



What does it mean to be a **Holistic Dentist?** *also known as biologic, mercury free, and whole person dentist*

Holistic dentistry is an alternative approach to dentistry that believes your oral health is absolutely interconnected to your overall health. It focuses on using biocompatible (non-toxic) restorative materials, eliminating infections, and promoting optimal teeth / jaw / head / neck structural relationships. The focus of a true Holistic Dentist such as Dr. Fotek is to identify areas of oral disease and structural dysfunction that may be negatively impacting the health and wellbeing of the patient. As a rule, she will then use for the least invasive, least traumatic, and least toxic means of diagnosis and treatment.

True holistic care supports the body's natural abilities of self-healing and regeneration.



Dr. Ilona Fotek can be described as:

- *Not Using Amalgam / Mercury Fillings*
- *Knowing and Practicing Proper Mercury Removal*
- *Considering Heavy Metal Issues (Electrical / Toxic)*
- *Multi-disciplinary (Integrated) Healthcare Professional*
- *Offering Nutritional / Preventative Therapies*
- *Minimizing chemicals in dental treatments*
- *Utilizing safe materials and implementing material testing*
- *Fluoride free*
- *Implementing Ozone*