

**Well Rooted: An Introduction to Biological Dentistry
March BioBites Audio Transcript
March 5, 2024 – Dr. Mohamed Elhamamsy, DMD**

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Hi everybody. Well, welcome, 12 o'clock the first Tuesday of the month and you know what that means.

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Okay.

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BioBites time. Time for BioBites. Welcome to BioBites, everybody. I see some good familiar faces joining us again.

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That's great.

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So my name is Jessica Frank and I'm the biological medicine program manager at the Marion Institute.

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I want to welcome everybody here to our BioBites. Our monthly free virtual educational series. Bye, connects you with some of the foremost experts in alternative health, natural healing and biological medicine today.

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Speaking on key topics relating to wellness and empowered health. So first, what just a couple of reminders in housekeeping.

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Please keep the muted during the presentation. Although open up your chat function, I'd love to know where everybody is joining us from in the chat function and you're welcome to use that throughout the program.

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There are 2 parts. The first part of the program is Dr. Elpha Mom sees presentation on biological dentistry today.

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The second half is our Q&A portion, where he will answer questions that you ask in the chat.

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So if you feel inspired, something came up during his presentation, you can go ahead and drop that into the chat and we'll get to it in a second part of the presentation.

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Third, I'll announce that our next bio bit is taking place on Tuesday, April second.

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Again, at 12 noon Eastern and it is a new blood a closer look at live blood cell analysis.

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And that will feature Viviani Lima from Newstart Nutra Center who is a certified nutritional micro microscopist.

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Discussing this fascinating process. So, market calendars for that. Make sure you get our emails, follow us on our social channels and we'll also drop that link into the chat at some point during our presentation today so you can go ahead and register for April's BioBites.

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We are going to record today. I mentioned that. So once we're done with the presentation, within about 24 h, you'll receive a recording of today's presentation, an audio version of the recording, the PowerPoint slides, and transcript.

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So all kinds of cool resources that, well, await you in, shortly after this program is.

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Okay. Today's topic. It's all about biological dentistry and how biological dentistry may differ from traditional dentistry and what it's all about.

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Here to break this down for us. Is Dr. Mohamed El. Dr.

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Elhamamsy believes in treating his patients as a whole and implementing healthy sustainable practices to achieve the best possible outcomes.

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He practices at well rooted dentistry in Providence Rhode Island, specializes in smart SMART, SMART, smart removal and restorative dentistry.

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Dr. E, graduated dental school in 2011 from Alexandria University and following university.

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He went on to graduate with high honors. From the advanced standing program at Boston University's Henry M.

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Goldman School of Dental Medicine. Dr. Elhamamsy ranked third in his graduating class and was formally recognized by Omicron Kappa Upsilon National Dental on our society.

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He also receives his biological dentistry training at Swiss Dental Solutions Clinic in Switzerland.

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He skillfully eases any anxiety and apprehension to provide patients to dental care they truly need and deserve.

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Fun fact about Dr. E. He is proficient with the barbecue tools too. He loves to grill at home and often experiments with new recipes in the kitchen.

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So without further ado. Please welcome Dr. E. I'm going to Pass it over.

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Yeah, hello everyone. Thank you for attending and it will. So sharing my screen so

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I want to know if everybody can see my screen.

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Looks good.

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Great. Right, so starting you like my name is Mohamed Elhamamsy. I graduated as Jessica mentioned from Alexandria, Boston University.

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I'm a member of the IA O MT, which is International Academy of Foreign Medicine and Toxicology.

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As well as I'm a member of IA BDM, which is International Academy of Biological Density.

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And medicine have my training with Swiss dental solution and And I'm finishing now my completing my training.

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In the American College of Integrative Medicine. To get my natural path degree and it's going to be completed by October.

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This year. So today's topics, we're going to go through all of these topics and we're going to have enough time to have some questions as well.

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So. What is biological then? So biological density. In general, we believe in these points here.

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So first one is mouth body connection. We truly believe there is a connection between our teeth and the rest of their body.

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Was I? Used to hear that word even in my dental school or practices that I work. It's just the truth, no matter what happened and just the tooth.

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So I really believe that too has a connection to the rest of our body and we should take care. Of the rest of our body at the general house.

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So there is a mouth body connection and we're going to discuss a lot today. We focus mainly.

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And the root cause of the disease. Instead of just treating symptoms.

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So. This instead of just training symptoms And we're going to have for every single patient like individual treatment plan.

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So we have 2 different. Patients, they have, we treat that patient different from that patient. It depends on many factors.

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And we will discuss that today as well. So we use. Biocompatible material so we don't use any material that has toxins or can however your body.

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As well as we can.

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Remove the toxic material. Safely. For example, like amalgam, which is like a mercury fillings or silver filling, we will discuss that as well.

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And we use the advanced diagnostic tools, for example, like CBCT scan or.

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And we're going to talk a lot in every single. Point here in details. So mouth body connection.

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So according to doctors, time and of Loma Linda University, he proved that every single student has.

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Yeah.

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Every single tweet has like blood supply, has lymphatic supply, has innovation. And it's exactly like it's a living organism.

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And it's connected to the rest of our body. So. According to Chinese medicine. Every single tooth has a connection to an organ.

