

Holistic Dental Care

I consult about dental disease on a daily basis. We take x-rays and discuss photos with patients daily.

But what are we really looking at / talking about?

Simply, it is the health results / dental disease that is the RESULT of living in a modern world.

The objective of belledental is to provide high quality care and education that **frees** patients from dental and whole body disease (the two are intrinsically and holistically LINKED). We are an independent dental practice that is not associated with health funds or any corporations / organizations that have a vested interest in profiteering from your disease.

To achieve this end our focus is on using the best quality materials and techniques (implemented with minimal intervention), provide education and support around full body health and most importantly—**TREATING CAUSES NOT SYMPTOMS.**

This is what any holistic practice is about.

Belledental strives to be holistic in EVERY endeavour—**we frame all interactions as Win-Win.**

Your interactions with all health care providers should NEVER be based on dependence. Understanding your body, diet and lifestyle should free you from dependence on any one practitioner and deliver lasting stability in your health—including dental health.

We need to free you from the disease merry-go-round so that we have the time to consult with more people...just like YOU.

Let's get started...



What is Holistic Dental Care?

Firstly, I would like to make an admission: I am battling the same problems that many of my patients come to me with. I don't have dental disease, but I do have problems with metabolic disease, that if left untreated, will result in dental disease and a shortened lifespan.

This is my motivation around holistic dental care. Your battles with dental disease mirror my battles with metabolic disease. Yet—their cause is one and the same—just different disease outcomes.

What is the most significant factor in any disease?

DIET & NUTRITION

Without addressing this one gap in our knowledge, even the best dental materials, the greatest degree of discipline in application and supplementation / support remedies—WILL NOT SAVE US FROM DISEASE.

The first rule of Holistic care...of any description:

Eat Real Food: Mainly Plant Based: Not Too Much of Anything

Simple...isn't it?

Real food = can you pick it or kill it.

Real food will not contain preservatives—because it is natural.

Real food will not sit on a shelf indefinitely and still be edible.

Most can be eaten raw or with minimal preparation—saving TIME.

...so what has this got to do with dentistry...?



You are what you eat.

Much of modern dental disease has to do with preservatives...

There are only 4 ways to preserve food:

1. Refrigeration (including Freeze Dried foods)
2. Salt
3. Sugars
4. Acids

That's it. Refrigeration and to some degree salt don't have disease outcomes for us.

Sugars and Acids MOST CERTAINLY DO!

Sugars and acids alter our metabolism, promote bad bacteria in our systems (which decreases good bacteria in our systems) and make us more acidic. When we are more acidic and have more bad bacteria (especially in our mouths), we need more saliva, that has better buffering against acids (that is more alkaline) - which is exactly **WHAT OUR BODIES CAN'T PRODUCE WITH PRESERVED FOODS**. Our bodies have to work harder to produce more alkaline saliva to neutralize the acids produced by more ferocious dental plaque (bacteria).

Not only this—the high sugar content of preserved foods and low fibre content promote the growth of **MORE AGGRESSIVE** dental bacteria, that produce more acids that promote dental decay and gum disease.

This picture is simplified...but it is still the essence of freedom from all disease.

The correct frame around this picture is: **This is SIMPLE, This is EASY, This is FUN.**

Have fun with good food choices! It only takes 3 weeks for your taste to change for the better!

Where does alternative remedies fit into all of this?

My area of specialty is dentistry. Traditionally, dentistry has come from a space that is focused on fixing a problem...that is—we've only ever addressed SYMPTOMS— at the expense of leaving CAUSES to run amuck.

I noticed **about 7 years ago**, that dental care was becoming more and more and more aggressive. Teeth were being regularly cut down for crowns, when I knew that a filling would serve the patient well. This kind of aggressiveness was also a symptom of our diets—you see, when you're only treating symptoms (as opposed to causes) - **the only option you're left with is to PUSH harder!**

It takes a different level of thinking to address CAUSES!

Often it is one that seemingly doesn't harbour as much profit (I don't believe this...because if we could rid/greatly reduce dental disease, more people would buy tooth whitening, have implants that restore their remaining teeth with a greater degree of confidence and more people would have my minimally invasive dental veneers!)

MOST ALTERNATIVE REMEDIES TREAT CAUSES

So they're not alternative at all! - they should be the first line of CARE! The same can be said around all modern disease!

This includes:

1. Emotional Stress
2. Arthritis
3. Cancer

Belledental has a range of alternative therapy practitioners that have been tested by me and that we refer to on a regular basis. My specialty is Dentistry—dentistry is the area that I can serve you in. I can support you around other alternative remedies by referral to ethical and knowledgeable practitioners when I notice dentally manifested symptoms of disease.

What does a Holistic Dental Practice look like?

Do you think of a holistic dental practice as one that burns incense?

Belledental doesn't burn incense—instead my view of holistic dental care is using the highest quality, most durable AND beautiful and minimally invasive dental materials COMBINED with the latest education around healthy living.

...and it's not linked to method of dependence...**IT MUST FOSTER INDEPENDENT HEALTH!**

Here's some photos:



The tooth on the left is a traditional crown—the tooth on the right is a belledental CRC. The modern materials and techniques in the CRC allow for a **LESS** destructive, more **INTEGRATED** and more functional (read sharper) tooth. The CRC looks more like a tooth...and because it looks more like a tooth with less destruction of sound tooth structure...**it IS more HOLISTIC.**



Simple fillings—high quality materials, good craftsmanship and conservatism. This is the legacy of belledental. I have every confidence that when you combine fundamental education with quality materials and a laser like intent around **ethical care**—the outcomes speak for themselves. I don't have any fillings—but if I needed a filling, this is what I would want in my own mouth.



I developed this technique of splinting when my father came to me one day complaining about a loose tooth—"son, I think you're going to need to pull this tooth out"

As a consequence of that problem, I came up with a method of splinting lower front teeth that is conservative, effective and beautiful. My father is testament to this—he took my splint to the grave.



How does Belledental get a handle on you Current level of Dental Health?

There are a lot of methods for assessing dental health. By looking in your mouth, we can see how many teeth are present, what state of repair they're in, how many lower teeth touch upper teeth and support your bite, tipped teeth and level of inflammation of your gums.

Most of these methods of assessment are HISTORICAL...i.e. they tell us about past events in your dental health history. There is one method that that can be a predictor of your FUTURE dental health—

SALIVA

This is why we use saliva testing—it provides information about your future susceptibility to dental disease and because it is secreted by your body, it gives us an accurate indicator of general health.

If you can relate to any of these pictures—you DEFINITELY have an issue related to your saliva.



Luckily, Saliva testing is non-invasive, takes only 10 minutes, gives immediate results and is FREE included with any examination at belledental.

This document is not designed to be interpreted as being all encompassing with regards to your health. It is designed to help my patients realize that there is more to their dental health than a set of teeth and that all of us at belledental want only the best possible outcomes for ALL of our patients. If we feel there are areas of your health that would benefit from the advice of alternative practitioners, dieticians and medical practitioners, we will offer you the opportunity of discussion of your area of need and referral if you feel it is appropriate.

If you have concerns that we can help with—please don't hesitate to contact us at belledental:

Phone: 02 4946 9122

Email: info@belledental.com.au

If you feel you would benefit from an examination—the best way forward would be our belledental all inclusive new patient examination. The link to the information on the new patient examination is:

Link to ALL inclusive new patient examination