

# Bio-Dentistry: A Holistic Tooth Body Relationship

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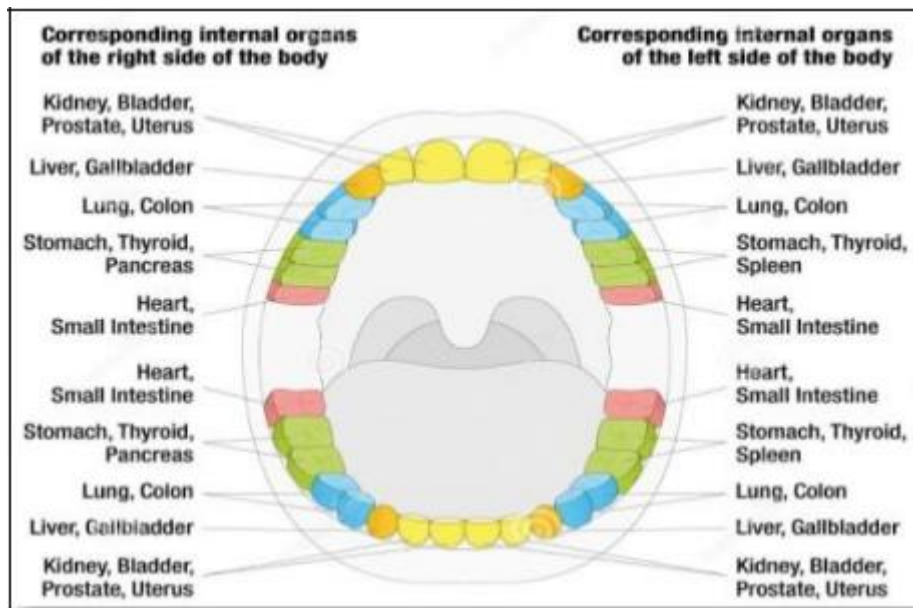
## 1. Introduction

Biological dentistry approaches the human body as a whole system, so the health of your teeth has an impact on your whole body. The relation between your internal organs, body regions and your teeth was first described by Dr Voll and Kramer. Dr Voll, inventor of Voll acupuncture, performed bioelectric measurements and proved that particular teeth are related to particular body areas, therefore they can influence the health of these areas. This is a two-way connection and internal organs can affect the oral cavity. The condition of

the body can be influenced through the mouth, as it can be done through the ears, nose or feet.

### 1.1 Meridian Tooth System

Meridian Tooth system is a tool that lets you see which tooth lies along which meridian, and therefore, what other body parts it's most strongly connected with. From your molars to your incisors, your teeth can tell you more about your body than you ever knew possible.



**Tooth / Organ Relationship Chart**  
Designed by Dr. Todd Rivers and Stephen Weiss

		RIGHT BREATHER										LEFT BREATHER									
Glands:		Anterior pituitary	Parathyroid	Thyroid	Thymus	Posterior pituitary	Midline side of pituitary	Pituitary	Pituitary	Midline side of pituitary	Posterior pituitary	Thymus	Thyroid	Parathyroid	Anterior pituitary						
Organs:	Heart																				
	Small Intestine																				
Teeth:	1																				
	Upper Jaw	1 <sup>st</sup> molar (mandibular)	2 <sup>nd</sup> molar	1 <sup>st</sup> molar	2 <sup>nd</sup> bicuspid (pre-molar)	1 <sup>st</sup> bicuspid (pre-molar)	canine (cuspid)	lateral incisor	central incisor	central incisor	lateral incisor	canine (cuspid)	1 <sup>st</sup> bicuspid (pre-molar)	2 <sup>nd</sup> bicuspid (pre-molar)	1 <sup>st</sup> molar	2 <sup>nd</sup> molar	1 <sup>st</sup> molar (mandibular)				
Teeth:	32																				
	Lower Jaw	2 <sup>nd</sup> molar (mandibular)	1 <sup>st</sup> molar	2 <sup>nd</sup> bicuspid (pre-molar)	1 <sup>st</sup> bicuspid (pre-molar)	canine (cuspid)	lateral incisor	central incisor	central incisor	lateral incisor	canine (cuspid)	1 <sup>st</sup> bicuspid (pre-molar)	2 <sup>nd</sup> bicuspid (pre-molar)	1 <sup>st</sup> molar	2 <sup>nd</sup> molar	1 <sup>st</sup> molar (mandibular)					
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Glands:			Ovaries		Ovaries		Ovaries		Ovaries		Ovaries		Ovaries								
			Metal		Wood		Water		Water		Wood		Metal								
Element:	Fire		Earth		Metal		Wood		Water		Water		Wood		Metal						
	Fire		Earth		Metal		Wood		Water		Water		Wood		Metal						

This interactive meridian tooth chart shows you further that the mouth and body are interconnected. Problems in the teeth can have a direct influence on another organ (or organs) in the body.