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So when I started doing like biological chemistry, I had a patient who was like suffering for migraines for years.

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And when she started coming to us and it was like, okay, let's do the comb beam.

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And we found like an infected truth. And we extracted this infected 2 then since that day she called at night so to make sure to let us know that the migraine is gone she doesn't have it anymore.

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So we really believe in every connection between the teeth and our body. So, and every single truth connected to an organ as well.

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Or on microbiome. So microbiome refers to the microorganism and that share our bodies.

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And there is some, is that number of micro microbiome. Or microbes present on our body is almost the same or even more than our own cells.

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So. Or microbiome or on microphone balance really helps making us healthy. So we really take care of the all of microbiome.

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Cause it's like our mouth is the mirror to our systemic health. So.

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Or a microorganism that. It's in our mouth. If it's in balance, we're in healthy shape.

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If it's not in balance that can go to the rest of our body through our blood vessels or GI tract and can cause further diseases or problems.

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For For example, like recent studies showing correlation between auto microbiome imbalance and the increased risk for hearts.

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Pancreatic and liver diseases as well. So every time I'm telling myself and tell my patients to when you take care of your teeth or brushing your teeth or lost your teeth.

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Especially like floss, cause you're taking care of your heart. So every time I floss, I'm okay.

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I'm flossing for my heart instead of my team.

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Microbiome can be affected by diet. Whatever we eat and alcohol consumption. I can be affected by smoking, pregnancy.

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And, antibiotic and dental products. Smoking, increase the acidity of your saliva.

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Facility the bacterial adhesion to the mucosal surface and impairs.

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Our body immunity. Alcohol leads to increase the gAM positive bacteria that can lead to dental cavities.

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Antibiotic and most of their mouth washes. This throw is the good and bad vector. So we need advance between good and bad.

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We focus a lot on nutrition, in biological density. So sugar when I say sugar like I mean sugar and cars, fruits.

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Honey as well. Sugar provide food for bacteria to thrive. The amount of sugar and the frequency is equally important.

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So it depends like if you're eating like multiple times exposing your teeth. To sure for lots of time that's risk the same way as the amount of heating.

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So we need to limit our intake for carbs, sugar, and as well like honey. If we will do it, just limit it for once a day.

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And if you can just switch after with some water that will be great. There is alternative for sugar. It's called Zyla tool and like It's a protective and decrease bacterial adhesion.

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Some people are a little sensitive, can close blowing a little bit so. You must be careful.

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With. So we'll focus a lot on these vitamins, vitamin D and C and K 2 and, vitamin D and C and K 2 and magnesium.

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Which is what we call like the fantastic 4. And like high levels of vitamin D have been correlation with improved overall periodontal, which is parental health and and also preventing cabinets.

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So the more your. Better shape and vitamin D. So the list caverns and less gum disease.

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And vice versa. Sometimes we see patients has like lots of cavities which especially kids And we figure out where they are vitamin D deficiency as well.

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So cheese like cheese has some. Enzymes that found in cheese binds to the hydroxy appetite, which is the enamel.

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Component and prevent that of the bacterial to our truth. So. I grew up when we eat.

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Like a piece of cheese after our own dessert. And Lucky you like the whole family and then like everybody I know who does that never had a cavity.

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I never had a cavity because I think I'm doing that. So after dessert we eat a piece of cheese.

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It's like Parmesan cheese. And we really are from men's high. Fiber food, especially for children.

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It's important because the more they choose, the more they use their muscle. The better the show development.

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Again, just growth, follow function. So if we choose and we use our muscle, that Joe will develop better.

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So it will be less crowding and actually improves the air way. And improves their sleep as well.

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So therefore We should stay away from providing only soft diet for kids. Like Gerber, food, and we should support with like solid food as well when they or you're doing carriage like show development as well.

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Again, in that in the biological dentist, we focus a lot on the root cause. So it's important to treat the cost of the disease and not just the symptoms.

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For example, for like, we can treat cavities by filling them, trailing and feeling, drilling and filming.

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However, if we don't address the main problem like diet But, or a hygiene.

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Bit of deficiencies, like vitamin D. Then we just being in a circle, keep doing whatever, like filling and drilling, we get a new cavity.

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Just keep getting more cavities and We individualized treatment plan as I mentioned. So every patient has unique medical history.

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Every patient has unique diet. Every patient has unique. But so therefore each treatment plan must tailor to individual in order to optimize their oral and whole body health.

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Trying diseases. Like the math can have lots of chronic disease like dental infections like parental disease, which is like The most recent study says it's around 65% of the population have.

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Pre dental disease, which is the gum. And the bone that supports. The tooth it's inflamed so paid onto it's inflammation and the government upon tissue that support the teeth.

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And it can affect your oral health. Like you will have something called Deep pockets, you will have gum recession.

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Tooth mobility and finally truth loss. And it can affect your systemic health. So parental disease inflammation has been linked to low grade inflammation in our body that leads to chronic diseases such as diabetes.

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Obesity and as well as color do vascular neurological diseases. So again, like maintaining.

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Good oral hygiene can really affect the rest of our body retaining the health of our overall cavity, really maintaining the rest of our, but especially our heart and neurological.

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Business. Oral health and mental health. So there is lots of studies like say is that poor or a health is strongly associated with fear and anxiety and shame.

