



10 QUESTIONS TO ASK YOUR “BIOLOGICAL DENTIST”

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You may be wondering, “How can I know that my dentist is really a biologically oriented dentist?”

Unfortunately, it is not an easy task unless you are already armed with some knowledge and the correct questions to ask.

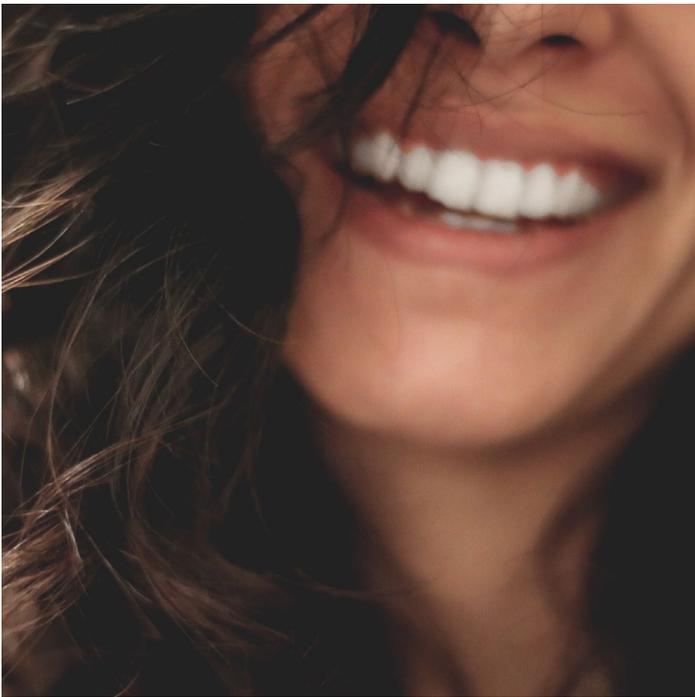
First, the facts ...

- The Mouth
- Biological vs Holistic
- Accreditation Issues
- Mouth-Body Connection
- Homework

Then, 10 Questions ...

• I prepared 10 Questions for you to ask your prospective dentist to see if he or she is the one for you and your family.

Let's Get Started



THE MOUTH

Whatever happens in the mouth affects the rest of the body. And whatever happens in the rest of the body affects the mouth. The mouth is not an island unto itself. All cells in the body communicate with every other cell in some way eventually. This is biological science. How can anyone deny this?

Dentists must be aware of this integration, yet most dentists are never taught this concept in dental school. And most medical doctors have no clue about this either.

If your dentist is practicing dentistry as if your mouth is an island unto itself, get out of that office and find a biologically oriented dentist – a dentist who understands.

BIOLOGICAL DENTISTRY VS HOLISTIC DENTISTRY

Biological Dentistry and Holistic Dentistry mean basically the same thing and are for the most part interchangeable. You can substitute the term “biological” for “holistic” and vice versa.

They refer to an approach that integrates the best of conventional dentistry concepts with the knowledge that the entire body is interconnected. Whatever affects one area of the body can affect all other areas of the body.

These concepts promote the use of non-toxic materials for dental procedures and emphasize the potential impact that dental procedures and infections may have on a person's overall health. Likewise, what is going on within our body often is reflected in our mouth. The mouth turns out to be a mirror of what is going on systemically.

ISSUES WITH ACCREDITATION

Unfortunately, you just can't Google "biological dentist" to find who you really want as your dentist. Any dentist could refer to himself or herself as a "Biological Dentist".

As a matter of fact, if you search a website called "Quackwatch", you will [find the opinions of Dr. Stephen Barrett](#) are very negative on biological dentistry. He basically claims it is a fraud on the public:

I strongly disagree with these comments by Stephen Barrett, MD who runs Quackwatch.

A well-trained, biologically oriented dentist is not only an asset to your health, it also is the way dentistry should be practiced globally.

One big problem with the term "biological dentist" is that it is not a recognized specialty of dentistry. There is no approved postgraduate specialty program that offers a certification in "biological dentistry" that is licensed legally in any state in the US. Since any dentist can call himself or herself a biological dentist, this is an area of "buyer beware!" There are many charlatans out there who try to jump on the bandwagon.

MOUTH-BODY CONNECTION

As I see it, well-educated biological dentists are the ideal professionals to treat dental issues. How could anyone not realize that the blood that flows through the jaw is the same blood that flows through the heart and the rest of the body. Most importantly, anything that happens creating an unhealthy gut will compromise the immune system and will damage the balance of mouth bacteria leading to dental diseases. Both the gut and the mouth must be treated concurrently.

- ***When there is established disease in the mouth, it eventually will travel throughout the rest of the body.*** The dentist is the first healthcare professional who has the platform to see dental disease and diagnose it correctly.
- ***Most often, dental disease is a manifestation of gut dysbiosis, which creates inflammation that continues its path to all organ systems.*** Dental diseases generally are the first visible signs and symptoms of the continuum of systemic inflammation emanating from the gut. A dentist with proper training is in the perfect profession to bring this information to the unsuspecting patient.

- ***What is eaten will enter the entire digestive tract and will either be absorbed or not absorbed into the body.*** If the gut is unhealthy, then these critical nutrients may not be absorbed. Without proper nutrient absorption, the body will be nutrient deficient even if the nutrients are abundant in the food.
- ***The bacteria in the mouth and the bacteria in the gut will affect the entire microbiome throughout the inside and the outside of the body.*** They must be in balance. No one should kill off good bacteria. This balance is what makes us healthy and supports our immune system.
- ***Infections in the mouth will cause systemic biomarkers to rise indicating systemic inflammation.*** Infections in the gut will cause systemic biomarkers to rise indicating systemic inflammation. Both areas of disrupted and out-of-balance bacteria must be identified and treated appropriately.
- ***The mucosal tissues in the mouth communicate with all other mucosal tissues throughout the body and influence the body's immune response to invaders called antigens.*** Our immune system is our first line of defense – it is our internal “armed forces”.

