



CATHEDRAL

DENTAL PRACTICE

// HOLISTIC DENTISTRY

Holistic dentistry is often referred to today as 'Biological' or 'Biocompatible' Dentistry. It is based on the concept that the mouth and oral structures are an integrated part of the body. It is a paradigm or a philosophy within dentistry and not a speciality.

Holistic dentistry supports your choice to live a healthier, more natural and less toxic life. We bridge the gap between conventional clinical dentistry and natural healing modalities. All holistic health care models share basic philosophical foundations. They promote health and well-being through healthful nourishment, elimination of toxins,

and the promotion of physical, mental and energetic balance. As holistic dentists we recognise that the mouth is connected to the body and that it cannot be viewed as an independent system. It is a reflection of the overall health of the body and much can be done to impact it both positively and negatively.

The basic principles of holistic dentistry:

- Proper nutrition for the prevention and reversal of degenerative dental disease.
- Avoidance and elimination of toxins from dental materials.
- Prevention and treatment of dental malocclusion (bite problem and physical imbalance).
- Prevention and treatment of gum disease at its biological basis.

So, what is so different from regular dentists?

Holistic dentists also make fillings, take x-rays and use anaesthesia to numb your teeth. However we only use mercury-free white restorations. More importantly, we take extra precaution when removing your old silver fillings to minimise your exposure to mercury vapour.

In holistic dentistry we minimise your exposure to toxic substances in every area of our work. Therefore we use a digital computer generated x-ray unit to take your x-rays which reduces your exposure to radiation by as much as 70%. We don't advocate the indiscriminate use of fluoride in adults or children. We research and attend courses to find the safest and most biocompatible materials available for dental work. Furthermore, because we recognise that each individual has a different threshold of tolerance for dental materials, we suggest further testing to determine an individual's ability to tolerate particular restorative material over long periods of time.

Our overriding aim is: to treat each patient as the unique individual that they are and with this as our guiding principle, we customise our treatments combining the best of modern dentistry and complementary therapies. We have found that this approach is highly effective for all of our patients and is particularly helpful for people with complex dental problems, complex chronic health issues or a combination of both.

Ultimately you are responsible for your own health. You can choose your health care partners consciously. You can reunite with a part of your body that has been disenfranchised and polluted with toxins. You can reclaim your own unity and wholeness by taking the time to notice what goes into your mouth and how it comes out of it. Your mouth is a sacred portal through which breath, mantra and food travel in and out of your body.

Welcome to our practice.

// TEETH-ORGAN INTERRELATIONS

We treat our patients holistically – treating you as a whole and looking at every aspect of your oral healthcare and how it affects the rest of your body and your everyday life.

Some of the known mirrors of our physical condition are the skin, eyes, hair and hairs. The teeth are even better mirrors as they can reflect the condition of our inner organs!

It has been proven that an individual tooth or groups of teeth are clearly related to specific organs, that they have positive and negative impacts on each other and reflect each others' conditions.

For example, the incisors have interrelations with the kidney and bladder, and the canines to the liver, gallbladder and eyes.

Diseases of specific teeth can result in diseases in the related organs or systems or vice versa. Healthy teeth are therefore a sign of a healthy body.

