



## Coffee w/ Dr. Hennie 05/28/2020 Synopsis/Notes

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### Topic: Biological Dentistry with Dr. Sylvia Zannis, and Dr. Hennie Fitzpatrick

#### Dr. Sylvia Zannis

Dr. Sylvia's journey began with "I want to help people get better," an idea that grew from watching her grandfather be of service to others in his business and in life. Dentistry was the focus that attracted her, and she started her education: a BS in Human Biology from Michigan State University followed by a Doctor of Dental Science (DDS) degree from the University Of Michigan School Of Dentistry. To further her knowledge and skills, she spent her next year at Boston University Henry Goldman School of Dentistry pursuing her Advanced Education in General Dentistry certificate. Dr. Sylvia settled into private practice in the Boston area and was soon noticed for her excellence, being selected by her peers as a Top Dentist in 2019.

Over the years and after treating many patients, a curiosity developed: why do some people have more disease than others? That question led Dr. Sylvia to explore the connection of mind/body/spirit and a journey with her patients in search of the root cause to their symptoms. She discovered the paradigm shift of integrating dentistry and medicine, seeing the mouth as a gateway and everything connected. "The blood that supplies every tooth is the same blood that travels to every other organ system in the body — there are no barriers. It is the same blood that absorbs everything we put in and on our bodies, the same blood that carries inflammation, and the same blood that heals."

Dr. Sylvia Zannis talked about her start to biological dentistry with a patient struggling with health issues and seeking to have mercury fillings removed and how she was able to help with treatment and removing mercury with a proper safety, removing technique.

#### **Question: what are the safety procedures at The Biomed Center for removing mercury fillings?**

Answer: The Biomed Center uses the SMART technique, Safe Mercury Amalgam Removal Technique (SMART).

#### **Question: detoxing with mercury removal?**

Answer: Detoxing must be done. Dr. Hennie and Dr. Zannis have a certain standard protocol but varies from patient to patient. The mercury in your teeth has been tucked into your connective tissue. It's one whole system. You can't isolate your teeth.

#### **Question: what kind of IV?**

Answer: depends on patient, but high doses of Vitamin C. Mercury binds into tissue as if it were another mineral, particularly your bones, heart and brain.

#### **Question: advice on diet and tooth enamel? Re-mineralizing? Baking soda?**

Answer: We've seen research done that shows metabolism of teeth, decay can be a direct expression of diet. When sugar is sitting on the tooth, it becomes acid on the teeth leading to acid erosion. Even in studies with mice where they were injected in the stomach bypassing oral, it impacted oral cleansing. The



number 1 factor is sugar. Dr. Zannis also talked about re-mineralizing enamel and referred to Weston Price? His main factor in diet includes calcium, phosphorus, fat soluble vitamins and trace minerals, such as magnesium, iodine. Etc.

**Question: What about using baking soda base for toothpaste?**

Arm and Hammer as an example is also filled with other ingredients, including SLS. It can have toxic ingredients and something to be aware of. Just using baking soda at home can be a little abrasive. Abrasive can create pores in teeth and lead you to being more susceptible to cavities. One of the BioMed Center's favorite toothpaste is Boka, fluoride-free and contains hydroxyapatite.

**Question: Tooth Decay and re-mineralizing?**

Once a cavity moves through the dentin, there is really no way to mineralize it. It depends on where and status of the cavity.

**Question: what is the best type of toothpaste, and take on fluoride?**

Answer: One of the BioMed Center's favorite toothpaste is Boka, fluoride-free and contains hydroxyapatite. Fluoride when it is topically applied to tooth structure can re-mineralize, however it is not a nutrient...we can live without it. There's no way to monitor how much fluoride we are receiving. It's in the water. Dr. Zannis doesn't like fluoride in toothpaste, generally. There are some very rare cases when she would prescribe it in trays if they have significant decay, etc. It's a neurotoxic and has been documented. Fluoride binds to other heavy metals.

