



wellrooted
DENTISTRY

POWERED *by* THE BIOMED CENTER

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Introduction



Mohamed Elhamamsy, DMD

- DMD-Alexandria University, Egypt
- DMD-Boston University
- IAOMT-International Academy of Oral Medicine and Toxicology
- IABDM-International Academy of Biological Dentistry & Medicine
- SDS-Swiss Dental Solutions, Advanced Dental Training-Switzerland
- American College of Integrative Medicine and Dentistry-anticipated Oct 2024

Topics

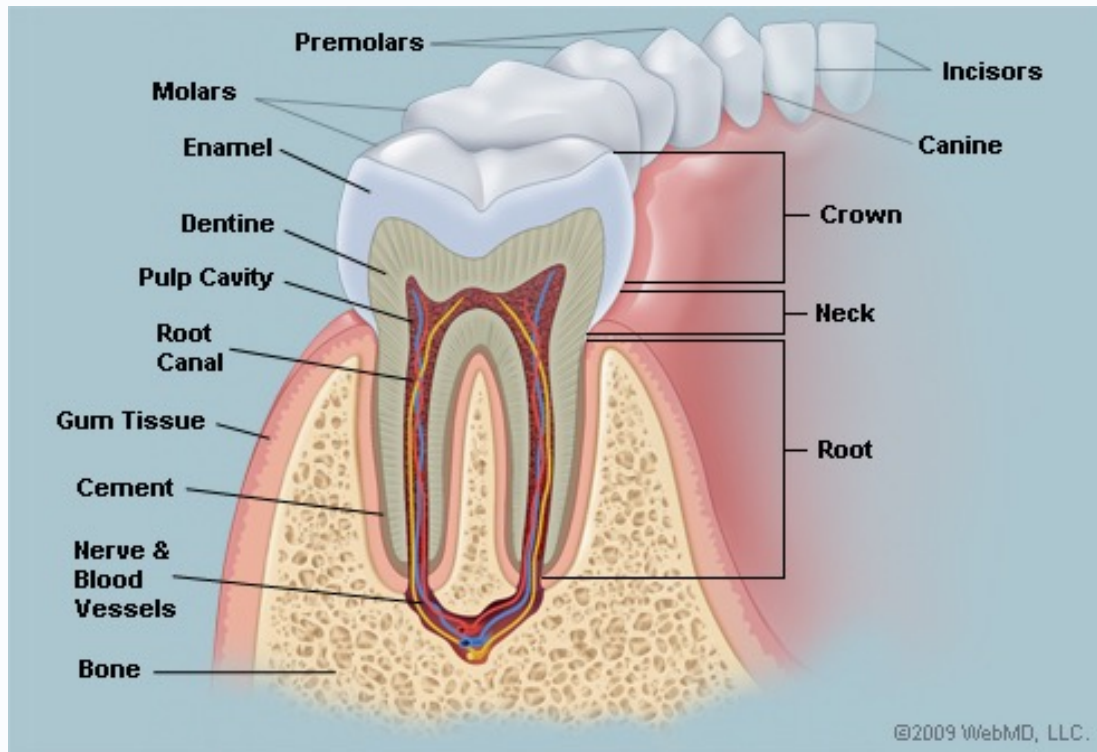
- What is Biological Dentistry?
- Mouth-body connection
- Oral Microbiome
- Nutrition
- Restorative materials
- Airway
- Myofunctional therapy
- Aligners
- Chronic disease
- Dental products

What is Biological Dentistry?



- Mouth-body connection
- Root cause of disease and individualized treatment plan
- Use of biocompatible materials
- Safe Amalgam Removal
- Advanced diagnostic tools