Examples of the interrelations between teeth & organs

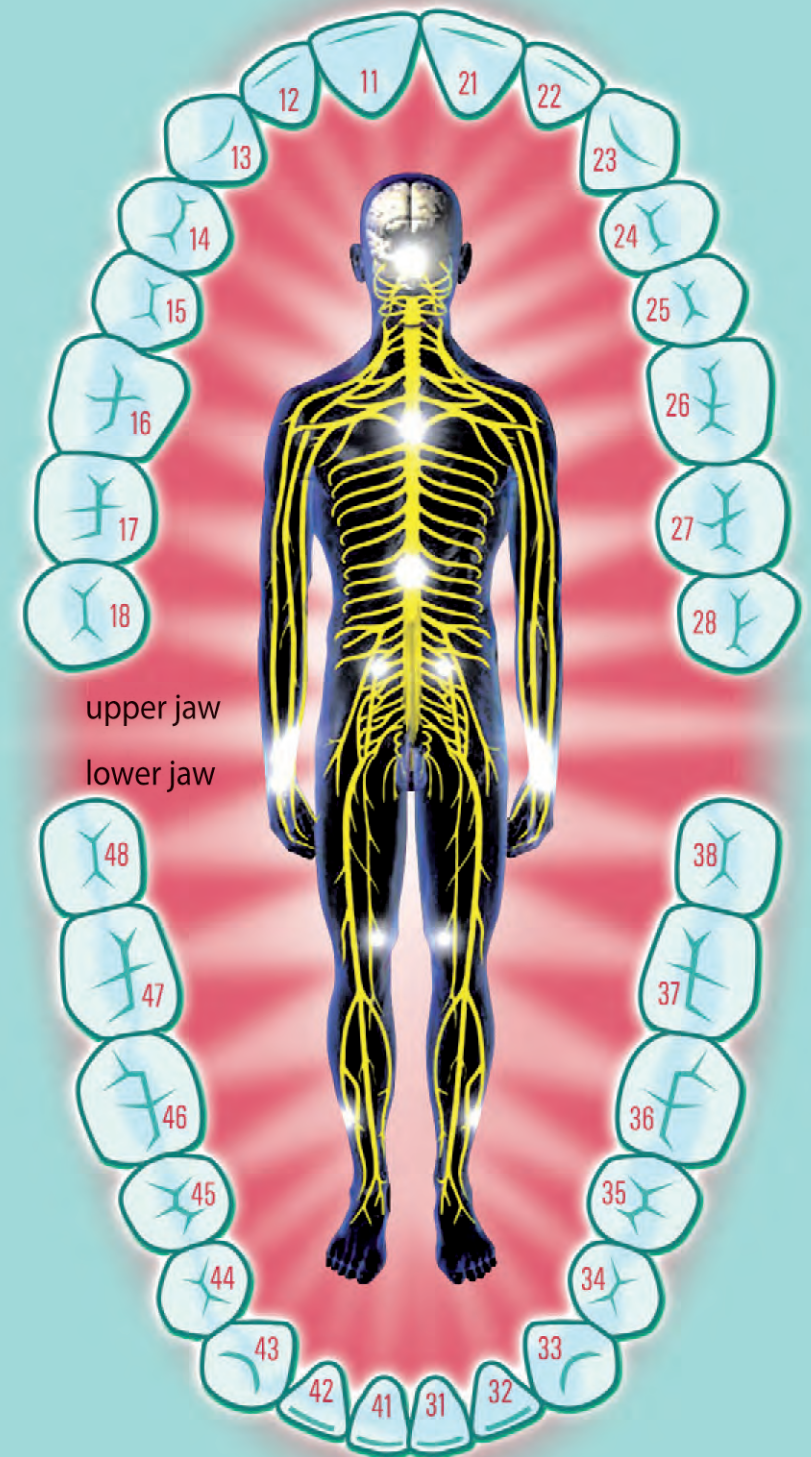
On the diagram opposite the teeth have been numbered. Each tooth has an interrelation with certain organs, here are some examples:

TOOTH 11: Incisor: bladder, brain, cervical spine, knee (r), lumbar spine, kidney (r), thyroid.

TOOTH 25: Premolar: thoracic spine, duodenum, hand (l) cervical spine, lung (l), frontal sinus.

TOOTH 43: Canine: eye (r), thoracic spine, gall bladder, hip (r), cervical spine, knee (r), liver, stomach.

TOOTH 36: Molar: chest (l), thoracic spine, maxillary sinus, knee (l), lymph, stomach, spleen, throat.



// DETOXIFICATION STRATEGIES

Homeopathy – ‘Like cures like’ is one of the basic principles of homeopathy. Harmful at high concentrations, but helpful when highly diluted, homeopathic remedies can also release heavy metals from their compounds in the body and thus introduce a first step towards detoxification.

