompatible and strengthen your jawbone. They also promote gum health. Porcelain implants are also available, but they are more susceptible to fracture.

## Advantages of Dental Implants

**Durable & Permanent** - Holistic dental implants are a lifelong solution to lost or missing teeth.

**Biocompatible** - Made from biocompatible materials, implants are a great treatment option.

**Rock-Solid** - Dental implants offer a secure foundation for crowns, bridges and dentures. You can speak normally, chew normally and enjoy the foods you love.

**Beautiful** - Your implant is completed with a custom-made restoration that matches the color and look of your natural teeth. The result is a natural, beautiful smile!

**Simple to Maintain** - Caring for your implants is as simple as brushing, flossing and scheduling regular dental cleanings.

When a tooth is lost, it can lead to lifelong complications and health issues. The underlying bone will begin to dissolve, a process known as “resorption.” This leads to a sunken appearance in the face and problems with biting, chewing and speaking.

Otherwise healthy teeth surrounding a missing tooth may be more susceptible to cavities. They may also shift and become misaligned. Dental implants stop bone loss and protect your teeth, bite, and jaw.



A close-up photograph of a young man and woman. The man is in the foreground, smiling broadly and showing his teeth. The woman is behind him, also smiling and showing her teeth. They are both looking towards the camera. The background is a plain, light color.

## Why Dental Implants Are The Best Investment In Your Quality Of Life

I am a big fan of dental implants, mainly because you're planting a new tooth. Just like the tooth has a root, the implant has three different parts. The bottom portion is like the root portion — that's actually called the implant. There is a middle piece that's the abutment and the top is called a crown.

The implant can last for a very long time. You can chew properly, you are comfortable, you can taste food and you don't have to worry about something popping out. It's basically a prosthesis that gets bonded to the bone.

Bridges can't take the pressure of sideways forces, though they're good at taking up and down forces. What usually happens with bridges is that they fail quickly. That's the main reason why I like an implant versus a bridge.

When it comes to implant retained dentures, the main reason that I like those is because it's a fixed product. It goes inside your mouth and the pallet is open. That way, you can taste your food better. It is an investment, but it's a great one — one that will last you a lifetime.

Science has proven that keeping your teeth adds an extra 10 years to your life. Implants offer you that ability.

# Chapter 8: Sleep Apnea and Natural Treatments

## What Is Sleep Apnea?

Do you have headaches? Are you short of breath? Do you have poor sleep habits? Sleep apnea may be the cause.

Are you...

- Suffering from chronic headaches?
- Not feeling rested when you wake up?
- Feeling drowsy throughout the day?

You may be suffering from sleep apnea, a condition where a person stops breathing for dozens or even hundreds of times every night - often without even knowing it!

Sleep apnea does more than affect your quality of life. Left untreated, it can lead to serious complications and even death.

Sleep apnea occurs when you stop breathing while you're asleep. It may be caused by an obstruction — typically the walls of the throat collapsing — or misfiring signals in the brain that cause your body to “forget” to breathe. Generally speaking, the former — also known as obstructive sleep apnea — is much more common.

During an episode of sleep apnea, your body will wake itself to make sure that you breathe again. This can happen dozens or even hundreds of times throughout the night. The result is poor, restless sleep. The worst part is that the periods of wakefulness are often just a few seconds, so you likely won't even remember them.

## CPAP

CPAP stands for Continuous Positive Airway Pressure. It is a common and effective non-surgical treatment for the symptoms of sleep apnea. CPAP uses a customized mask worn over the face and mouth during sleep combined with a small electric air compressor. This therapy delivers constant, steady air pressure to help you breathe more easily during sleep and keeps your airway from closing.

## DNA Appliance

The Daytime-Nighttime Appliance (also known as the DNA Appliance) is a revolutionary, non-surgical method for treating sleep apnea. The DNA Appliance looks similar to a retainer and is fully customized to fit your mouth. This comfortable appliance applies gentle, intermittent vibrational forces to your teeth which increase the size of your airway.

This method for treating sleep apnea has other benefits, too. Examples include improving the alignment of your teeth and reducing symptoms of TMJ.

## Warning Signs & Treatments That Work

Sleep apnea is the epidemic that not enough people are talking about. Experts estimate that nearly 10% of all adults suffer from some form of sleep apnea — and that most of these people don't even know it.