**Question: What if you have naturally occurring fluoride in your water?**

Answer: Again that would be systemic ingestion. You can purchase filters to filter out fluoride. That would be a concern. You can test the concentration of your well water.

**Question: Can you talk more about oral health with children?**

The basics – good hygiene, getting them used to brushing and flossing. Snacking, dried fruit is very sugary. 2 things that get overlooked: when the food breaks down, it turns to acidity. Have them rinse with water after all snacks. The other thing is mouth breathing especially during night time. Encourage them to breathe through their nose, which increases nitric oxide and could be beneficial for children with sleep apnea. Etc. Encourage them to smell things...

**Question: what happens if I have mercury fillings, what test, hair test?**

Answer: The quicksilver tritest, blood, hair and urine. Hair is more for organic mercury and is found in seafood and affects the liver. This will help to determine where it's coming from. Blood would probably mean the mercury is coming from amalgam fillings. This kind of testing is really important but even if you collect your urine it may not have a lot of heavy metals because this is why your kidneys function. This issue of heavy metals is a serious one. The best test would be a gentle chelator and measure the levels of mercury. Everyone has heavy metals and it's not easy to test for. Our hair is also exposed to external mercury, it's not always internal. There are better, cost effective tests the Biomed can help do. If you want to be metal free, you probably need to address the mercury in your mouth. We can do that carefully, cautiously at the Center.

**Question: Root canals – when if ever are they appropriate?**

Answer: The general answer goes back to biological medicine being an individualized approach. There is also an emotional component and how to fill the holes so they can function. Dr. Zannis falls in the middle. There is no such thing as a sterile root canal. In the center of every tooth there is a main canal with tubulars. 3 miles to be exact and where bacteria can travel. A root canal will take out that nerve which is great but then you have all of these tubulars and can't sterilize it. The bone around the tooth can have more bacteria around it than the tooth itself. When we extract root canal teeth. we have a way to sterilize,



laser therapy, etc. It's an individualized approach. Root canal as a temporary solution. There are all these pediatrics that are root canaling baby teeth. You do not need to root canal baby teeth as they will come out.

**Question: what materials are used in restoration?**

Answer: this is a metal free practice. Implants we use are considered neutral, no electrons to exchange. They don't corrode over time like titanium. The material we use is from a company called Boco(?). It is ceramic. Some use composite but can create sensitivity as it expands to hot and cold.

**Question: if I am over 70 and have lots of amalgam fillings, is it worth taking them out?**

Answer: Again, an individualized approach. Are they simple fillings? What's your toxic load? Would recommend an evaluation.

**Question: What is your take on implants?**

Answer: I think implants are wonderful. To restore an area of the mouth where you lost a tooth, there are three options. 1. Partial denture. A removable piece. Very uncomfortable. Puts pressure on teeth. 2. A bridge – 3 piece unit that uses 2 teeth as bookends. This also cuts into the 2 bookend teeth when replacing that center tooth. If one tooth of the bridge has a filling you lose...3. Implant has longevity. Feels the most like a natural tooth. We follow a specific biological way. Another reason to replace teeth, if you have a collapsed bite, even 1 milliliter, this can compromise bite and reduce blood supply to the brain and also recommends replacing teeth for functioning.

**Question: can you discuss the use of Ozone and how it's used in dentistry?**

Answer: Fresh ozone water is used on every patient. It has antimicrobial properties. For extractions, use ozone water and gas to bring back to the body and reduce healing time.

**Question: how does biomed approach gum disease?**

Answer: when inflammation happens around the gums, bacteria can make their way inside the body. Figuring out the root cause of gum disease is the first step. There could be vitamin c deficiency, gum disease scurvy. Healing from within and looking at mechanical, such as grinding, brushing. Our treatment is that we combine Ozone with PRF.

**Question: how would someone find a source to access Ozone?**

Answer: you are looking for a medical grade and depends on what you are using it for. There's a lot of marketing on this. There are oils that contain ozone. Just be careful of marketing.

**Question: Is the Center open?**

Answer: yes, we are open and slowly opening the medical. Next couple of weeks we will be filling our schedules. One on one care.