



SYDNEY HOLISTIC  
Dental Centre

## The History of Holistic Dentistry



Advancements in our current technology have dramatically altered many beliefs in different fields, especially in dentistry. What used to be considered safe before is considered toxic and harmful today. Holistic dentistry began in the year 1880s when the National Dental Association determined the damaging effects of mercury in the body. Since then, holistic dentists, otherwise known as biologic dentists, became an option for those who would rather undergo an all-natural dental care than the orthodox dental treatment.

Holistic dentistry focuses on the belief that the body is a whole unit and that it needs to be treated as one. This principle is based on the viewpoint that factors affecting dental health will also affect the whole body and vice-versa. They utilize various alternative treatment methods that are purely biologic and usually non-invasive.

Contrary to common beliefs, biologic dentistry offers a wide range of treatment options akin to mainstream dentistry. For example, they use acupuncture to decrease jaw pain and swelling before any surgeries. They also use homeopathy, a method that utilize various herbal treatments, to reduce pain, inflammation and the likelihood of infection. They also implement reiki healing; an ancient method of healing that was originally from Japan. In reiki healing, the seven major chakras or energy points are cleansed from any obstructions that may eventually manifest to mental, emotional and physical symptoms. The use of reiki helps relax patients prior to treatments and helps boost the body's recovery time to

oral trauma such as root canal extraction and placement of implants. They even utilize aromatherapy, the use of plant extracts and oils in creating aroma that are used to lift a patient's mood.

In addition, biologic dentists also take the same amount of education as traditional dentists. They even study additional treatments so they can provide various options for their patients.

The good thing about holistic dentistry is it makes use of biocompatible materials for their dental treatment. An example of that is using another material aside from mercury, a known toxic element, in dental amalgams. They also employ various means of treatment that border on prevention and rehabilitation such as dietary modification, elimination of toxic materials in their dental treatment and incorporating cosmetic bonding to save the teeth.

The increasing awareness of the world about the harmful materials used by mainstream dentists has amplified the number of people reverting to holistic dentistry and it isn't even surprising. What with the all-natural dental services they offer, it is the healthiest way to keeping your teeth healthy.

## Company Description

### Holistic Dentistry at Sydney Holistic Dental Centre

Sydney Holistic Dental Centre has been treating people from all over Sydney to enhance their oral and general health since 1983. Our dental office has six dentists who have more than 100 years of experience between them. We also have four dental hygienists who help detect, treat and prevent gum disease and tooth decay with procedures that can be done from the home.

Our dental clinic was designed to support our practitioner's holistic approach to dentistry, with a calm and relaxing feel. We have state of the art technology that ensures any treatment is done so quickly and optimally. Our treatments include holistic dentistry, restorative, implants and Invisalign. We offer treatments for breathing issues relating to sleeping and chronic musculoskeletal pain. We also provide treatments that a conventional dentist performs, such as simple fillings, cosmetic dentistry, and most importantly, preventative dentistry. However, at Sydney Holistic Dental Centre, the difference is in our holistic approach.

### What is Holistic Dentistry

Holistic dentists look at the entire person they are treating. The mouth is the starting point of the digestive tract and the respiratory system. These can affect our ability to absorb nutrients, breathe well and sleep optimally. As holistic dentists, when we do conventional dental restorations such as dental fillings and porcelain crowns, you can feel secure that we use materials that are both biocompatible and aesthetically pleasing.

At Sydney Holistic Dental Centre, our commitment is to use the principles of holistic dentistry throughout the clinic. Our dentists strive to develop their skills in every aspect of dentistry, whether it be basic treatments, teeth whitening or advanced dentistry such as dental implants, and Invisalign orthodontics. We then go one step further by providing treatment solutions for tension headaches, migraines, and jaw problems. We also provide holistic advice for nutrition and postural improvements. Whatever oral problem you have, our objective is always a holistic one, and we connect the

treatment to the whole-body health.

We also partner with other holistic focused health practitioners, which includes integrative medical practitioners, naturopaths, nutritionists, osteopaths, podiatrists chiropractors and physiotherapists to help you obtain optimum health.

### Your Initial Consultation at Sydney Holistic Dental Centre

At your initial consultation, our goal is to understand you and your health profile as well as possible. We'll ask if you're experiencing any pain in your teeth and gums, but we also want to establish the condition of your general health. Are you getting a regular good night's sleep, do you wake up feeling energised or do you experience headaches, neck or jaw aches?

As is the case with your entire body, pain isn't the only sign that there is an underlying issue. At an initial consultation, we ensure a comprehensive review of your mouth, teeth, and your overall health. The first consultation takes approximately 60 minutes, providing plenty of time to determine your needs and how we can help.

The consultation will include:

Analysis of medical history - it's important to find to investigate your medical history and the condition of your general health. We'll get an up to date record and analyse any factors that might relate to your oral health.

Oral examination - we assess the hygiene of your mouth, we look at your potential risk of adverse conditions and whether there is a need for specific dental treatments.

Digital X-rays - our digital scans emit up to 90% less radiation than conventional X-rays, which help us evaluate the health of your mouth and jaw bone

High-definition digital images enable us to keep a record of your current condition and allow us to show you where certain problems exist.

Customised treatment plan - After the examination, we will put together a tailored treatment plan that will help you to achieve oral health that aligns with your general health.

A patient-centered conversation about your priorities, needs, and requirements.

### Your Visit to Sydney Holistic Dental Centre

If you are interested in understanding the many links between the health of your mouth and your general health, then come and see us at our dental practice in Sydney CBD. Whether you are feeling tooth pain, are unhappy with the look of your pearly whites, or want a holistic approach to your oral health, schedule a consultation with Sydney Holistic Dental Centre.

## Contact Details

Sydney Holistic Dental Centre

17/111 Elizabeth St,

Sydney NSW 2000

(02) 9221 5800

Website: <https://www.shdc.com.au/>

Google Site: <https://sites.google.com/site/bestsydneyholisticdentalcentre/>

Google Folder: [https://drive.google.com/drive/folders/1PxS\\_912-qR3Sk9tPKdTvQNhFQO\\_6zvR9?usp=drive\\_open](https://drive.google.com/drive/folders/1PxS_912-qR3Sk9tPKdTvQNhFQO_6zvR9?usp=drive_open)

## Recommended Resources

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