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# What is Holistic Dentistry?

By Bill Wolfe D.D.S.

**DEFINITION:** The practice of dentistry that takes into account the effect of dental treatment and materials on the overall health of the individual. Your teeth are a critical part of your body, and one cannot achieve their best health with an unhealthy mouth. Dr. Reinhold Voll (MD, PhD), my German medical professor, routinely stated that 90% of all chronic disease has an orientation in the mouth. The following list includes some health concepts of holistic dentistry:

**1 Bio-incompatible Dental Materials:** In 1826, a revolutionary new dental restorative material called ‘amalgam’ was introduced to the United States. The amalgam filling was developed in England and contained silver, tin, copper, zinc and mercury in various percentages, with mercury being the highest percentage at over 50%. The amalgam fillings were not openly embraced by organized dentistry in America, and in 1840, members of the *American Society of Dental Surgeons* were required to sign pledges not to use mercury fillings. In fact, several New York City dentists were suspended from this organization in 1848 for malpractice for using silver/mercury fillings. In 1859, a new organization was formed, as a result of the

internal strife over the use of mercury in dentistry—*The American Dental Association*, and their filling material of choice, as it still is today, is the mercury amalgam filling. In spite of numerous published scientific studies over the years demonstrating the ill effects of mercury fillings in the mouth, plus knowing that the FDA has never approved the amalgam mixture as a safe dental device, mercury/amalgam fillings are still the primary dental restoration used by dentists in the U.S. (approx.100 million mercury fillings are placed yearly).

**There is no bio-compatibility testing required to bring a dental material to the marketplace**, so there are also issues regarding: the constituents of the resins in composites (white, tooth colored fillings); the use of non-precious nickel metal crowns and root canal posts; stainless steel (nickel) appliances; denture resin materials; and the composition of implants, etc. The goal is to pick substances which are the least immune challenging, and to minimize the number of immune challenges.

**2 Tooth Decay:** In order for dental decay to happen, three things are necessary: germs, germ food, and teeth. The key to preventing the decay process is not to allow these three items to be present at the same time. The mouth is the dirtiest place in your body, but just the mechanical removal of germs is not the entire answer to decay, it is estimated that the average American eats 150 lbs. of refined sugar per year, of which 80% is hidden in foods, soft drinks, etc. Decay is also the result of a metabolic imbalance. Just as a tooth can affect the associated organ, the organ’s health can also effect the tooth. In addition, if the PH of the body is too low (acidic), there can be major effects on the calcium/phosphorous ratios and proper calcium metabolism. The end result is still the same...deterioration of the mouth.

**3 Periodontal/Gum disease:** This pathologic condition is characterized by symptoms as: swelling and bleeding of the gum tissue, receding gums, bone loss, and loose teeth. This disease process is present in approximately 85% of the population. Periodontal disease is also a systemic disease,

**SILVER FILLINGS ARE APPROXIMATELY 50% MERCURY!**

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*“I was fortunate to meet and be helped by Dr. Bill Wolfe... and I urge you, dear reader, if you are having tooth problems, to go to his website at [www.drwolfe.com](http://www.drwolfe.com).”*  
– Shirley MacLaine  
Academy Award Winning Movie Actress

Dentistry is always a piece of the total health puzzle –sometimes a very vital missing piece.  
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as due to a process called “bacteremia”. Bacteria in the mouth can enter the bloodstream and travel throughout the body.

**4 Electrogalvanism:** Oral galvanism is a condition created when dissimilar metals are placed in saliva. An electric current called a galvanic current is generated by the transport of metal ions from the different metal fillings into the saliva, which serves as the electrolyte. This same electrical generation process is what produces electricity in a car battery. Many people have a constant metallic taste, which is not viewed as a serious problem. However, high current and electromagnetic fields in the mouth can have a negative impact on the energy meridians flowing through the mouth, and be a factor in the lack of energetic nourishment to distant areas of the body.

**5 Traumatic Occlusion/Bite Problems:** If a tooth touches it’s opposing tooth minutely quicker than the adjacent teeth, that tooth will receive more pressure than its neighbors. This increased pressure every time we close our mouths (every 30 seconds or so when we swallow) is what creates a traumatic situation for that tooth. Such repeated imbalanced pressure can result in tooth sensitivity, death of the tooth, muscle spasms, periodontal disease, or TMJ (jaw joint) pain.

**6 Residual Jaw Infections:** When a tooth has been extracted, and the bone has not healed properly, these areas serve as a breeding ground for bacteria. The reasons for this incomplete healing of the bone are many: chronically infected bone, poor circulation, poor nutrition, clotting disorders, “dry socket”, use of steroids, and poor surgical technique.

**7 Dead or Root Canal Teeth:** It is estimated that approximately 9 million root canals are performed yearly. This fact, plus knowing that there are many more dead teeth in people’s mouths than are identified for root canals or extraction, underscores the term “cadavers in the mouth”, used by Dr. Voll in reference to root canals/dead teeth. The issue about retaining dead teeth in the mouth and thereby being a cause of ill health, extends back into the 1800’s.

**IN SUMMARY:** Teeth are an integral part of the body, and not just tools for cutting up food. Every tooth, as a part of the human body, is closely connected with the energy meridian system, and if the teeth are unhealthy, they may disturb other organs and functions of the body. In addition, bacteria in the mouth travel throughout the body, causing distant pathologic effects. However, reversing of the above conditions can re-establish the oral acupuncture meridian flow and reduce oral bacteria, resulting in better systemic health. Therefore, for one’s highest health, it is vitally important to maintain the health of your mouth.