<i>UPPER INCISORS</i>	
Organs	- Kidneys, Bladder
Joints	- Posterior Knee, Sacro-Coccygeal
Vertebrae - C-1, C-2, L-2, L-3, S-3, S-4, S-5, Coccyx	
Endocrine - Pineal, Epididymis	
Sensory	- Nose, Frontal Sinus
Muscles	- Subscapularis
Sinus	- Frontal, Sphenoid

**Upper Canines**

Organs- Heart, Gall bladder, liver  
 Joints - Posterior knee, hip, ankle, foot  
 Vertebrae - C-1, C-2, Th-8, Th-9, Th-10  
 Sensory- Posterior eye  
 Muscles- Deltoid, anterior serratus  
 Sinus- Sphenoid

**Upper Premolars**

Organs- Lung, Small Intestine,  
 Joints- Radial Side of Shoulder, Hand And Elbow, Foot, Big Toe  
 Vertebrae - C-1, C-2, C-5, C-6, C-7, Th-2, Th-3, Th-4, L-4, L-5  
 Endocrine - Thyroid, Posterior Pituitary  
 Sensory- Nose  
 Muscles- Pectoralis Major, Clavicular Coracobrachialis, Popliteus  
 Sinus-Ethmoid

**Upper First Molars**

Organs- Pancreas, Stomach  
 Joints-- Jaw, anterior hip, anterior knee, medial ankle  
 Sensory- Oropharynx, larynx, tongue  
 Muscles- Latissimus  
 Sinus- Maxillary

**Upper Second Molars**

Organs- Pancreas, Stomach  
 Joints- Jaw, anterior hip, anterior knee, medial ankle, shoulder  
 Vertebrae - C-1, C-2, Th-11, Th-12, L-1  
 Endocrine - Parathyroid, adrenal, pineal  
 Sensory- Oropharynx, larynx, tongue  
 Muscles- Abdominal  
 Sinus- Maxillary

**Upper Third Molars**

Organs- Heart, Duodenum  
 Joints- Ulnar side of the shoulder, hand and elbow, plantar side of the foot and toes, sacro-iliac  
 Vertebrae - C-1, C-2, C-7, Th-1, Th-5, Th-6, Th-7, S-1, S-2  
 Endocrine - Anterior Pituitary  
 Systems- Central nervous, limbic  
 Muscles- Trapezius, trunk, lower and upper extremities  
 Sinus- Maxillary

**Lower Incisors**

Organs- Kidneys, Bladder, Stomach, Spleen  
 Joints - Posterior knee, sacro-coccygeal, foot, posterior ankle  
 Sensory- Frontal sinus  
 Muscles- Tensor fasciae latae, piriformis, lower extremities musculature  
 Sinus- Frontal, Sphenoid

**Lower Canines**

Organs-- Gall Bladder, Liver  
 Joints-- Posterior knee, hip, foot, lateral ankle  
 Vertebrae - C-1, C-2, Th-8, Th-9, Th-10  
 Endocrine - Gonads, ovary, testicle  
 Sensory- Anterior eye  
 Muscles- Gluteus maximus  
 Sinus- Sphenoid

**Lower Premolars**

Organs- Spleen, Stomach  
 Joints- Jaw, anterior hip, anterior knee, foot, medial ankle  
 Vertebrae - C-1, C-2, Th-11, Th-12, L-1  
 Endocrine - Gonads, ovary, testicle  
 Sensory - Tongue  
 Muscles - Quadratus lumborum, hamstring, trunk musculature, maxillary sinus  
 Sinus - Maxillary

**Lower First Molars**

Organs- Lung, Large Intestine  
 Joints - Radial side of the shoulder, hand and elbow, foot, big toe, sacroiliac joint, coccygodynia  
 Vertebrae - C-1, C-2, C-5, C-6, C-7, Th-2, Th-3, Th-4, L-4, L-5  
 Endocrine - Pituitary  
 Sensory- Nose  
 Muscles- Gracilis, satorius, trunk, lower and upper extremities musculature  
 Sinus- Ethmoid