Mouth-Body Connection



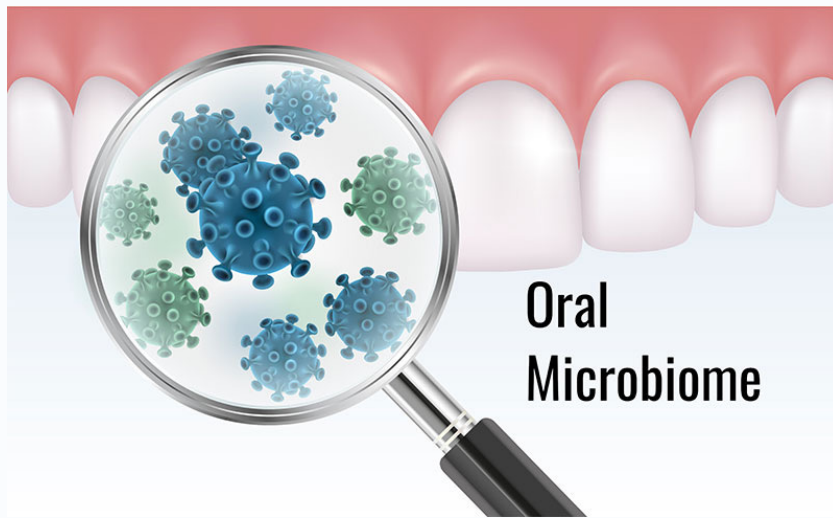
The tooth is a living organ.
It is a connected extension
of your body, with nerves
blood vessels, and
lymphatics.

Meridian System for Self-Analysis

SENSORY ORGANS	inner ear	tongue/taste	nose/olfactory sense	eye	nose/olfactory sense/frontal sinus	nose/olfactory sense/frontal sinus	eye	nose/olfactory sense	tongue/taste	inner ear		
JOINTS	shoulder elbow	jaw	shoulder elbow	rear knee	hip	sacrum-coccyx	hip	shoulder elbow	jaw	shoulder elbow		
	hand ulnar foot plantar toes	anterior knee	hand radial foot big toe	foot	foot	foot	foot	hand radial foot big toe	anterior knee	hand ulnar foot plantar toes		
SPINAL CORD SEGMENTS	Th 1 C8 Th 7 Th 6 Th 5 S3 S2 S1	Th 12 Th 11 L1	C 7 C 6 C 5 Th 4 Th 3 Th 2 L 5 L 4	Th 8 Th 9 Th 10	L 3 L 2 S 4 S 5 Co	L 3 L 2 S 4 S 5 Co	Th 8 Th 9 Th 10	C 7 C 6 C 5 Th 4 Th 3 Th 2 L 5 L 4	Th 12 Th 11 L1	Th 1 C8 Th 7 Th 6 Th 5 S3 S2 S1		
VERTEBRAE	B 1 C 7 B 6 B 5 S 2 S 1	B 12 B 11 L 1	C 7 C 6 C 5 B 4 B 3 L 5 L 4	B 9 B 10	L 3 L 2 Co S 5 S 4 S 3	L 3 L 2 Co S 5 S 4 S 3	B 9 B 10	C 7 C 6 C 5 B 4 B 3 L 5 L 4	B 12 B 11 L 1	B 1 C 7 B 6 B 5 S 2 S 1		
ORGANS	right heart	pancreas	lung	right liver	right kidney	left kidney	left liver	lung	spleen	left heart		
YIN	11-13 h	9-11 h	3-5 h	1-3 h	17-19 h	17-19 h	1-3 h	3-5 h	9-11 h	11-13 h		
	duodenum allergies	right stomach	colon	gall-bladder	right bladder urogenital region	left bladder urogenital region	left bile ducts	colon	left stomach	jejunum ileum allergies		
YANG	13-15 h	7-9 h	5-7 h	23-1 h	15-17 h	15-17 h	23-1 h	5-7 h	7-9 h	13-15 h		
ENDOCRINE GLANDS	anterior pituitary	parathyroid	thyroid	posterior pituitary	epiphysis	posterior pituitary	thymus	thyroid	parathyroid	posterior pituitary		
OTHER	CNS psyche	right mammary gland			back pain headache	back pain headache			left mammary gland	CNS psyche		
OTHER	energy balance		right mammary gland					left mammary gland		energy balance		
ENDOCRINE GLANDS VASCULAR SYSTEM	peripheral nerves	arteries	veins	lymphatic vessels	gonads	adrenal gland	adrenal gland	gonads	lymphatic vessels	veins	arteries	peripheral nerves
YANG	11-13 h	3-5 h	9-11 h	1-3 h	17-19 h	17-19 h	1-3 h	9-11 h	3-5 h	11-13 h		
YIN	13-15 h	5-7 h	7-9 h	23-1 h	15-17 h	15-17 h	23-1 h	7-9 h	5-7 h	13-15 h		
	right heart cardiovascular system	right lung	pancreas	right liver	right kidney	left kidney	left liver	spleen	left lung	left heart cardiovascular system		
ORGANS	right ileum allergies	right colon ileosacral area	right stomach pylorus	gall-bladder	right bladder urogenital area	left bladder urogenital area	left bile ducts	left stomach	left colon	jejunum ileum allergies		
VERTEBRAE	C 7 B 1 B 5 B 6 S 1 hip	C 7 C 6 C 5 B 4 B 3 L 5 L 4	B 12 B 11 L 1	B 9 B 10	L 3 L 2 Co S 5 S 4 S 3	L 3 L 2 Co S 5 S 4 S 3	B 9 B 10	B 12 B 11 L 1	C 7 C 6 C 5 B 4 B 3 L 5 L 4	C 7 B 1 B 5 B 6 S 1 S 2 hip		
SPINAL CORD SEGMENTS	Th 1 C8 Th 7 Th 6 Th 5 S3 S2 S1	C 7 C 6 C 5 Th 4 Th 3 Th 2 L 5 L 4	Th 12 Th 11 L 1	Th 8 Th 9 Th 10	L 3 L 2 Co S 5 S 4	L 3 L 2 Co S 5 S 4	Th 8 Th 9 Th 10	Th 12 Th 11 L 1	C 7 C 6 C 5 Th 4 Th 3 Th 2 L 5 L 4	Th 1 C8 Th 7 Th 6 Th 5 S3 S2 S1		
JOINTS	shoulder - elbow	hand ulnar foot plantar toes	hand radial foot big toe	jaw	hip	sacrum-coccyx foot	hip	jaw	hand radial foot big toe	hand ulnar foot plantar toes		
SENSORY ORGANS	ear/retina	ethmoidal cells/nose/olfactory sense	sinus maxillaris/tongue/sense of taste	eye/visual sense	frontal sinus/nose/olfactory sense	frontal sinus/nose/olfactory sense	eye/visual sense	sinus maxillaris/tongue/sense of taste	ethmoidal cells/nose/olfactory sense	ear/retina		

