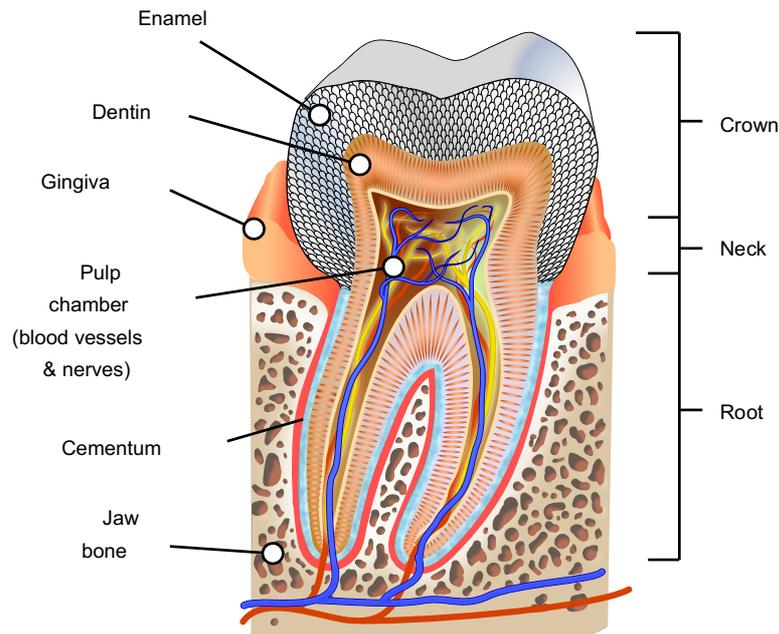


DENTAL HEALTH / BIOMIMETIC DENTISTRY



Dental Health

- Clean your teeth every 12 hours
- Use only a pea sized amount of toothpaste
- It is the mechanics of brushing that cleans away most of the plaque
- Spit out, but don't rinse so that the toothpaste can do its job
- Clean your tongue with a tongue scraper x 2 daily when you brush your teeth (lots available cheaply on Amazon – suggest a stainless steel one) – not only does it remove excess oral candida (the white) helps to stimulate the digestive system
- Non-toxic flossing (see below) or water pick
- Sesame seed oil pulling (see separate fact sheet) – oil feeds the good bacteria and helps remove some of the bad.
- Avoid chemical mouth washes which can imbalance the oral microbiome by wiping out the good as well as the “bad”. We don't want to remove all of the “bad” bacteria as they help remove toxins from the mouth – we need a balance. Good bacteria help keep the levels of bad bacteria under control.
- Chew thoroughly, hard foods, to stimulate saliva which helps remineralise the teeth
- Buteyko Breathing exercises daily – breathing only through the nose and never through the mouth
- Manuka honey for oral health - the higher the strength the better, at least UMF of 15. Anti-inflammatory, antibacterial, antiviral, antioxidant and it produces hydrogen peroxide. Helps to reduce oral pathogens and inhibit dental biofilms. You could add a little to warm water and use as a mouth wash. Add to your toothpaste. Rub on the gums and massage. It helps break down plaque and has been shown to kill P.gingivalis and other pathogenic oral bacteria.
- Green tea has been shown to inhibit the growth of p. gingivalis, prevotella intermedia and prevotella nigrescens in the mouth.

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Toothpaste Suggestions

Fluoride-free (fluoride reduces iodine and is not necessary for teeth according to biologic dentists).

SLS-free toothpaste – sodium lauryl sulphate is a harsh cleanser and foamer which may harm tissues / gums.

- **Splat Biomed – good price** https://www.amazon.co.uk/SPLAT-Biomed-Calcimax-Natural-Toothpaste/dp/B0725M67F1/ref=dp_prsubs_2?pd_rd_w=j1WVE&content-id=amzn1.sym.d7eefb39-b21e-4c2c-9e42-14db94912ddb&pf_rd_p=d7eefb39-b21e-4c2c-9e42-14db94912ddb&pf_rd_r=DV7A96Q0QX5WN79TYCR&pd_rd_wg=Q8wR0&pd_rd_r=4c217117-3239-494f-8eaa-16ac01394b3d&pd_rd_i=B0725M67F1&psc=1
- **Dentura Med Sensitive Toothpaste (mid-price - available at discount from the Natural Dispensary – contains zeolite which may help to remove mercury and other heavy metals.**
https://naturaldispensary.co.uk/products/Dentura_Med_Sensitive_Toothpaste_75ml-10005423-0.html

