

NEWSLETTER

SmileHaven Dental and Wellness Spa

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We are all smiles

Biological Dentistry

We practice biocompatible whole body health dentistry. This type of dentistry uses materials that are least harmful to the human body. We provide safe alternatives for toxic procedures such as root canals or metal fillings. We do general and cosmetic dentistry using all Biocompatible materials. Based on the dental meridian guide, connections can be made between problems in the mouth to problems in other parts of your body.



COUPON

Show this newsletter to one of our staff and get \$10 off an ozone treatment. Regular price \$40.

BIOLOGICAL DENTISTRY

What is the difference between traditional dentistry and biological dentistry? Find out on page 2.

OZONE THERAPY

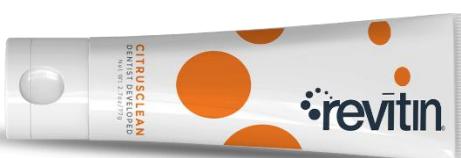
Learn what medical ozone therapy is and in what ways we use it in our practice on page 3.

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Dentistry uses an abundance of **toxic materials** that most dental practitioners are unaware of. **Mercury is a dangerous neuro-toxin** regulated by the FDA in every use except dental fillings. There has always been controversy about it and now there is enough evidence to show it should not be used. Do you really want something so harmful close to your brain? We use a special **suction** that **does not release mercury** into the air or down the drain, so you and everyone else is not exposed. **Other toxic metals** are used too i.e. palladium, aluminum & cadmium. Metals in the mouth cause **Galvanism** (electrical currents between the metals in your mouth). It can cause tooth sensitivity, burning or tingling of the tongue, headaches, chronic fatigue, memory loss, sleep deprivation, etc. Since your upper teeth are less than two inches from the brain, it is a concern the excess electrical activity can mis-directed impulses in the brain. We **remove** the metals and replace them with white composite restorations that are BPA and Fluoride free. Once the mercury and other metals are removed, it is important to clean out the metals from the rest of the body. We offer natural products i.e. fermented chlorella, Nano zeolite, and Liposomal Glutathione to assist this process. Another neuro-toxin that is used in traditional dentistry is **Fluoride**. It was thought to be good for your teeth, to make them stronger. However, fluoride actually binds to the bone, blocks mineral flow in teeth and over time makes them **brittle and fragile**. Our toothpaste and mouthwash is fluoride and antibiotic free, available for purchase. Good nutrition is important for good oral health, because of this we offer nutritional counseling to improve nutrition habits. Our office has a digital x-ray machine that uses 1/10 of the radiation compared to regular films. You would get more radiation sitting in the sun than you would from getting an x-ray of your tooth.

Cosmetic Dentistry

We use all zirconia crowns rather than metal crowns. Zirconia crowns are the least reactive material to the body that is used in dentistry. We work closely with an oral surgeon who places zirconia implants rather than titanium implants because titanium can leach into the body creating an environment where bacteria can grow. In some cases we do biocompatibility testing to check for reactivity to dental material and compounds. We have safe deep bleaching packages available if you want to add an extra sparkle



Many medications have fluoride in them as well as other ingredients that are not healthy for you to consume, long term or even short term. Although we still offer prescriptions for pain medication and antibiotics, we also have alternative ways of pain management and infection control. We offer homeopathic remedies, CBD oil combined with Turmeric to naturally help with discomfort and reduce inflammation. Our office uses ozone therapy, to naturally disinfect, which helps to eliminate the possibility of infection which we will talk more about on Page 3.

We offer natural products for home use as well.

For toothpaste we highly recommend **Revitin**. Toothpaste originated with soap makers, most brands contain chemicals with a poison warning on the label. "Natural" toothpastes swapped harmful detergents for antibacterial essential oils which disrupt the mouth's important bacterial community—our microbiome—which its key function is to maintain healthy teeth and gums. **Revitin Is Fluoride & SLS, GMO, Sugar & Xylitol Free. It has ionic minerals, prebiotics, CoQ10, vit. K, C, D, & E.** These help **nurture** and **balance** the mouth's natural ecology with prebiotic nutrients for optimal long-term oral health and total body wellness. In addition to **Revitin**, we have an all-natural toothpaste derived from chocolate called **Theodent** which contains Bromine which, is good for relieving sensitive teeth. Finally we offer **tooth and gums tonic**, which is an all-natural antimicrobial mouthwash only be used for periodontal problems, gum irritations and post surgeries. Only use for two week durations at a time. This allows your mouth to restore the good bacteria and healthy microbiome of the mouth.

Ozone therapy

"Ozone is a gas that can be used medically for its **therapeutic properties**. In low concentrations, ozone has been proven safe and effective in treating and **preventing** a variety of gum and dental diseases. Ozone is a gas consisting of three atoms of oxygen, **O₃**. It is not to be confused with the oxygen needed to breathe, known as **O₂**. Because of its third oxygen atom, Ozone is a potent oxidant and has been shown to **weaken or damage** microorganisms such as **bacteria, viruses, fungi, and yeast**—common culprits in causing gum disease and tooth decay. Its antimicrobial qualities may be used topically or injected for dental indications. Introduced to the body, it can optimize oxygen levels and stimulate the immune system. Science has proven that medical O₃ is safe and is used to disinfect and treat disease.



How is ozone administered?

Autohemotherapy (AKA IV) is a whole body treatment that mixes ozone with your own blood to boost your immune system

Insufflation means to instill ozone gas into a body cavity. This can be rectal, vaginal, or through the ear or nasal cavity.

Ozone joint therapy is injecting ozone into a joint. Can be used to treat and relieve discomfort of TMJ.

Ozonated water flushing this water during dental procedures or rinsing with it will reduce the chance of infection.



It seems that allergy, cold and flu season is lasting longer and longer each year. We offer medical ozone therapies that can help you avoid or battle allergies, colds and the flu.

In our **wellness center**, we insufflate ozone in the ears and nose for sinusitis, flu, allergies and colds. Drinking ozone water can be used to promote gut health. We also do rectal or vaginal insufflation for autoimmune, gynecological and gut related issues.

In our **dental practice**, we infiltrate the gums and surgical sites with ozone gas to reduce infection during dental procedures. We use ozone water to flush an extraction site and to rinse with post cleanings. Ozone oil can be used topically for Canker sores and wounds in the mouth.