Oral health impacts systemic Health

Oral Microbiome



Oral Microbiome, refers to the microorganisms that share our bodies.

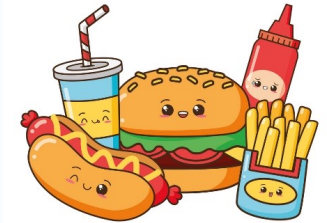
The number of microbes present in our bodies is almost the same or even more than our own cells.

Oral Microbiome plays a crucial role in maintain homeostasis, protecting the oral cavity and preventing disease development.

Oral Microbiome



- Affected by diet, alcohol consumption, smoking, pregnancy, use of antibiotics, and dental products.
- Smoking increases the acidity of saliva, facilitates bacterial adhesion to mucosal surfaces and impairs our body's immunity.
- Alcohol leads to increased gram positive bacteria that leads to dental decay.
- Antibiotics and mouthwashes destroy the good bacteria with the bad.



Nutrition

- Sugars
- Xylitol
- Vitamin D, C, K2, Mg
- Cheese
- High fiber foods



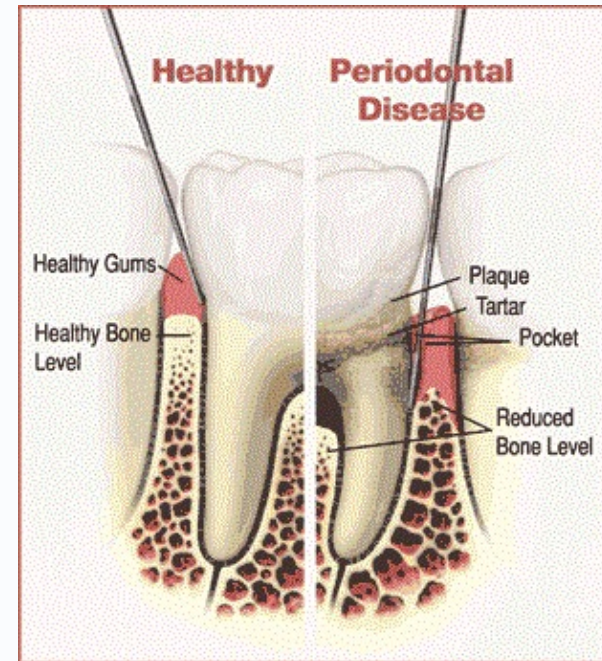
Root Cause of Disease

- It is important to treat the cause of the disease and not just the symptoms.
- Individualized treatment plan



Chronic Disease

- Periodontal disease: is an inflammation in the gums, bone, and tissues that surround and support the teeth.
- Affects on Oral health
- Affects on systemic health



Oral Health and Mental Health

- Poor oral health is strongly associated with fear, anxiety, and shame.
- In children, untreated tooth decay can lead to school absenteeism, learning deficiencies, and difficulty socializing and making friends.