**Lower Second Molars**

Organs- Lung, large intestine  
 Joints- Radial side of the shoulder, hand and elbow, foot, big toe  
 Vertebrae - C-1, C-2, C-5, C-6, C-7, Th-2, Th-3, Th-4, L-4, L-5  
 Endocrine - Pineal, appendages  
 Sensory- Nose  
 Muscles- Quadriceps, trunk, lower and upper extremities musculature  
 Sinus- Ethmoid

**Lower Third Molars**

Organs- Pancreas, Stomach  
 Joints-- Jaw, anterior hip, anterior knee, medial ankle, shoulder  
 Sensory- Oropharynx, larynx, tongue  
 Muscles- Abdominal  
 Sinus- Maxillary

**The basic principles of dental holistic health practices are:**

- 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 problems=physical imbalance)
- Prevention and treatment of gum disease at its biological basis
- *Metals and toxic loads are avoided*
- *Root canals are always considered as interference fields and professionally removed.*

- To detect cavity inflammation and other dental foci we have the latest diagnostic tools (Rantes and digital 3D X-ray)
- Antibiotics are avoided as to not weaken the immune system.
- Ozone and Sanum remedies are used to treat infections.
- PRP (platelets rich plasma) is used successfully to improve healing.
- The pulsating magnetic field therapy is used as a standard treatment to boost self-healing properties

## 2. The Issues

### 2.1 Mercury Fillings

Traditional dentistry espouses the longevity of mercury amalgam fillings and the fact that insurance will typically cover the cost of placement. They will also point to the ADA and FDA's statements that the mercury in the fillings is stabilized and safe, leaking only tiny amounts of mercury. They are also typically easier for the dentist to place than composite fillings.

Holistic dentists understand that mercury is a toxin and even small amounts are too great a risk to the body and your overall health. While amalgam fillings last longer than composites, they put extreme pressure on the tooth and often cause weakening of the tooth — meaning that the filling may outlast the tooth it was placed in. Truly holistic dentists do not place mercury and meet or exceed safety guidelines for removal.

### 2.2 Root Canals (or Root Canal Therapy)

Most traditional dentists will recommend root canal therapy as a means to save a tooth that has suffered severe decay and has already or will soon die completely. They argue that the procedure has been done for centuries and has been proven safe and effective as a means to keep a natural tooth.

Holistic dentists point to the research that says root canal therapy cannot be effective unless the canal is 100% sterilized and cleaned of bacteria, and the repeated studies have shown that it is 100% impossible to completely sterilize the canal. They also argue that the chemicals used for sterilization are toxic and that the bacteria left in the canal can lead to adverse health affects down the road, including breast cancer, heart disease, and more. Holistic dentists typically do not recommend root canals. There's an alternative called "OZONE THERAPY".

### 2.3 Fluoride

Traditional dentists are in favor of using fluoride in both a topical and ingested form. They argue in favor of fluoridating water supplies and recommend fluoride drops for infants. They point to research showing a decrease in cavity rates in areas where the water is fluoridated. Holistic dentists typically argue against any form of *ingested* fluoride, arguing that research has linked ingested fluoride to cancer and various bone problems while other research has shown no benefit to the teeth from ingested fluoride. They also argue that too much fluoride can cause fluorosis and that

fluoridating public water supplies is forced medication of the general public. Some holistic dentists are for *topical* fluoride and some are against it.

### 2.4 Biocompatibility of Dental Materials

Most traditional dentists don't believe in biocompatibility testing and will not test you to see if the materials they use will cause a reaction when placed in your body. Most traditional dentists do not explain the differences between different composite filling materials nor do they give you a choice on which materials will be used for your cavity.

Holistic dentists believe that what goes into your mouth can affect your entire body and many have on-site equipment to test for biocompatibility of the materials they use. Most holistic dentists use a variety of different composite filling materials as well as different materials for other procedures (bridges, crowns, etc.).

## 3. Conclusion

Biological Dentistry considers biomechanical, biochemical, bioelectrical and emotional factors all to be important in achieving overall good health and wellness. Unlike traditional dentistry which treats only symptoms, Biological Dentistry gets to the root causes that contribute to trauma, irritation and toxicity.

Biological dentistry is based on the concept that all dental therapies should work in harmony with the body's natural ability to heal and repair itself. Biological dentistry embodies the art and science of dentistry as it pertains to the uniqueness of each individual. It encompasses the parameters of health, comfort, function, beauty and longevity.