



The Difference Between Holistic Dentistry & Traditional Dentistry

As healthcare professionals, all dentists understand the importance of oral health in connection to overall health. Therefore, all dentists emphasize the importance of preventing gum disease as studies show gum disease is linked to diabetes, pregnancy and heart health. **However, what sets holistic dentists apart from traditional dentists is that holistic dentists have been trained in the long-term effects of what dentistry does or can possibly do to the body as a whole. This is ultimately why holistic dentistry was formed.**

Holistic dentists and traditional dentists receive the same schooling in order to practice dentistry. However, holistic dentists will typically continue their education to focus on holistic principles of dental care. Holistic dentist, such as Dr. Ilona Fotek will always choose the safest and non-toxic way to achieve great results and effective treatments for her patients.

Holistic dentistry practices share similarities with traditional dental practices but with added principals. Ultimately, holistic dental practices focus on considering health in all factors, from physical and mental to emotional and spiritual. Dr. Fotek will typically spend time educating patients on the importance of overall health as well as how dentistry and their oral hygiene habits influence their overall health.

Dr. Fotek also avoids certain traditional dentistry practices that she believes do not contribute to a patient's overall health. Some of these practices include things like avoiding fluoride and mercury filling. Holistic dentists typically avoid the use of fluoride in both topical and ingested forms as research has linked fluoride to cancer as well as bone problems. Many are also against fluoridating public water supplies as this can cause fluorosis. Traditional dentistry embraces the use of mercury (also known as an amalgam) fillings.

Being a holistic dentist, Dr. Fotek understands that mercury is a toxin no matter how small of an amount released. For this reason, she opts to use enamel bonding and fillings. Best of all, these tooth-colored fillings contain no toxins.



The information provided is not intended as medical or dental advice and should not be interpreted as such. The intent is to provide as much scientific information as possible on different dental materials and aspects of dentistry where controversy exists and scientific clarification would be of benefit to patients, staff, dentists, physicians and scientists in making informed judgements. If you seek medical or dental advice, please consult with a health care professional. You must always exercise your own best judgement when using the services of any health care practitioner.