

LECTURE

HOLISTIC DENTISTRY

Addressing Chronic Conditions of the Body Originating Behind the Smile

By Brigitte Surette

Most of us have had a less than desirable experience at the dentist. Let's face it, the thought of lying in a chair with someone hovering over you with a mask, drill, and sharp objects isn't exactly a fun time.

According to *Web MD*, approximately two-thirds of patients relate their experience to a *fear of dentists* and don't go to the dentist until absolutely necessary.

Poor Oral Health Equals Poor Overall Health

A 2002 study from the *Journal of Periodontology* found that gum disease has been linked to cardiovascular disease, and researchers from the University of Buffalo had the same conclusion: "Periodontal disease may cause oral bacterial components to enter the bloodstream and trigger the liver to make C-reactive proteins, which are a predictor for increased risk for cardiovascular disease."

What's behind our smile can be a major source of chronic toxicity. It's not just what's there from neglect, but what's in our teeth that can be harmful as well. It can affect our health in numerous ways and may be a precursor to other neurological diseases and conditions; possibly Alzheimer's, Muscular Sclerosis, and depression.

As health care professionals learn more about the materials used to improve oral health, a new kind of dentistry is on the forefront for oral health.

Mercury/Amalgam Fillings (approximately 50% mercury and 50% other metals) have been used since the 1800s by dentists. The material is relatively inexpensive which could be one of the reasons why the FDA hasn't banned the use of it. According to the *Wisconsin Mercury SourceBook*, "... the toxic effects of silver/mercury dental fillings have been discussed and debated in professional circles since mercury's introduction into dentistry." Medical professionals abroad have either voluntarily stopped using amalgam or have been restricted from doing so under government mandate.

The International Academy of Oral Medicine and Toxicology (IAOMT) Scientific Advisory Board's *Position Paper on Dental Amalgam* states that "Chronic exposure to mercury, even in minute amounts, is known to be toxic and poses significant risks to human health."

Those minute amounts are released while eating, sleeping, or just from having amalgam in our mouths. The term "mad as a hatter" was derived from the hat makers of the 19th century suffering from neurological disorders from inhaling mercury vapors used to create the metallic sheen on hats. Many dentists and physicians are now realizing that amalgam fillings may be an exacerbating factor in patients suffering from any number of diseases and conditions.

Holistic dentistry is based on common-sense and relevant studies. Geared toward a gentler and wiser approach, patients that once feared the dentist will be introduced to a whole new way of dentistry; one that employs the latest technology, a close patient/physician relationship and an environment that is conducive to relaxation and healing.

Natalie Krasnyansky, DDS
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Holistic Dentistry--The Expert and Her Methodology

Dr. Natalie Krasnyansky of Holistic Dentistry of New York is among a handful of dentists in the Long Island area that has specialized training and expertise in holistic dentistry.

Upon entering Dr. Krasnyansky's office, you'll see and feel the difference. Patients are greeted by a knowledgeable staff and given a detailed questionnaire. Your first appointment with Dr. Krasnyansky is a personal interview whereby she gathers a detailed snapshot of **your** entire medical history. Together, you'll determine whether bio-compatibility testing (a blood test to determine an individual's sensitivity to restorative materials) is needed to proceed.

Adhering to the strictest and highest standards of The Huggins Institute's protocols, a treatment plan is geared toward a patient's **immune system**, eliminating the danger of using any materials that may pose a health risk. **Her methods include:**

- A personalized plan that includes medical history, genetic predisposition, sensitivity to chemicals, immune system, and past/present medical conditions.
- A healing environment; aromatherapy (scents believed to induce relaxation) and music to reduce anxiety and stress.
- Enhanced non-surgical soft tissue management with the use of a microscope when treating periodontal disease.
- Computer imaging that reduce radiation exposure by 90% percent.
- Safe amalgam filling removal: dental dams to prevent swallowing debris, continuous oral suction to prevent inhalation of mercury vapors, and an oxygen mask.
- Constant communication between patient and doctor before, during and after procedures.

Dr. Krasnyansky philosophy is based on her experience and personal beliefs about patient care, "A person's experience with his or her dentist should be a comforting one and take into account every aspect of the individual. Holistic dentistry is a biological approach to a beautiful smile."

The Lecture: Dr. Krasnyansky's lecture will cover all aspects of holistic dentistry. Her discussion will include information about chemical sensitivities as it relates to overall health. From the latest studies here and abroad, you'll discover little-known facts and the reasons why IAOMT is urging the FDA to introduce regulatory options and educate the general population about the risks associated with amalgam. Included is a question and answer session and certificates for a free consultation. **You may find what's behind your smile could be related to a seemingly unexplainable health issue.**

Dr. Natalie Krasnyansky has a Bachelor of Arts in Biology from NYU and received her D.D.S degree from the New York University College of Dentistry. She is a member of the American Dental Association, the Academy of General Dentistry and the Holistic Association of New York. She has over 12 years of experience in holistic dentistry to include cosmetic, restorative, and oral surgeries. For more information, visit www.holisticdentistryny.com or call 516-621-2430.