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And in itself, like untreated tooth DK can lead to school absence learning the deficiencies and difficulty making friends.

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In 2016 in the Canadian Journal of Psychiatry discussed that fact. That main is like such as like mental illness.

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Eating disorder. Our associated are associated with dental diseases as well.

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Well, talking about dental material, like difference between biological and

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So there's no downstream. So, it's that silver filling you can see in this picture.

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Amalgam is like 50% middle 50% mercury which is Newer toxin? And everybody knows how harmful it is.

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And not only will be harming your body because it's a empty metal that has working. As well can see in this picture here.

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It's a middle. So it's not bonded to the wall. The walls of the tooth.

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So every time you eat on this tooth, you kind of witch in this middle kind of creating this crack here.

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You can see this big crack. Big crack, another one, small one, every time you eat it.

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As well as metal doesn't expand the same way like our teeth expand when we drink something hot. Hello, drink something called, a wooden drink.

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So we have leakage most of the time underneath them. Cause it doesn't have the same property like our team.

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According to the FDA, Some signs of excessive murky in our body can be like most disorders like anxiety depressions.

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And sleep troubles, fatigue, memory troubles. And like has been linked to Alzheimer's as well.

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Trimmers like shaking difficulty with coordination. Visual changes and changes in hearing as well.

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And that picture we're seeing here, it's an actual text and logo from an am.

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So the box that comes has been distant, and just has to have this warning sign, says it's a poison.

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Corrosive and it's 50% mercury as you can see 600 600 and it's a warning.

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It's newer toxin so it can affect your Breen, Netflix, which is going to affect your kidneys, can affect your lungs.

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Okay, cause, one already. And it can affect your vision. Affect your like has like birth defects or reproductive harm.

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So in biological density, we remove this. Toxic material safely. Which is like called Smart Protocol and we follow The IAO, and, GUIDE lines for, IS, a, amalgam, removal.

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So as you can see here in this picture, everybody is protected. So the patients. The patients almost covered head to toe.

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And you can see the nas of oxygen covering the nose and the tooth we are working on isolated with the rubber dam.

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Can see here the high suction that will take all that favor of the murky out. As well as you can see I'm not sure if you're able to see it over there that's the ionizer in the filtration system.

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And we use, we use like we follow like 5 days protocol. Detox. So it has glutathione, has vitamin C, lots of binders, lots of minors as well to detox why we're doing that process.

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And is that of using silver fillings, which is sadly till this moment, most of the insurance covers only mercury fillings for back teeth.

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We use bio compatible, restarted from, it's ceramic based restorations.

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And it's a static and doesn't have. Lots of these chemicals and BPA free.

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But again, it's important to have BPA Free. Cause to be in PPA free because PPA binds to the, and receptors and affect.

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Both body weight and tumor formation as well. It was like some white fillings they have, by the way.

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So I had lots of patient. Okay, I changed my American feeling with another white filling. Is the white filling is toxic the same way like the mercury is or?

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And it's for sure it's PPA free doesn't have any of this chemicals as well.

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It's important. We useful crowns and as well only something that's ceramic.

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It doesn't have like we don't use the middle anymore because the mental interfere with the electromagnetic field which is like we are made from electric pulses back and forth.

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From our brains who the rest of our body so

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Ceramic doesn't interfere with that electromagnetic field the same way you like.

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Metal does and as well as it's static and has similar properties to the neutrality.

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Okay.

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Yeah, we use by compatible material like ceramic influence. So I make implants.

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Doesn't, the same way like the titanium inland does. I and there's no pure 100% titanium influence.

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It's it. We call it titanium impulse, but there is no pure 100%.

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Most of them has nickel, most of them has aluminum. Like imagine we don't we don't cook in aluminum.

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Pan or whatever and it's like piece of middle inside our body. That middle, entropy with electromagnetic field.

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And like we lose bone around the middle implants more than ceramic implants. Ceramic is inert doesn't cause any inflammation.

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And what we call it's clean implant.

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And has low information, view, tissue response to inert material.

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In biological density.

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We use ozone therapy. Which is like, Type bacterial and type her side. Typhoon Go and The good thing about ozone, it does target the bad bacteria.

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Doesn't kill everything. And another thing, like one molecule of ozone will kill the same number of bacteria as like 3,000 to 10,000 molecules of chlorine well.

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And one and even like almost around 4,000 times faster than chlorine.

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Which is a big topic. As you can see here, we in biological dances or elastic density.

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As we look at the whole body evaluating the airway is a must. So we use the comb beam.

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It's called CPCT scan. And device goes around your head, which is a value meaning your sinuses, evaluating if any head in infection.

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Evaluating of the airway as well if you have a narrow airway.

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Was having narrow airway leads to higher risk of sleep. That means oxygen deficiency. At night. So every single night we sleep, we have a narrow airway.

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That can lead to. Oxygen deficiency that which every single organ

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Needs at night, which is the oxygen. And we know getting enough sleep too. Sleep is the most important.

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Time for detoxing. Healing, repairing. Cause I know lots of patient knows PIN like thousands of times like time and money as well like therapies, lots of terrorists.

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And the first question we asked, like how's you sleeping? I don't sleep well, I don't like that's the time we heal.