Amalgam



According to the FDA: Some signs or symptoms of excessive mercury in the body may include:

- Mood disorders (for example, anxiety, depression, irritability)
- Sleep troubles or disturbances
- Fatigue (feeling tired)
- Memory troubles or disturbances
- Tremors (shaking)
- Difficulties with coordination
- Visual changes
- Changes in hearing

Amalgam



DOUBLE SPILL Gray/Gray

**EACH CAPSULE CONTAINS:
600 mg. ALLOY / 600 mg. MERCURY**

**Actual text &
logos from an
amalgam label**

WARNING Ingestion: May cause Neurotoxic Nephrotoxic effects.

Inhalation: May cause Bronchiolitis, Pneumonitis Pulmonary Edema

Eyes & Skin: May cause redness and irritation to eyes and skin

Acute Exposure: May cause sensitization dermatitis and possible visual disturbances

California Prop 65 Warning: This product contains mercury, a chemical known to the State of California to cause birth defects or other reproductive harm.

Store at temperature no higher than 25' C.

Mercury Complies to ISO 1560: 1985

Keep Out Of Reach Of Children

Caution: Federal law restricts this device to sale by or on the order of a dentist.

Safe Amalgam Removal



- Follow IAOMT guidelines for amalgam removal
- Everyone is protected, patient and staff
- Ionizer and filtration
- High suction
- 5 day detox protocol

Biocompatible Restorative Material



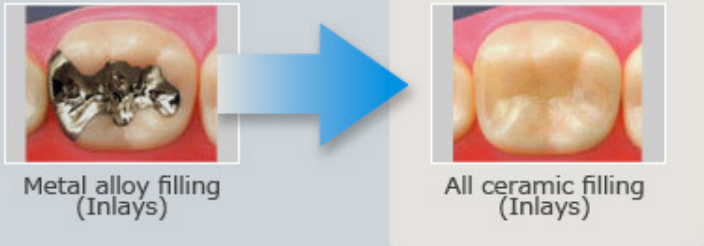
- Ceramic based restoration
- Esthetic white fillings
- No BISGMA, TEGDMA, UDMA
- BPA free

Biocompatible Restorative Material

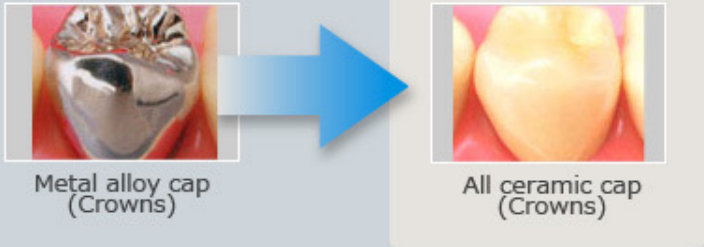
Ceramics

- Inert material
- Esthetic
- Similar properties to natural teeth

All ceramic or "Hybrid" ceramic is not only more esthetic but also safer choice by avoiding potentially hazardous waste such as mercury.



Metal alloy filling (Inlays) → All ceramic filling (Inlays)



Metal alloy cap (Crowns) → All ceramic cap (Crowns)