So, how can the concepts of biological dentistry be dismissed as a fraud?

With all this in mind, how do you (as a concerned and discerning patient) know that your selected dentist truly understands and promotes dentistry in a whole-body fashion?

The answers are that you will need to do some homework, and you will need to ask some pertinent questions. Remember, you are choosing your personal dentist. Make sure he or she is the correct choice

HOMEWORK

Educate yourself about what biological dentists should be doing for you as a patient and for their entire office and staff. You can obtain helpful information from the websites of organizations that promote this type of dentistry.

Start reading the articles on websites like:

[International Academy of Oral Medicine & Toxicology](#)
[International Academy of Biological Dentistry & Medicine](#)
[Holistic Dental Association](#)

In addition, you can search [PubMed](#) for peer-reviewed articles about the relationships between oral health and overall health.

It is important to be aware that some “biological dentists” promote methods that are not supported by evidence-based medical research. Anecdotal testimonials may make a treatment or procedure sound legitimate. But in my opinion, these treatments and procedures must be supported by some science, which can be repeated successfully by other clinicians with other patients.

10 PERTINENT QUESTIONS

Interview your prospective dentist. Ask probing questions to understand how they make their office and treatments a health-centered environment. Some of the questions you should ask are:

1. How did you become a biological dentist?

Your selected dentist should be able to describe to you the many post-graduate courses he or she has taken to gain knowledge and experience. If the dentist only took a one-weekend course, he or she does not qualify as a true biological dentist. Just because your dentist is a member of one of the biologically oriented dental organizations is no guarantee he or she is well-trained.

2. Do you place mercury fillings to restore decayed teeth?

Your selected dentist should not be placing these toxic fillings in the mouth. Not only should your dentist tell you the office does not provide mercury fillings, but the dentist should also be able to explain the damage that mercury will cause to your mouth and the rest of your body.

3. Do you recommend antimicrobial mouthwashes and toothpastes to be used by your patients daily?

Your selected dentist should know that any antimicrobial product used daily will kill not only bad bacteria but also good and critical bacteria that are required for mouth health, gut health, and overall health. The office should provide treatment that assists your healthy mouth bacteria to form a balanced garden that will crowd out potentially pathogenic bacteria.

4. Do you counsel your patients about nutrition?

Your selected dentist should have an active program for children and adults that help wean them off unhealthy food choices, which could damage the mouth, the gut, and the rest of the body. Bad food choices include added sugars, processed and refined carbohydrates, vegetable and seed oils, many nuts and seeds, and all sodas as well as foods that contain chemicals. The office's nutritional program also should suggest substitutions to replace bad food choices.

5. How do you remove unhealthy dental mercury fillings from patients?

Your selected dentist should be able to describe in detail how he or she prepares and protects the patient from the mercury vapor that is released when removing these fillings. Also, the dentist should explain how the office takes care to remove any toxic fumes in the dental operator and how the dental staff is protected from these fumes.

6. What is your rationale for doing a root canal on a tooth?

Your selected dentist should explain the instances when a root canal might be successful – and there are very few. If there is infection at the base of the root or surrounding the root, the dentist should explain the potential hazards of a root canal procedure. The dentist needs to explain the benefits of removing the tooth as well as the options of replacing the tooth. A dead tooth that has a root canal filling still can ooze bacterial and inflammatory chemicals from the root into the bone, blood vessels, lymph, and nerve canals throughout the jawbone. Then, all this can travel everywhere in your body, 24/7.

7. What precautions do you take when extracting a tooth to prevent any residual infection in the bone socket?

Your selected dentist should explain how he or she cleans out the tooth socket completely of any foreign material and infected tissues as well as the measures he or she takes to protect the healing of the socket.

8. Do you use fluoride in the office?

This is a controversial subject. But your selected dentist should explain the few benefits of fluoride and the many potential health risks of fluoride if it were to become systemic in the body. The dentist also should suggest alternatives to the placement of fluoride in the mouth.

9. How do you determine that a dental material is compatible with the patient?

Your selected dentist should describe several biocompatibility tests that can help determine if a particular material might cause a biochemical reaction in your body. To get this information, the dentist would draw a tube of blood from your arm and send it to a specific lab. The lab will test it and suggest dental materials that may, as well as those that may not, cause a biological problem in your body.

10. What will happen if I do not do this procedure?

Although this is not a particular question for a biological dentist, your selected dentist should honestly tell you the medical necessity of any procedure suggested.

- Knowingly diagnosing diseases and conditions that don't exist is fraud.
- Knowingly providing unnecessary treatment is fraud.
- Overtreating just to run up the dental bill is fraud.

MY THOUGHTS

I believe all medicine should be practiced in a biological way. That means that the entire body should be considered, not just the manifestation of a single disease. Treatment should be proactive and not only reactive. Cure also must include prevention. Whatever affects one cell in the body will eventually affect all cells.

ADDITIONAL RESOURCES

You can visit my website, drdanenberg.com, for additional information on dental and gut health. If you need guidance on a specific issue, I offer [1:1 coaching](#) to help you resolve the problem.