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That's the time we really need to repair our self and detox as well. So sleeping. Well, having like.

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Like evaluating their way, it's a must in a holistic office. Or biological office. And like.

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Like symptoms, I will say like symptoms like grinding your teeth at night. That's a sign of narrow airway.

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Especially for children as well, like it's for a boss and a children. If grinding, snoring, narrow arches.

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Like high palette you can see the roof of your mouth really deep up there. And fatigue, cranky child.

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And Ben's wedding. It's a sign of narrow airway. Send often time sleep disorder are misdiagnosed as ADHD.

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Or other behavior concern. So in imagine if you don't sleep that kid or that child doesn't sleep every single night because they have an issue.

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With their airway narrower away. Like the behavior definitely will be affected as well. And mean.

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A lot misdiagnosed as being idiots.

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Alright, so we treat. Children here for If we have any of these symptoms with malfunctional therapy, which is not invasive at all.

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And just a couple exercises, maybe an appliance and 9 to wear. What we call like my embrace.

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Which is directing our muscles directing like to grow and grow the jaw and jaw development to Open the airway and expand the arches.

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As you can see here, we were training like snoring for this child. And we were doing the exercises.

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We were doing an appliance and it's on in its own. You can see the crowning before.

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And that's after without even aiming to fix that crowning. Is it just? Expanding, growing, in its own.

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Who is doing this And this a child, you can see how you barely able to see his lower teeth here.

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When he bites down, you see only the upper teeth, you're not showing anything at the bottom.

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And you can see how narrow is our, his our arch, it's pretty narrow. But I'm talking here after few weeks of this exercises.

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The arch is so white and you can see most of his That's a trial. It was like bed wedding.

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Snoring, grinding at night, and you can see the wear facets on his teeth. And when he, they came, it was a big tongue tie.

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And once this time, clipped and you can see the crowning, actually there is no space for these 2 because our tongue is our natural expander.

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If that tongue tied, It's not going to expand our arches. And we're going to have a problem with the airway as well.

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Exercises and clients as well. And 9 only and look how big the difference it is. You can see the big difference between before and after.

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So the main goal for the therapy is. Nasal breathing, which is really important, especially at night time.

00:27:27.000 --> 00:27:33.000

You know, when we sleep and breathe through our nose, our body, okay, so we are on that mood.

00:27:33.000 --> 00:27:39.000

Rest and digest. So sleeping will coming, we're detoxing, healing, repairing.

00:27:39.000 --> 00:27:43.000

You breathing through your mouth at night.

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That we breathe through our mouth when we run from a line. We were like. Kind of like stressed out.

00:27:50.000 --> 00:28:00.000

So at night if you sleep opening your mouth, your brain okay, I'm, Healing repairing or I'm just like I'm fighting So you don't get enough sleep as well.

00:28:00.000 --> 00:28:08.000

So we're aiming to Mine functional theory to have that. Neas of breathing, proper time possession.

00:28:08.000 --> 00:28:16.000

Proper swelling, swallowing pattern and proper lip sel as well.

00:28:16.000 --> 00:28:26.000

For adults, we use a liners for expansions. We can use expanders as well. But most of the time, if it's like we can expand the arches to open the airway a little bit.

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That's what we do. And it's really important when we align the teeth as well.

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With like in Visa line or short smile, but sometimes we retract like most of the time like orthodox as there are other dentists they can retract the teeth.

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Actually, creating less room for our time. Making our airway. Narrower to and if you have a child or you know a child like in recommended to extract the premolars to bring the teeth back that Try will suffer for the rest of their wife.

00:29:01.000 --> 00:29:08.000

Because of we retracting there. So retracting their arches back and making the airway really narrow.

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So we aim to align teeth and with a liners in our office or in biological offices. And as well as making sure we don't restrict the airway as well.

00:29:20.000 --> 00:29:27.000

So we fix the bite, we expand. And we align at the same time.

00:29:27.000 --> 00:29:36.000

I'm going to talk about dental products. That's the final thing. Which is like.

00:29:36.000 --> 00:29:40.000

Lots of toothpaste like watch, which toothpaste should I you lose 0 light.

00:29:40.000 --> 00:29:47.000

Like fluoride, the chart can. Tell you like fluoride excessive fluoride can lead to Cardiac failure.

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Can have diabetes, cognitive deficits. Lower IQ for children. Can I affect your thyroid, iodine deficiency?

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Lower fertility rate. Myocardial damage means heart. And cancer of the bone still. It's toxin according to IoT and according it it is a toxin.

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And if a child swallows some of it, you have to call that.

00:30:16.000 --> 00:30:32.000

Like the toxin the toxin department so you make sure like it doesn't get affected so it's important like not to use or like we're aiming to avoid fluoride in our Toothpaste and our products as well.

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And some toothpaste they have try closing even though it's banned but still toothpaste.

00:30:38.000 --> 00:30:52.000

And that can lead to breast cancer and it does interfere with the endocrine. Disruption. So we already recommend something that has Hi, roxy appetite.