Biocompatible Restorative Material

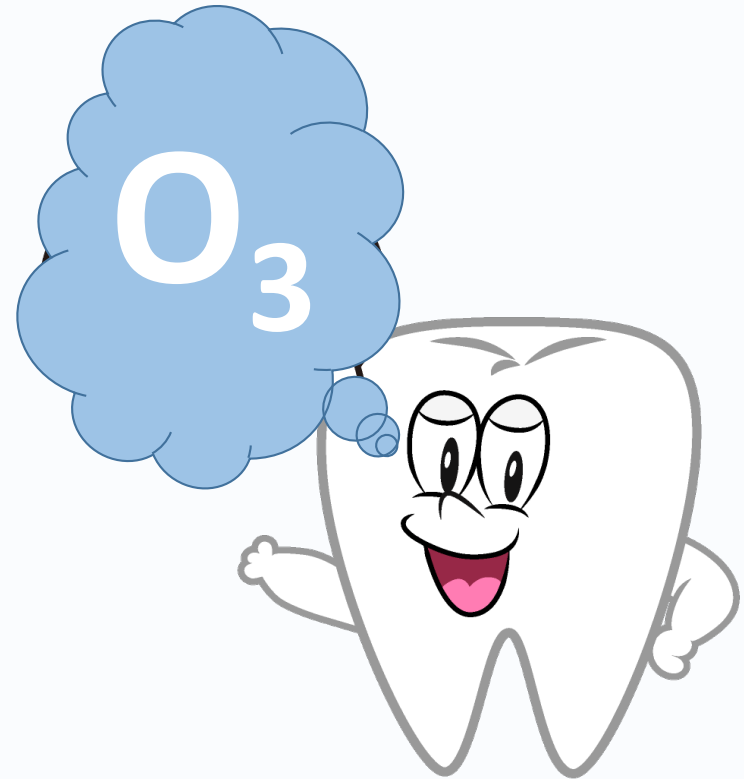
Ceramic Implants

- No corrosion
- Normal bone formation around implant
- Low-inflammation due to tissue response to inert material



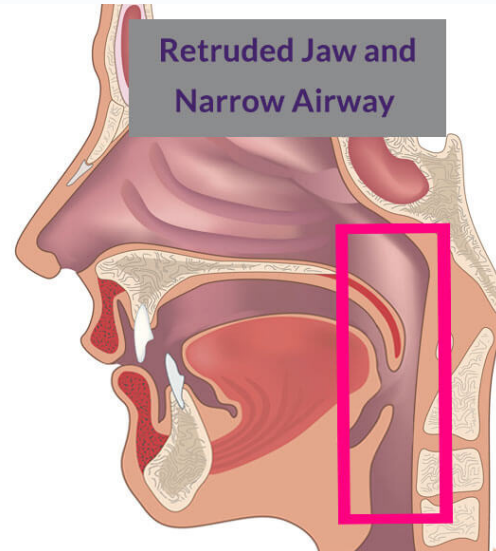
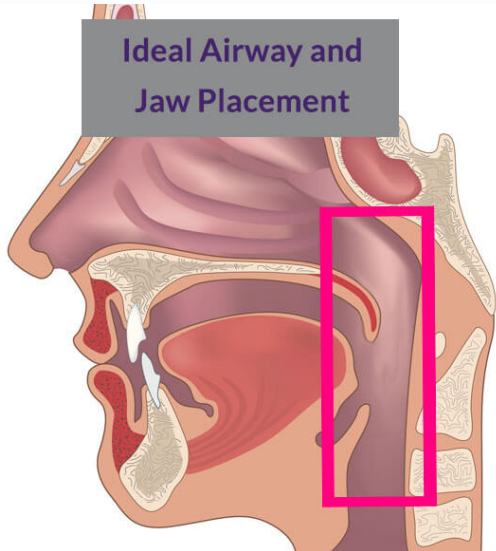
Ozone Therapy

- Anti-inflammatory
- Anti-bacterial
- Anti-parasite
- Anti-fungal

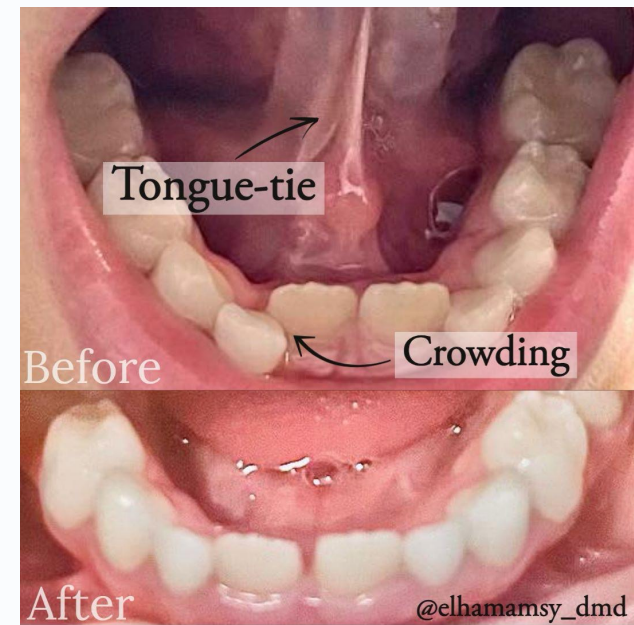


Airway

- Evaluate airway-CBCT
- Sleep Apnea
- Symptoms



Myofunctional Therapy



Aligners

- Airway-focused
- Occlusion
- Expansion
- Esthetic



Dental Products

Fluoride?