Acupuncture considers the body, soul and mind as inseparable elements of the human being. The classical treatment method with needles, as well as electro-acupuncture, stimulates the body’s own systems and thus supports its self-healing powers.

Accompanying medical treatments – the chemical substances DMPS, Dimaval or Unithiol are able to bind with heavy metals and to eliminate them via the kidney/bladder and intestinal tract.

Orthomolecular products intervene in cellular metabolism, promote elimination of toxic substances and increase the body’s defences. Vitamin C can transform mercury ions so that they leave the cells and are eliminated via the bloodstream. Vitamin E can even neutralize the damaging effects of some heavy metals.

Electronic methods – each body is characterised by its own bioenergetic resonance patterns. It is possible to tap pathological ‘disharmonious’ resonances from the body, transform them into ‘harmonious’ resonances and return them to the body. This work is done by a so-called bioresonance device, an electronically steered apparatus.

// INSIGNIA™ SMILE DESIGN

Unlike traditional orthodontics and their 'one size fits all' approach, Insignia™ Advanced Smile Design customises braces and wires to you. The result is a radiant smile that reflects your individuality.

The most advanced technology:

Like fingerprints, your smile is unique. And so is Insignia™, a computerised system that combines digital treatment planning with specially made brackets and wires tailored to your specific dental anatomy.

The process is simple. Following an initial examination, we will take an impression of your teeth for the Insignia™ smile design lab. Sophisticated imaging software then creates a 3-D representation of your bite while braces and wires are custom-fabricated with your exact prescription.

Fast, comfortable treatment:

Insignia™ treatment is tailored to the individual patient. Each aspect is precisely calculated to affect tooth movement in the most optimal way, resulting in fewer appointments and exceptional comfort. And because treatment is 100% personalised, patients often see a reduction in the amount of time they would ordinarily wear braces.

Insignia™ is ideal for everyone – from the adult with the hectic schedule to the teen who wants to be out of braces and on with their smile.

Precise, predictable results:

Now you can see your end result before starting treatment. Utilising the 3-D representation of your exact tooth positioning, Insignia™ calculates the most optimal orthodontic plan for you. You're able to view, with precision accuracy, the correct curvature and width of the best smile specifically proportioned to your facial features. Unlike off-the-shelf braces and wires, a treatment plan developed with Insignia™ creates a layer of meticulous detail that provides fast, accurate and predictable results.



// THE DAMON® SYSTEM

With the Damon® System, treatment time is typically shorter than with traditional braces. Shorter treatment time means fewer appointments and a beautiful smile...faster. You may be surprised how fast.

The Damon® System employs a unique treatment philosophy that goes beyond straight teeth to create broad, beautiful smiles.

We take into account each patients' face, profile and, other factors, anticipating what patients will look like in their 40's, 50's and beyond.

This clinically proven treatment aligns teeth and enhances facial aesthetics – usually without extractions.

The days of having braces tightened are over. The Damon® System uses tie-less brackets that reduce the pressure on your teeth, allowing them to move more comfortably to their correct positions. This innovative approach to orthodontics ensures greater comfort throughout treatment.

Damon® System braces use a passive slide mechanism to maintain archwires within the bracket, allowing them to move more freely.



The Damon® System

This reduces friction and binding so we can move teeth quickly and more comfortably.

Other styles of braces use elastics or active clips that "bind" archwires in place. Elastics and active clips can act like parking brakes, resulting in friction and pressure, making treatment slower and less comfortable.

Straight teeth and a beautiful smile can enhance self-esteem and self-confidence at any age, plus improve your oral health.

// OXYGEN / OZONE THERAPY

One of the most complex and perplexing problems in dentistry today is infection control. The oral cavity is a sea of microorganisms normally living in balance with the entire human body. Under certain conditions pathogenic or “disease causing” microorganisms can become the dominant life forms, thus creating what we call infection. These pathogenic microorganisms live together in what is called a biofilm. This biofilm supports a mixed type infection made up of bacteria, viruses, fungi and even parasites. The difficulty is that each of these “disease causing” types needs a different drug to eliminate its dominance. What if we had an agent that could treat and eliminate the infection and, in addition, support the surrounding healthy tissue without toxic side effects? We do now with oxygen/ozone therapy for dentistry.

