

Six Common Dental Procedures That Can Harm Your Health

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Conventional dentistry and conventional dental practices have certainly helped a great number of people enjoy good dental function for many years now. And if that's the case, why should anyone be interested in seeing an environmental dentist rather than a conventional dentist? What is an environmental dentist, anyhow?

Environmental dentistry, also known as, holistic or biological dentistry, in a nutshell, respects the fact that the mouth is an integrated part of the entire body, and that it should always be viewed and treated in this respect. The primary aim of environmental, holistic or biological dentistry is to resolve a given patient's dental problems while impacting the rest of the body as little as possible. Unfortunately, even though many patients leave the office of a traditional dentist chewing much better than before they went, a significant negative medical impact on the rest of their body will result from what was done in the dentist's office.

The negative medical impact of conventional dentistry can come from any of a number of sources. The most common ones are:

Mercury-Amalgam Fillings: Commonly known as silver fillings or just amalgam fillings, these fillings should really be called mercury fillings, since mercury has been and remains a full 50 percent of the content of these fillings.

Conventional dentistry long asserted that the amalgamation process rendered the mercury non-toxic by the chemical reaction that was supposed to be taking place. In our holistic practice we also take precautions and follow a protocol to minimize patients' exposure to mercury upon its removal.

Other Toxic Dental Materials: Unfortunately, conventional dentistry continues to evaluate new dental materials primarily, and sometimes exclusively, by their mechanical characteristics. Little thought is given, even today, in trying to evaluate whether a given material will have a long-term adverse toxic effect on the patient.

Holistic dentists use bio-compatible materials that will not adversely impact a patient's immune system. Stainless steel and other metals continue to be used in the mouth even though they have been well-established to have a cancer-causing effect when used elsewhere in the body.

Root Canals: Root canal-treated teeth are proving to be almost always infected, and the toxins that have been isolated from them are often incredibly potent. Some researchers claim there is a strong relation between the presence of root canals and the development of cancer and heart disease. It appears that the longer root canal-treated teeth stay in the body, the more the immune system becomes compromised.

Cavitations: Pockets of gangrene in the jawbone are often found at the sites of previous extractions by conventional dentists. These toxins are essentially the same as those found in root canals, being the product of aerobic mouth bacteria being forced to live in an anaerobic environment. Most traditional dentists still think cavitations do not exist, even though they have been shown to be extremely common, especially at the sites of wisdom teeth extractions.

Implants: Currently, implants continue to be done without bio-compatibility testing, and they are often started at extraction sites where cavitations are already developing. Autoimmune diseases seem to be often aggravated or even initiated by implants.

Periodontal Disease: Not enough emphasis is put on how severely the infection in the gums of the

periodontal-disease patient impacts that patient's long-term health. Heart disease is clearly the result of such disease in many patients. Repeated surgery and antibiotic courses are not the first choices of environmental, holistic and biological dentists in treating this condition.

Yours in health,

Dr. Garcia