This chart includes some of the specific human health risks associated with fluoride:

Acne and other dermatological conditions	Arterial calcification and arteriosclerosis
Bone weakness and risk of fractures	Cancer of the bone, osteosarcoma
Cardiac failure	Cardiac insufficiency
Cognitive deficits	Dental fluorosis
Diabetes	Early puberty in girls
Electrocardiogram abnormalities	Harm to the fetal brain
Hypertension	Immune system complications
Insomnia	Iodine deficiency
Lower fertility rates	Lower IQ
Myocardial damage	Neurotoxic effects, including ADHD
Osteoarthritis	Skeletal fluorosis
Temporomandibular joint disorder (TMJ)	Thyroid dysfunction

Dental Products

Triclosan

<u>Where</u>	<u>Linked To</u>
<ul style="list-style-type: none">• Antibacterial soaps• Toothpaste• Cosmetics• Toys• Furniture• Mattresses	<ul style="list-style-type: none">• Endocrine disruption• Breast cancer• Resistant bacteria• Bioaccumulation• Aquatic toxicity



Triclosan Banned - but still in toothpaste

Is your toothpaste Toxic?



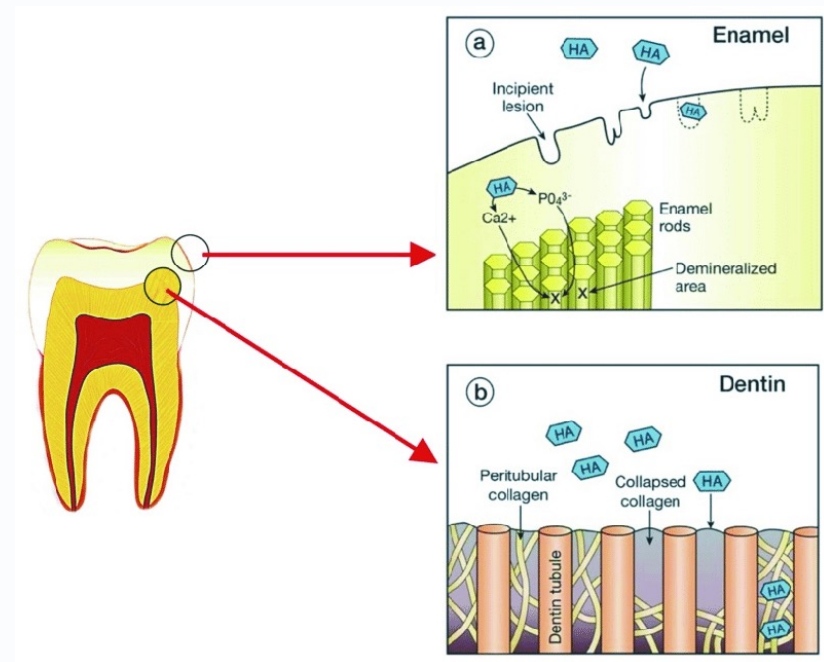
6 Common Ingredients We Bet You Don't Want In Your Mouth!

- **Sodium Fluoride** - One of the most common ingredients in toothpaste... and in RAT POISON and PESTICIDES. If you have ACNE OUTBREAKS around your mouth or chin, fluoride may be the cause.
- **SLS (Sodium Lauryl Sulfate)** - Added as a foaming agent, it is also a corrosive skin irritant and the leading cause of PAINFUL CANKERSORES.
- **Glycerin** - An additive that helps give toothpaste its "pasty" texture, but also leaves a sticky coating on teeth that BREEDS BACTERIA and PREVENTS NATURAL REMINERALIZATION of tooth enamel.
- **Triclosan** - An anti-microbial, was first registered with the EPA as a PESTICIDE.
- **FD&C Blue Dyes 1&2** - Are suspected to trigger BEHAVIORAL and LEARNING PROBLEMS as well as allergic reactions. These dyes can actually DISCOLOR TEETH over time.
- **Artificial Sweeteners** - Depending on the chemicals involved, sweeteners have been associated with numerous HEALTH RISKS AND SIDE EFFECTS.

Dental Products

Alternatives-Hydroxyapatite

- Re-mineralization
- Sensitivity
- Removes plaque



Healthy smiles start with decisions we make
everyday.





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