How does oxygen/ozone therapy work?

Oxygen/ozone, when introduced into the living system, creates what is called a “transient oxidative burst”. The infective microorganisms have no natural defence against this reaction,

and, as a result, are overstressed and die. Thus, oxygen/ozone disinfects the area treated, both safely and effectively. This “oxidative burst” also induces a multitude of natural biochemical and physiologic reactions. These reactions include better blood flow, enhanced immune response, and a more rapid healing response.

How can oxygen/ozone help in my dental care?

Staying within the accepted standard of care, with proper application, oxygen/ozone can enhance the outcome in all aspects of dentistry. For example, periodontal disease is a chronic gum and bone infection. By utilizing the different application forms of oxygen/ozone such as ozonated water, ozonated oils, and placing oxygen/ozone directly into the infected gum pockets, periodontal disease can be arrested without the use of pharmaceutical drugs and associated side effects. Another area of concern is infected root canals. Oxygen/ozone therapy sterilises all aspects of the tooth, even into the smallest canals and tubules. This allows for a truly biologic root canal and thus retention of your natural teeth.

// ZERAMEX® T IMPLANTS

This is a natural, metal-free, versatile tooth implant system. It is suitable for all tooth replacements such as individual teeth, bridges and complete denture fittings.

The pioneering, sophisticated implant system is completely geared towards nature. It is technologically superior and produces aesthetically and cosmetically outstanding results.

The implants are made completely out of high-tech ceramic. The material is natural, compatible, break resistant and white, just like a natural tooth.

The properties of ceramic material zirconium oxide are comparable with a natural tooth and have extraordinary biocompatibility. Zirconium is an element found in the earth's crust, where the material, ceramic zirconium oxide, is extracted for a wide range of technical applications.

The ZERAMEX®T system is manufactured using zirconium oxide. It has a high bending

strength, is durable with maximum biocompatibility and immunocompatibility.

Zirconium oxide is not electrically conductive and it cannot sensitise the body. What's more, it does not cause any allergies.

ZERAMEX®T implants have state-of-the-art biomechanical properties making them strong and stable.

These implants have been tried and tested by the world's leading specialists and institutes and have been proven to be excellent in practice.

The dental application of zirconium oxide has been extensively scientifically documented.

ZERAMEX®T is quality-tested and internationally certified.

// CROWNS & VENEERS

A crown fits over the remaining part of a tooth, helping to strengthen it and making it look like a whole, natural tooth once more.

There are a number of reasons why we may recommend crowns. Your tooth may be very decayed and not strong enough to be filled any more, the top part of the tooth may have been accidentally damaged, or you may need one following root canal treatment. Crowns are also sometimes needed to help support a dental bridge.

Our crowns are created by experienced craftsmen working in a dental laboratory, who use natural-looking Zirconia to produce a crown which is strong, long lasting and virtually indistinguishable from your natural teeth. Zirconia is a biocompatible material, which is why we are keen to use it.

Veneers offer a great way of transforming your smile with just one treatment.

They are very thin layers of porcelain which are specially adhered to the front of your teeth. Because they cover the whole front surface, they can hide many imperfections such as discoloured, chipped, cracked or crooked teeth.

The procedure involves preparing your teeth by shaping them and taking a thin layer (1/3 – 1 mm) of enamel

from the surface so they don't look or feel bulky once the veneers are in place. We take an impression, or mould, of the area, which is then sent to our dental laboratory so the veneers fit well and look and feel natural. Once ready, the veneers are bonded into place, becoming virtually part of your own teeth and giving you a beautiful, natural-looking smile.



Before treatment



After treatment



Before treatment



After treatment



Before treatment



After treatment



Before treatment



After treatment



CATHEDRAL
DENTAL PRACTICE

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