### S.T.O.P. B.A.N.G.

S.T.O.P.B.A.N.G. can help you notice the warning signs of sleep apnea:

- Snoring
- Tired during the day
- Observed choking or gasping while asleep
- Pressure – namely, high blood pressure
- BMI of over 30
- Age over 50
- Neck size over 16"
- Gender – Men are most commonly affected by sleep apnea



## How Can Sleep Apnea Affect My Life?

Sleep apnea can be very serious. In advanced, untreated cases, it can even be fatal — your body may be unable to wake itself and start breathing again. In most cases the effects of sleep apnea will be seen in:

- Excessive tiredness throughout the day
- Weight gain caused by poor sleep and hormone imbalances
- Unexplained and sudden changes in mood
- Mental health issues — sleep apnea often causes symptoms like fatigue that are confused with depression
- Poor performance at work or lack of interest in hobbies
- Car accidents or other mishaps caused by poor reaction time as a result of lack of sleep

Sleep apnea can be a vicious cycle. Your body never gets the rest it needs. This leads to negative effects on your life that produce even worse sleep quality and more episodes of sleep apnea. The only way to break the cycle is to recognize sleep apnea, get diagnosed and begin treatment.

## Does Sleep Apnea Affect The Rest of My Body?

When you don't get the sleep you need, toxins build up in the body. You're more susceptible to infection and disease, and your overall health suffers. Sleep apnea may cause or worsen:

- Heart disease
- Strokes
- Diabetic complications and difficulty managing blood sugar.
- High blood pressure
- Acid reflux and heartburn



Your partner, husband or wife is much more likely to recognize your sleep apnea than you are. If you've been told you snore, take it seriously!

## Who's At Risk for Sleep Apnea?

There are many risk factors that can indicate whether you're likely to suffer from sleep apnea. The most at-risk groups include:

- Men over the age of 50
- Anyone with a neck larger than 16" around
- Anyone who's been told that they snore
- Anyone who feels tired or groggy during the day

## Can Sleep Apnea Be Treated and Cured?

The good news is that sleep apnea is very treatable. In some cases, sleep apnea can be reversed through lifestyle changes, such as:

- Losing weight
- Quitting smoking
- Eating healthier



Some patients may benefit from additional therapies and treatments. In the past, doctors would often recommend invasive and painful surgery designed to realign the jaw and increase the size and stability of the airway. Unfortunately, these surgical treatments produced unpredictable results and were very invasive and painful — and required long recovery times.

## Improve Your Sleep Hygiene

If it's found that you're not suffering from sleep apnea, but you're still suffering from poor sleep, you may want to improve your "sleep hygiene" by:

- Avoiding alcohol and caffeine in the evenings
- Sleeping in a dark room with no TV's or phone screens
- Setting and sticking to a reasonable bedtime that allows you to get 8 hours of sleep
- Keeping your bedroom cool — research shows that 60 degrees is ideal for most people
- Exercising regularly
- Using a light-based alarm clock to wake yourself naturally





## Natural Treatments for Sleep Apnea---

# Chapter 9: TMJ and Natural Treatments

### What is TMJ?

Experiencing pain in your mouth and jaw? TMJ may be to blame. Do you...

- Have trouble chewing or biting?
- Hear clicking or popping when you open or close your mouth?
- Suffer from chronic headaches or earaches?
- Feel a deep ache in your face, particularly around your jaw?

You may be suffering from a disorder in your temporomandibular joint, often referred to as TMJ. TMJ can be the result of a misaligned bite, missing teeth, jaw clenching or grinding and other issues.

### TMJ Treatment Options

There are several standard options for TMJ treatment. Some examples include the following:

**Night and Day Orthotic Device** — Custom-made and advanced devices prevent clenching and reposition your jaw to a more favorable and comfortable position, allowing the jaw joint to heal and feel better.

**Natural Orthodontics** — If an occlusion issue is the cause of your TMJ pain, orthodontics or Invisalign may be recommended to fix the alignment of your bite.

**occlusal Equilibration** — This method involves gently adjusting your mouth so your lower and upper teeth meet correctly.

**Physical Therapist Referral** — Coordinate treatment with other specialists, including ENTs (otolaryngologists) and physical therapists.

**Home Therapy Exercises** — Specific jaw exercises combined with diet and lifestyle changes can help relieve pain.

## Natural Treatments for TMJ---

# Conclusion

Let's conclude with an understanding that you no longer have to rely on traditional dental treatments that are painful and invasive. We are finally crossing the bridge in a wasteful industry that depends heavily on plastics. We have embraced the benefits of a green, wholistic dentistry practice.

The mouth is part of the whole body. Overall health can be significantly improved by fixing your oral health.

Inflammation happens when the body is out of balance. The body can become imbalanced from diet, stress, a desk-bound lifestyle or an overactive lifestyle. It is the body's defense system that can become harmful to a person if they are out of balance for too long.

My approach to dental wellness enables me to view health from several lifestyle aspects. This approach fortifies the value of taking into account the entire physical body, the patient's lifestyle and how the mouth contributes to overall well-being.

We are excited to be a part of lifelong health and wellness. This approach produces incredible, far-reaching results using natural and biocompatible materials that look beautiful.

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