More expensive but recommended by holistic / biological dentists – will last a long time if you only use a pea size

- **Revitin (produced by Dr Curatola) – use for unhealthy plaque (even as a gum mask) which helps remove unhealthy biofilm and feeds good bacteria**
- **Dentalcidin toothpaste – use of the broad-spectrum botanicals in Dentalcidin can assist in removing biofilms and plaque.**
- **Great Oral Health Pro-Mineralizer Toothpaste – produced by Dr Paul O’Malley, Biomimetic and Holistic dentist that presents the videos below.** https://www.amazon.co.uk/Pro-Mineralizer-Toothpaste-Nano-Hydroxyapatite-Properties-Natural-Treatment-Dentist-Formulated-Wintermint/dp/B07KX75Z49?ref=ast_sto_dp

Oral Protiotics

- **Great Oral Health - Advanced Oral Probiotics for Mouth (ear, nose & throat canal infection support also) - Bad Breath Treatment produced by Dr Paul O’Malley. Supplement with BLIS K12 BLIS M18 - Dentist Formulated 60 Tablets Mint Flavour eBook Included. There is also a children’s version of the Oral Probiotic.**
https://www.amazon.co.uk/Dentist-Recommended-Probiotic-Supplement-INGREDIENTS-GLUTEN/dp/B00KDQW1XU?ref=ast_sto_dp&th=1
- **Invivo.me Oral – probiotic mouth wash from The Natural Dispensary (do not swallow)**
https://naturaldispensary.co.uk/products/Bio_Me_Oral_60g-10000899-0.html

Natural Homemade Toothpaste

Most toothpaste contains fluoride which will adversely affect thyroid function. Toothpaste is not a food and can therefore contain many substances that may not be safe. According to Dr Ramiel

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Nagel DDS toothpaste can include hydrated silica, sorbitol, sodium saccharin, titanium dioxide, glycerine, sodium laurel sulphate and sodium fluoride.

Of glycerine Nagel says:

“Glycerine is added to toothpaste to give it its “pasty” consistency and helps prevent the toothpaste from drying out. Supposedly, glycerine requires 27 rinses to remove from the teeth. This glycerine film could create a barrier on the teeth that would prevent teeth from getting harder and stronger”

The glycerine covering will mean that the teeth do not get bathed in the protective saliva.

The following example of **homemade toothpaste** is taken from Dr Axe, “How to Reverse Cavities Naturally”:

- 4 tablespoons coconut oil
- 2 tablespoons aluminium free baking soda
- Optional 1 tablespoon of xylitol or 1/8 tsp stevia
- 20 drops peppermint or clove essential oil
- Optional 20 drops trace minerals or calcium/magnesium powder

Simple toothpaste

A very simple ‘toothpaste’ is just to use sea salt on the toothbrush.

Remineralising toothpaste

The following recipe is from Eric Zielinski DC:

- 1/3 cup bentonite clay
- 1/4 cup hot water
- 1 tsp stevia
- 1/4 tsp pink Himalayan rock salt
- 1 tablespoon coconut oil

Mix the above together and then add 20-30 drops of your choice of essential oils such as:

- Lemon, lime and grapefruit
- Cinnamon, clove and orange
- Frankincense and myrrh
- Orange, clove and peppermint
- Tea tree and lemon
- Chamomile and wintergreen

Chemical and metal-free Floss

A lot of dental floss contains chemicals such as Teflon to make it slide, and BPA plastic which is an endocrine disruptor – here are some more healthy and eco-friendly options depending on which method of flossing you prefer: -

- Natural Dental Floss (non-vegan) – string on a roll. From the Natural Dispensary https://naturaldispensary.co.uk/products/Eco_Awesome_Floss_Natural_Mint-18799-0.html
- Bamboo Dental Floss Sticks with BPA-free nylon bristles <https://www.peacewiththewild.co.uk/product/hydrophil-bamboo-dental-floss-sticks-pack-of-20/>
- Bamboo Interdental Sticks with BPA-free nylon bristles <https://www.peacewiththewild.co.uk/product/bamboo-interdental-sticks/>

- Dental water pic (water floss) many to choose from on Amazon.

