

**5 Ways  
Holistic Dentistry  
Improves  
Your Oral Health  
& Wellbeing**





# Healthy body, healthy smile

## 5 ways holistic dentistry improves your oral and overall health

**Your smile is the world's first impression of you. So, if you're unhappy with the appearance or the health of your smile, it can have a major impact on your self-esteem, mindset, and social and professional relationships.**

But what you might not know is that a healthy mouth doesn't just improve the beauty of your smile. Good oral health also makes a major contribution to preventing many common chronic diseases, including heart disease, stroke, diabetes, and more.

That's why the holistic dentistry philosophy doesn't simply look at your oral health in isolation. Instead, it acknowledges and gives attention not simply to your teeth, but also to your overall body health.

In this eBook, we introduce the concept of holistic dentistry, and take a look at how it can help you achieve better oral health, improved overall wellbeing, and a brighter, more beautiful smile.



# What is holistic dentistry?

Holistic dentistry is the integration of modern science, natural healing traditions and progressive anti-ageing medicine with up-to-date dental excellence.

A holistic approach promotes health and wellness instead of just the treatment of disease. It integrates natural health philosophies with up-to-date dental practices, to provide a complete level of care.

Holistic dental procedures utilise the most advanced techniques along with safe, biocompatible materials. In this way, holistic dentistry offers excellent results while ensuring minimal impact upon your body, both during your treatment and into the future.

## Meet Dr David Cowhig

Our Principal Dentist Dr David Cowhig was trained in orthodox dentistry at Kings College Dental School in London.

Introduced to holistic dentistry early in his career, David was impressed how the whole-of-body approach had the potential to greatly benefit his patients' wellbeing.

Across more than two decades since then, David has incorporated holistic dentistry principles into his daily practice to improve patient care, bridging the gap between conventional and progressive alternative dentistry.

Today, David's purpose-built holistic dentistry practice Dental Wellness treats patients from all over Queensland, Australia, and beyond.

David relishes creating individual oral fitness plans that aim to reduce the body's burden of inflammation, infection and toxicity, resulting in improved health and longevity.



# What is currently in your mouth – and how is it affecting your health?

Did you know that your choice of dentist and the treatment you receive may have a major effect on your long term health?

One good example is the mercury that's part of your silver amalgam fillings. As a toxic heavy metal, the World Health Organisation has stated there is **no safe level** of mercury exposure. And even when they're in place in your mouth, amalgam fillings release small amounts of mercury vapour when they're heated, chewed on, or ground on at night.

How dangerous is mercury? Well, suffice it to say that it's illegal for any dentist to simply throw silver mercury filling scraps removed from your body into the bin. They must have the metal removed from the practice and safely disposed of as toxic waste.

Not the sort of thing you should relish carrying around in your mouth!

## Did you know?

Signs you're suffering from mercury toxicity range from forgetfulness, dizziness and tremors to confusion, reduced intellect and even anger! You might also experience oral pointers including foul breath, metallic taste, and bleeding gums.

# 5 ways holistic dentistry helps you achieve optimal health

## 1) Beginning with reducing further dental disease

To give you the best chance of optimal health and wellbeing for a long and happy life, it's important to begin your holistic dental treatment by addressing any oral inflammation, infection, potential toxicity, and poor function.

Studies have linked these problems in your mouth with an increased chance of heart disease, stroke, diabetes, infertility, and arthritis.

That's why your holistic dentist will eliminate any inflammation, dental decay and infection from your mouth before any aesthetic dental work is carried out.

You'll find your breath is fresher and your energy levels will be improved – and your risk of further dental disease is reduced.

## 2) Taking a mercury-safe approach to dentistry

As we spoke about above, working very carefully with toxic mercury is extremely important.

That means taking special precautions when removing amalgam fillings from your mouth, as they can potentially release mercury vapour and fine metal particles that can be inhaled and absorbed through your lungs.

When removing your silver fillings, your holistic dentist will isolate the tooth with a rubber dam so you don't swallow any toxic material.

You'll have a separate oxygen source placed over your nose to help you avoid inhaling mercury vapour, and an air evacuation system near the working area further protects you and your dental team.

Dental Wellness is accredited with using the SMART protocol (Safe Mercury Amalgam Removal Technique) set down by the International Academy of Oral Medicine and Toxicology.

Lastly, any mercury amalgam scraps will be sucked away and collected in a filter system, to prevent them entering and polluting our waterways.

With these mercury-safe precautions, the potentially harmful effects of mercury on your health and the environment are minimised.

### 3) Managing your saliva flow to protect your teeth

You might not realise that the saliva your mouth naturally creates has an important part to play in your oral health. Yet a common side effects of many drugs and medications is a dry mouth.

Your saliva helps to maintain stable pH inside your mouth; prevents bacterial build-up; and even acts as a mineralizing agent for your teeth. So if your saliva flow is reduced, it might not be doing its job properly; creating an acidic environment in your mouth and potentially causing catastrophic dental problems.

To guard against this, your holistic dentist will check your saliva flow and the pH level of your mouth, and offer you nutritional advice and safe drug-free products to promote healthy saliva flow.

### 4) Ensuring you stay properly hydrated

Part of ensuring good saliva flow is making sure you stay hydrated – a key factor in achieving the best oral health.

So, if you suffer from the tell-tale sign of cracked lips, stale breath and dry mouth, or you know you're not drinking enough water each day, it's time to build some healthy habits.

Drink as natural a source of water as possible, with a pH between 7-7.3 with all its natural minerals still present.

And while you're thinking about the water you drink, remember that water filters can strip out the beneficial minerals from water as well as the fluorides and chlorides, and create a 'dead' water with high acidity. Energising and remineralising is an important last step to balance the pH once more before drinking.

When you rise in the morning, get into the habit of drinking a large glass of water to rehydrate from the night before, and boost your bodily functions and health throughout the day.

## 5) Creating your optimal smile with minimal damage

Once your nutrition and hydration are optimal, and all inflammation, infection and potential toxicity have been addressed safely, it's time to give you the smile you have always wanted.

We carefully make models of your teeth and take a series of digital photographs of your existing smile. Our world class dental ceramist uses this information to create a provisional wax set up of your new smile, so we can then duplicate this in a temporary form in your mouth – without any damage to your teeth.

Once we are both happy with the shape and colour, we will then create the maximum aesthetic improvement with minimal tooth destruction or removal of your precious natural tooth tissue.



# Find out how holistic dentistry could benefit you

## Talk to the Dental Wellness team

If you'd like to discover how your oral health and overall wellbeing could benefit from modern holistic dentistry, we invite you to talk to the team at Dental Wellness.

Our philosophy focuses on the physical effects of dental health on the body. We aim to treat the cause of the problem – not just the symptoms.

Providing high quality holistic dentistry in a relaxed and friendly environment, we aim to offer you optimal health by using:

- Biocompatible materials that work well with the chemistry in your body, and
- Minimally invasive procedures that do not harm the natural flow of your body's healing process.

Dental Wellness is unique in Brisbane as the only practice with three leading holistic dentists and two oral health therapists. Together, we have over 100 years combined experience in holistic dentistry.

Our team works with like-minded health practitioners such as naturopaths, chiropractors, osteopaths, and also a range of dental specialists to encourage good mouth and gut health, structural stability, and overall health and longevity – all of which are then reflected in your beautiful smile.

We help you to eat well, sleep well, breathe well, and smile because you are well.

**Contact Dental Wellness on 07 3511 1399 or email [reception@dentalwellness.com.au](mailto:reception@dentalwellness.com.au).**