00:30:52.000 --> 00:31:22.000

إيه أول ناعمة قولي السيد نينو

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آمن. انجع ام وين زواق رئيس ويوم هذا

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بروفينت طيب قوليلي وم

00:32:24.000 --> 00:32:41.000

في عام الفين بالسجن و أمزة

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تنكير ووزاكسون تايران دواء قاسم كري

00:32:52.000 --> 00:33:15.000

آه بس بس كان بتشوف شدة دمويها كانت الهاشتاغ

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قمرين

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أكيد ركن يوم روكني يوسع

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And just keep it as a dead too. Inside you button. Is it healthy? I don't think it is.

00:33:39.000 --> 00:33:53.000

And by studies, the maximum cleaning inside the tooth. Will be like the day you had the roof, you know, or anybody had a room now, the maximum will be like 60 to 70% of cleaning so we're leaving some toxins bacteria.

00:33:53.000 --> 00:34:01.000

Hoping for your body to take care care for. So. It's case by case, we do something called 3D.

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X-ray, which is the core beam. And we evaluate the truth. If there is infection.

00:34:08.000 --> 00:34:15.000

Definitely. We take this without. Recommend taking the tooth out. If no infection.

00:34:15.000 --> 00:34:23.000

I will check the meridian chart. If any other organ affected. When we have this infection.

00:34:23.000 --> 00:34:32.000

And if no organ affected or made or no issues at all, I prefer personal. Like monitoring this to.

00:34:32.000 --> 00:34:41.000

But some biological dentistry, to be honest, I'm just telling you the other, every single root canal has to come out every single titanium implant has to come out.

00:34:41.000 --> 00:34:48.000

Personally, I will monitor if no infection from the corn beam. I will monitor and monitor the.

00:34:48.000 --> 00:34:56.000

The origins that is connected to the 2. Metal implant it does interfere with your

00:34:56.000 --> 00:35:12.000

Electromagnetic field. It is. And. Before we move in them before we go on like changing them, I would love to have something called the Liza test to make sure you're not allergic to any component of this metal.

00:35:12.000 --> 00:35:17.000

And as well as looking at the marine unit chart as well.

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Okay, great, that made sense. Checking the chat for questions. At this point, one is coming in is, Oh, I think maybe we might have answered that one, similar.

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Is the root can out better than removing the actual tooth? I was told the tooth is dead and should be.

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And should be removed but my dentist said that a root canal would be best in order to save the

00:35:44.000 --> 00:35:51.000

If we can avoid that Jessica because So I till this morning I had a patient who has like.

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Yeah, deep, feeling a little bit deep filling. But the problem is once we see a deep cavities like like in traditional, okay, that's a root canal and We test that 2 multiple times before like extracting the truth if we can prevent These 2 from getting the root canal, we will do by using bi-compatible material.

00:36:12.000 --> 00:36:18.000

We're using ozone. We sometimes laser that. That really help the nerve not to get irritated as well.

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So we use bio-combatment material to avoid that information. I will say like 90 to 95%.

00:36:26.000 --> 00:36:33.000

Like most of the patient who being referred for a root canal, we save this to either without looking out or extraction.

00:36:33.000 --> 00:36:35.000

Oh, that's great. Okay. Yes. Okay, I love that.

00:36:35.000 --> 00:36:50.000

Okay, so you mentioned excessive fluoride. What might be the optimal that to reduce fluoride too or stay below?

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Yeah.

00:36:51.000 --> 00:36:56.000

By using just I will try to avoid it's a toxin. If we can avoid it, cause most of these toothpaste as well, it doesn't have lots of chemicals.

00:36:56.000 --> 00:36:59.000

That's why I like Dr. Jane when if you can read the ingredients, it has like 5 ingredients.

00:36:59.000 --> 00:37:07.000

If you can read any other these fluoride, when you you will find like around 25 ingredients.

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Most of them are full for you. So if we can avoid it, we will avoid it. Yeah, a natural one.

00:37:15.000 --> 00:37:25.000

Okay. Okay, this one is about the tongue tie. Should the tongue tie be cut before you use the liners?

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Yes, because we're going to use our tongue as a expander as well. It's a good idea to remove it before the liners.

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But we will have lots of, I mean, tongue exercises before and after too.

00:37:39.000 --> 00:37:40.000

Got it. So to prepare for that, yeah.

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It does work hand in hand with Kampractor too for adjustments. So it's if it's for adults or kids, usually it's easier.

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Hmm, okay.

00:37:51.000 --> 00:38:04.000

And we use it like. We clip it with laser. So it's. Pretty simple, less painful and Heels faster too and less bleeding too

00:38:04.000 --> 00:38:05.000

Yep.

00:38:05.000 --> 00:38:08.000

Yeah, I was just thinking about that. It's probably less mess. Okay.

00:38:08.000 --> 00:38:13.000

How do you feel about dental pulling or coconut oil pulling?

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I love it. So it really helps the microbiome. So balancing the microbiome. And just make sure you do it like maybe for 10 min or so if you can.

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And don't spend on the sync. Always avoid, like it's going to run your thing and use that organic extra version like coconut oil.

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Gotcha. Okay.

00:38:36.000 --> 00:38:45.000

It does help with the microb and again don't swallow in if you have mercury fillings or you don't swallow it because it pulls all the toxins from your gums, from your teeth.