Biomimetic Dentistry

<https://www.aobmd.org/biomimetic-approach/>

Tooth preservation and dental conservation lie at the heart of Biomimetic Dentistry. Biomimetic dentistry, a type of tooth conserving dentistry, treats **weak, fractured, and decayed** teeth in a way that keeps them strong and seals them from bacterial invasion. In dental practices around the world, Biomimetic Dentistry has practically eliminated cutting teeth down for crowns and destructive root canal treatment. Patients are happier and often spend less compared to conventional treatment.

The benefits of Biomimetic Dentistry include: -

- Avoiding the use of toxic chemicals in your mouth
- Preserving more of your natural teeth, which helps you eat and speak naturally
- Use of materials that function like your teeth, which can keep the rest of your tooth healthy and promote oral health
- Minimally invasive treatments that can reduce the need for anaesthesia
- Less invasive treatments also usually cost less, saving you money
- Aesthetically-pleasing (good looking) restorations that look and feel like your own teeth

Benefits – **BIOMIMETIC APPROACH**

- Preserve Intact Tooth Structure
- Maximize Adhesion
- Minimize Residual Stress
- Restore Structural Integrity
- Replicate Natural Biomechanics
- Caries Removal Endpoints
- Preparation Design
- Restorative Materials which are Biomimetic

The Biomimetic approach to restorative Dentistry enables your Dentist to control the strength, function, and aesthetics of the restorations placed in your mouth. The appreciation of the natural components of teeth, and the ability to bond directly to them with stronger, more aesthetic materials. Will enables us to break the destructive restorative cycle where teeth are constantly being restored every few years. This will eventually lead to root canal treatment and then tooth loss.

What Treatments does it apply to?

Non, biomimetic dentistry has been growing in popularity and biomimetics can be applied to any treatment. Restoring teeth aesthetically and functionally to the highest standard. A common application is a filling, but the potential of biomimetics to restore a full smile is remarkable.

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Dr Paul O'Malley - Biomimetic dentistry has been around of 15-17 years but more scientific studies kept being done by top tier academicians and showing the advances of adhesive dentistry and how to protect and preserve the nerve, that has been going on some time. He started doing adhesive dentistry in the 90s, and in around 2010 he met with Dr Alleman, his mentor (<https://allemancenter.com/>), who had taken over 100 scientific articles, put them together and created a course and codified everything. They started to then create a Biomimetic movement that was going to bring about some consistency. He became involved in that group – the Academy of Biomimetic Dentistry, the Alleman courses that teaches in Sardinia and the US.

Goswami, S. (2018). Biomimetic dentistry. *Journal of Oral Research and Review*, 10(1), 28. https://doi.org/10.4103/jorr.jorr_3_17

Zafar, M. S., Amin, F., Fareed, M. A., Ghabbani, H., Riaz, S., Khurshid, Z., & Kumar, N. (2020). Biomimetic Aspects of Restorative Dentistry Biomaterials. *Biomimetics (Basel, Switzerland)*, 5(3), 34. <https://doi.org/10.3390/biomimetics5030034>

Free Holistic Dental Course (Biomimetic Dentistry)

<https://www.freeholisticdentalcourse.com/>

Biomimetic Dentistry

**Bio = life, Mimetic = copying = life copying dentistry
rebuilding a tooth as close to mother nature as possible**

By Dr. Paul O'Malley - a Biomimetic, Holistic, Biological and Cosmetic Master in Los Angeles, CA

“We just have been trained to tear down teeth, and now that we can strengthen and rebuild the teeth it's really the way of the future.”

Intro Video here <https://www.freeholisticdentalcourse.com/>

Most videos are around 10 mins long, a couple are longer 20-30 mins.

Video 2 – Basic Dental Terms / Anatomy

https://vimeo.com/269775574/909e43ad09?mc_cid=2e54013935&mc_eid=0e5f45076b

Video 3 – Crowns are they safe (demo of removing enamel in preparation for a crown and how a traditional crown can annihilate a tooth)

https://vimeo.com/270505460/7903d894dc?mc_cid=62af793ca7&mc_eid=0e5f45076b

Video 4 – Biomimetic Restoration

https://vimeo.com/269791385/c6ca7bf239?mc_cid=ddf2a4f2cf&mc_eid=0e5f45076b

Video 5 – Safe Mercury Removal and Rebuild

https://vimeo.com/269793302/25d2b18239?mc_cid=70678aea1e&mc_eid=0e5f45076b

Video 6 – Veneers and Cosmetics – standard heavily ground down enamel method versus biomimetic method (conservative, minimally invasive, less enamel removal method)

© Gut Feelings

“Let food be thy medicine, and medicine be thy food” Hippocrates

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https://vimeo.com/269795743/2c12a9dc2b?mc_cid=31e600daaf&mc_eid=0e5f45076b

Video 7 – More information on Veneers

https://vimeo.com/269900852/2a2559dbc1?mc_cid=fbb380e9ae&mc_eid=0e5f45076b

Video 8 – Wax-up and Preplanning

https://vimeo.com/269902623/7dc5d63836?mc_cid=218f829a9d&mc_eid=0e5f45076b

Video 9 – Why do people lose their teeth?

https://vimeo.com/269903572/b41ca8efa5?mc_cid=76e5a8b3cd&mc_eid=0e5f45076b

Video 10 – Dental Implants including biomimetic hybrid dentures with implants supporting the dentures – Implant Supportive Dentures – no movement, feel solid. Typically called “All On Four” dentures as it typically uses 4 (sometimes 5 or 6) implants to secure the denture.

https://vimeo.com/269909306/ef1156df5a?mc_cid=2971ebd7ad&mc_eid=0e5f45076b



Video 11 – Missing teeth – why it’s important. Why do we replace missing teeth

https://vimeo.com/270718791/39a8ee5133?mc_cid=adc083974e&mc_eid=0e5f45076b

Video 12 – What do I do if I already have crowns and root canals

https://vimeo.com/270724971/2d9bdda2b0?mc_cid=cdf648a1f7&mc_eid=0e5f45076b

Video 13 – Ways to avoid the dentist entirely. Why we brush and floss. Correct tooth brushing and flossing demonstrations. “Only floss the teeth you want to keep!!!”

Bacteria in the mouth. Life cycle. The bacteria build into a family, into a group. It takes them 24 hours to build up into a big enough group to cause gum disease, bad breath, cavities. By running dental floss through, you break up that family of bacteria. They go into apathy and regroup again after 24 hours.

https://vimeo.com/270729094/ba29c11ab2?mc_cid=42bf9fb541&mc_eid=0e5f45076b

Video 14 – What is holistic dentistry exactly?

https://vimeo.com/270733160/7fcf0bc5e5?mc_cid=6dbc8c28f4&mc_eid=0e5f45076b

Video 15 – Clifford Blood Reactivity Test. Blood test which gives a 140 page booklet of potential sensitivities to dentistry materials that have been tested for.

https://vimeo.com/270734804/bb0e49d7c2?mc_cid=f78f4fb578&mc_eid=0e5f45076b

Video 16 – Questions and Answers (37 mins).

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He suggests that people also do their own research and directs people to the IAOMT website for information (he is a member) International Academy of Oral Medicine and Toxicology. He talks about root canals, bite, metals, anaesthetics (how and why epinephrine aka adrenaline is used in some). A Holistic / Biological dentist isn't a Biomimetic dentist and may still use conventional methods of grinding down too much enamel with dentin exposed and not sealing the exposed dentin before putting a crown on top, leaving it open to bacterial infection. He wants to see things merge so that all biological / holistic dentists do Biomimetic dentistry. There are different levels of training of biomimetic dentists (levels 1-4). However, dentists can simply join the IAOMT which looks as if they are a Biomimetic dentist but may have just signed up and are a member as opposed to a qualified Biomimetic dentist. They do not have different levels of memberships in the IAOMT yet to determine the experience of a member. <https://iaomt.org/>
https://vimeo.com/265212586/4ae2af4942?mc_cid=87caf054a6&mc_eid=0e5f45076b

Video 17 – Goodbye for Now

https://vimeo.com/270735132/4ff73d0251?mc_cid=94376dcf52&mc_eid=0e5f45076b

Video 18 – Dr. Pompa interviews me - Dr. Paul O'Malley - About Root canals, crowns, mercury fillings, etc

https://vimeo.com/274281940?mc_cid=354a081503&mc_eid=0e5f45076b