00:38:45.000 --> 00:38:49.000

Don't swallow any of this. Oil when you do that. Make sure you get rid of it.

00:38:49.000 --> 00:38:57.000

Okay. Yeah, just for those who might not. Have heard of coconut oil pulling just in a couple of sentences.

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What exactly is that and why would someone want to do that?

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I'm sorry, I say it again. I'm sorry. I didn't hear you.

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Oh, yeah, can you explain it a little bit more?

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I'm sorry.

00:39:10.000 --> 00:39:17.000

That's okay. For those of us who may not know what coconut oil pulling is, can you just, just go back and tell us what it is?

00:39:17.000 --> 00:39:18.000

Okay.

00:39:18.000 --> 00:39:24.000

Yeah, yeah, I'm sorry. I didn't explain. Yeah. You can get from actually I get mine from Okay, I mean, extra version of organic coconut oil.

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I think a tablespoon and just put it and keep swishing. Around your teeth and until it's like with and keep going like pull between your teeth get all the toxins would get all the back bacteria in between your teeth out and just spare give it like 10 min or so.

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Okay, once a day.

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10 to 15 min. Once a day and don't overdo it. So you can do it once a day every 2 days, 3 days, so twice a week, 3 times a, a week.

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Okay, got it, got it. Okay, and I had a question following that. It's refined or unrefined.

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I'm sorry, where's the find?

00:40:01.000 --> 00:40:03.000

Is it refined or unrefined? Well.

00:40:03.000 --> 00:40:07.000

Where it like. Hi, you talking about the coconut?

00:40:07.000 --> 00:40:09.000

Yes.

00:40:09.000 --> 00:40:11.000

I think undefined one. But I'm not sure I would get back to you with this one.

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Yes. Okay, great. Okay, next question.

00:40:18.000 --> 00:40:29.000

Is there any activism? Surrounding dental insurance companies. Only covering metal fillings.

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They're trying though, but I mean. It's still like most of the interests they cover mental feelings.

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So far for posterior teeth. And yeah, hopefully one day it's getting better by better.

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Now I see most of ventures trying to avoid. Like getting a little bit better with the white fillings.

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And again, white fillings, it depends. Could be. Toxic as well, But I mean like now some interest getting a little bit better with the simple feeling so they're trying to just cover as well for their back to eat white phones.

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But most of them still covering that. The middle.

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Okay. Okay. Okay, and kind of coming around again to, alignment work here. What's the best alignment device for aging?

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Teeth.

00:41:21.000 --> 00:41:30.000

As I'm, this is a lining device for aging. Like you talking about in visa line, what is the question?

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Probably, yeah, I think so. And maybe Mar.

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I'm sorry, I am a little. But we're using Viso L in our office.

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Okay. Okay. Sure smile.

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That's why I'm, you sometimes, sure smile too, which is like the same. It does work for adults.

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Okay

00:41:40.000 --> 00:41:47.000

Yeah, it does work for adults. It depends on compliance. If you wear it like 22 HA day.

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Okay.

00:41:48.000 --> 00:41:56.000

It definitely does work. You wear like 1 h during the day, then it wouldn't. So you know yourself better if you're a mix you're aware like you're compliant It will work perfect.

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Okay, yeah, this is another kind of similar kind of question regarding that.

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Cause we use that a lot here. Yeah, and we expand that. As well with them. Again to a certain limit too.

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Okay. Okay. Okay. And those they definitely will realign jaws if people stick with them, use them regularly, follow the protocols. I've seen it.

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I mean, I know personally people who use those. Yeah.

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Thank you. Yeah, again, it depends. Yeah, it depends. Like most of the time, I will say, but if it's like skilled things, so it's your or whatever, sometimes surgeries.

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Needed. So it has limitations. Yep.

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Hmm. Got it. Okay, okay, so there can be a limit. Yeah, yeah, has limitations to what they can do.

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Okay. Let's talk about ozone therapy again. There's lots of value in ozone therapies.

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This one person has said just that her dentist, poopoo it all the time.

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So has a negative reaction to having it. But there is a lot of research, is that correct?

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Actually, it definitely is. And again, like if we use it, like we use it for disinfecting.

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Lots of research if you want lots of research we can email it to you But I mean, Ozone, it's pretty safe, first of all, as we mentioned, Targets only bad bacterial pathogenic bacteria only.

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And it's effective as. For disinfecting better than chlorine and faster than chlorine.

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It does help with dental sensitivity off their feelings and crowns as well. But it seals distant tutorials as well.

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There was lots of study we can share with.

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Hmm, okay, great. So I have a question here. If. Someone lives in an area where there is no biological dentist.

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Nearby what options would they have I mean, perhaps there's some limits, maybe telehealth might be.

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Too complicated to do, but is there something they could do on their own? How can they kind of Split the difference.

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Again, brushing. Every night that's important, brushing, flossing. Every 6 month.

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Cleaning. Unless you have deep pockets, then you're going to need every 3 months cleaning.

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And cleaning, I will say we're a little different for cleaning because we use ozone, we use probiotics as well, but I mean you can do your cleaning with your doctor or in the area of the boxer.

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If you were told You need a real canal. I will, I'm not sure what to say, but I mean like it's always good idea to have a second opinion.

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Through canal or like extraction.

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Gotcha, okay.

00:44:39.000 --> 00:44:44.000

But sometimes it's just the deep cavity once you use by compatible material, you don't need anything else.

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Okay. There's a question here. What is the thing with taking a glass of water.

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And swallowing the bacteria. In your mouth first, first thing to help with the gut. So I think that says.

00:45:00.000 --> 00:45:08.000

First thing in the morning, take a glass of water and swallow bacteria in your mouth to help with your gut.

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Again, our mouth is the gate health for our gods. It depends if you have balanced bacteria that's a good thing.

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You don't have a balance in bacteria. So you're harming yourself. So it's always good to have balanced microbiome.

00:45:24.000 --> 00:45:34.000

Which is I really recommend like taking oral probiotic. I like something called super teeth. And get an online too.

00:45:34.000 --> 00:45:35.000

Okay.

00:45:35.000 --> 00:45:38.000

And it's only for the mouth bacteria too. So the treaty, the microb.

00:45:38.000 --> 00:45:53.000

Okay, thank you. What you do recommend, for a simple toothache. And now I think in my mind, I think through a biological dentistry lens.

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That might be an indicator of something, you know, downstream going on. So.

00:45:56.000 --> 00:46:05.000

It could be if the tooth has nothing, you're absolutely right. The truth like perfect like we did the x-rays, whatever the truth has nothing.

00:46:05.000 --> 00:46:11.000

I think it's always good to look at the Meritian chart and look at that. Okay, sometimes it's just.

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The maritime and we see that a lot. If the tooth on the x ray does have nothing.

00:46:18.000 --> 00:46:28.000

It's important, but again, sometimes the symptoms, okay, is it hurting cold? H only, only, have only if you wake up with pain.

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So it's finding the root cause, why you have the painter.

00:46:32.000 --> 00:46:38.000

Okay, okay, so if the tooth is still feeling sensitive to cold or sensitive to hot, then there's some nerve that's still active.

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It's not in may not may or may not be infected or it wouldn't be infected and then you kind of move from there.

00:46:45.000 --> 00:46:51.000

Yeah, so like if the tooth is feeling cold and hot, that means it's not infected.

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Was I had a patient this morning or yesterday actually it was like okay my dentist prescribed me antibiotic.

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I was like, why? That's what this feeling, when I drink something. The nerve is still alive.

00:47:05.000 --> 00:47:09.000

So there is no infection yet. So you don't need that antibiotic yet. All right, we have an abscess, we have swelling, definitely we do need it.

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But in his case wasn't Needed at all and If the tooth is cold and hot, actually sometimes with the ozone gas around that will help with the sensitivity as well as had drives out to take 2 of these.

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Okay, okay, so cool. I had a question about the cone beam x-ray come in.

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How long does that x-ray take? And how does that work. What's the process for getting that accomplished?

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That is just the 5 min. I mean less than 5 min. And it chose me a lot. It's like, like everything.

00:47:49.000 --> 00:47:59.000

Like I go 3 DR every single tooth and just make sure there's sometimes and I can share with you later too, like pictures from the T.

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2D dimension x-rays like regular x-rays. And the 2 floating great. No issues.

00:48:05.000 --> 00:48:11.000

From the, a huge infection all the way to the science and I will share with you so you will.

00:48:11.000 --> 00:48:12.000

Oh good. Yeah, okay.

00:48:12.000 --> 00:48:25.000

Have an idea. So 3, the, in, dimension, x-rays, really. Shows me any header infection.

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Got it.

00:48:26.000 --> 00:48:30.000

Any sign is information. And most importantly, evaluating the airway. So if we have an area where we have lots of options and we deal with the narrower way.

00:48:30.000 --> 00:48:37.000

And again, if you have never, away you have symptoms too. Grinding is not normal. Cause now everyone is grinding.

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That's not everyone is not normal though. So there is an issue. Snoring is not normal.

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I mean snoring when we have cold. Yeah. It's understandable, but every single night with morning, that's not right.

00:48:49.000 --> 00:49:00.000

Breathing through our mouth, not our nose. It's not a normal so There is lots of signs and symptoms too.

00:49:00.000 --> 00:49:01.000

Haven't.

00:49:01.000 --> 00:49:09.000

Okay. That's very helpful. I do have, I've been known to grind my teeth.

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Is it?

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So also, I'm curious about how a teeth cleaning. Regular teeth planings.

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Let's say I want to go and see a biological dentist and is the same protocol. Is it the same for a biological dentist to get your teeth cleaned every 6 months.

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Like it is at my traditional dentist. Yes. Okay.

00:49:28.000 --> 00:49:38.000

Is the same protocols the timing wise? If you have deep pockets or like parental or gum issues, you need it every 3 months.

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Oh, okay.

00:49:39.000 --> 00:49:46.000

You need it every 3 months instead of 6 months. But we use ozone water only. So in the unit, the water coming to your mouth.

00:49:46.000 --> 00:49:52.000

Is not a tap water that had full of like toxins and fungal. So it's like.

00:49:52.000 --> 00:49:59.000

Pretty clean water you're getting when we have the cleaning. Cause it's also needed water. And we use probiotics.

00:49:59.000 --> 00:50:08.000

As well as ozone gas and every single tooth for the Deep Parks to. Kind of disinfect this bad back there.

00:50:08.000 --> 00:50:09.000

Okay.

00:50:09.000 --> 00:50:14.000

So it's the same timing process, but a little different. And we take a little longer time, so we make sure.

00:50:14.000 --> 00:50:18.000
Spend more time cleaning.

00:50:18.000 --> 00:50:19.000
Yeah.

00:50:19.000 --> 00:50:23.000
Yes, yes, I can say for from experience it's gentler, it's much gentler.

00:50:23.000 --> 00:50:27.000
And, yeah. Less than fate, didn't feel as. As loud and noisy.

00:50:27.000 --> 00:50:32.000
Yeah, I'm glad. Yes. Yes.

00:50:32.000 --> 00:50:39.000
Okay. That's great. So I have a question as well. So if someone like myself again.

00:50:39.000 --> 00:50:50.000
Had. Mercury fillings removed. Maybe 4 or 5 years ago though at a dentist that was not, a smart removal.

00:50:50.000 --> 00:50:55.000
Is there anything I should be thinking of or worried about?

00:50:55.000 --> 00:51:02.000
I think we like it's a good idea to test. You can have like here analysis can tell you if there is more few feelings.

00:51:02.000 --> 00:51:25.000
I prefer something called vibrant lab. Vibrant lab, it's a urine test that tells you If you have any heavy metal, including to the city or if you have environmental Okay, or like any mode to electricity.

00:51:25.000 --> 00:51:26.000
Vibrant? Okay. Okay.

00:51:26.000 --> 00:51:33.000

That's why we prefer to do the vibrant lab. But vibrant lab, yeah, so we do that test to make sure it's called total burden to accessivity test.

00:51:33.000 --> 00:51:44.000

So it tells you if you are exposed to any of those. And actually, like we did it for my nephew.

00:51:44.000 --> 00:51:50.000

We are so holistic like any healthy we don't eat and like we're really holistic.

00:51:50.000 --> 00:52:00.000

And we did that test to make sure like, we are exposed to many glyphosate PPA even though we don't eat in plastic so we get some no matter what.

00:52:00.000 --> 00:52:12.000

That's why the question about fluoride, like how much it should be. It's all good to avoid any toxin because we are already getting exposed to toxin even though We're trying to avoid it.

00:52:12.000 --> 00:52:15.000

Okay. Thank you.

00:52:15.000 --> 00:52:17.000

Thank you.

00:52:17.000 --> 00:52:30.000

Okay, how are you doing on time? 1252. Okay. One other question I have for you about the experience of going to a biological dentist versus a traditional dentist is the the intake process.

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So the questionnaire we may need to fill out, what is that? How does that look?

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Yeah, and like in any other different office, like medical dental history. Actually, in our office, we're looking for, like how much stocks in you are exposed to.

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We're looking of course in details in the medical history. We're looking, of course, in details in the medical history.

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We're looking of course in details in the medical history. If you take in supplements or you're not taking supplements, in the medical history, if you're taking supplements or you're not taking supplements and if you're aware of vitamin D levels.

00:52:55.000 --> 00:53:03.000

As well. And We do diagnostics the first visit. So it's kind of the comb beam and exam evaluating the gum.

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And we have review finding in another zoom session or in person such. So we're going to go through everything we figured and we discuss recommendation treatment plan or recommendations together.

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Okay. And in order for someone to find a biological dentist where they live, what do, where do you suggest they go?

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Either IoT or I.

00:53:28.000 --> 00:53:31.000

Okay, I'll drop that into the chat there.

00:53:31.000 --> 00:53:35.000

Yes.

00:53:35.000 --> 00:53:39.000

Okay.

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Okay, I'll get that sorted out. Oh, here's another question. Does across blue shield, I believe, typically except biological dentistry.

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I feel like it's the opposite though. Like I feel like. Butological, and they don't kind of accept.

00:53:57.000 --> 00:54:11.000

Or like getting insurance is because like insurance dictate why you're doing so we kind of we're not Getting the truth, but we can submit what we do to your insurance and it depends how much He covered out of network.

00:54:11.000 --> 00:54:23.000

Recovery so we can have pre authorization for your dental work. Need it, send it to your insurance, they can tell you exactly it's going to cost whatever they inc going to really embarrass you.

00:54:23.000 --> 00:54:29.000

For being out of network doing the work without a. That much.

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Okay. Yes, it's kind of a process, but you can go to a biological dentists.

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Office and use that information to go and then submit to your provider. Yeah, yeah, and yeah.

00:54:39.000 --> 00:54:42.000

Yes, you can.

00:54:42.000 --> 00:54:49.000

Okay. Anything else coming in? Anybody have any final questions for? Dr.

00:54:49.000 --> 00:54:54.000

El.

00:54:54.000 --> 00:54:55.000

Hmm.

00:54:55.000 --> 00:55:07.000

No. Okay, so what I'm going to do is I'm going to send, tomorrow or the next day or so, kind of the remainder of the things that we talked about, the recording, the transcription and get that sent out to everybody and some slides so they can go back and look at those if they want to.

00:55:07.000 --> 00:55:18.000

And to let everybody know that, Chris put the drop, the link to the next month's bioBites in our chat.

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