"Au Naturale: Oral Health and Homeopathic Trends"
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• No financial interests
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Thank You!
www.premierdentalco.com/cesample

About Me

Everything from CLAY, CHARCOAL and CHOCHOLATE for oral health?
Bentonite Clay

The DIRT Tooth Powder
- Give me the Dirt.com
- Extra fine clay
- Baking soda
- Cinnamon
- Myrrh
- Fair Trade Nutmeg
- Essential oils
- Paleo Friendly
- No F, dyes, xylitol, no glycerin

EARTH Powder (Redmond)
- Brush with Mud.com
- Black Licorice
- Xylitol
- Sea Salt
- Fennel Essential oil
- Activated charcoal
- Vegan
- RDA 39-109

Our Dirty Mouth
- Earthen Clays
- Monk fruit
- Baking soda
- Fl free, vegan
- Bubble gum $25

Simply Soothe
- Black Licorice
- Fennel
- Sea Salt
- Activated charcoal
- Vegan
- RDA 39-109

Beer.....
The next frontier For oral health???!?!?

Theobromine
- 2013, Univ of Texas, San Antonio
- In vitro artificial teeth, can remineralize
- Cacao extract contains theobromine
- No fluoride or chemicals
- $119

$18

$14
Fluoride is never in fashion

Can you prove it?

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Cultural Competency = Patient Centered Care

Institute of Medicine:
- Providing care that is respectful of and responsive to individual patient preferences, needs, wants, and values and ensuring that patient values guide all clinical decisions

Cultural Competency allows us to deliver patient centered care

Standard of Care

Clinical Practice Guidelines
- American Dental Hygienists Association
- Professional Recommendations, policy statements
- Provide care that is responsive to the patients needs and desires
- Patient is involved in treatment plan
Patient centered care

Risk Assessments
- Caries
- Periodontal
- Medical History
- Oral Cancer
- Oral-Systemic Link
- Airway
- Habits/lifestyle
- Healthy Mouth Baseline

2016 National Institute of Health

“Complimentary and Integrated Health”
To enhance overall health, prevent disease and to alleviate debilitating symptoms such as stress, pain and anxiety management.

3,000-6,000 years ago
Since the beginning of time.....

Let's take a look at why...right now.....

- Media/Marketing
- Drug resistance
- Opioid epidemic
- Global Travel
- Environment
- Politics

Calcium helps protect and strengthen tooth enamel
- Baking soda and natural silica gently polish and brighten teeth
- Organic aloe
- Organic ginger
- Fluoride Free
Why do people choose complimentary and integrative health approaches?

- Culture
- Cost
- Trendy
- Ease of use
- Geographic location
- Diet and lifestyle choices
- Health issues
- Wellness vs Treatment

St. John's Wort

- Safe and cost effective
- St Johns Wort
- Not only as effective as conventional antidepressants, but can be obtained at 1/3 the cost.
  - 1996 study
  - Proven to have less side effects
  - Mild to Moderate depression, not appropriate for all cases
- 2016 meta analysis: 36 studies prove results

Cautions of using herbal remedies as “medicine”

- Drug-herb reactions
- Not regulated by FDA
- Contamination
- “actual ingredients”
- Limited research: “specific conditions”
- Minimal to no research: “broad spectrum of conditions”

How many people take RX drugs?

- 70% of Americans take 1 RX Drug
- 50% of Americans take at least 2 RX Drugs

- Known DRUG INTERACTIONS
  - Heart and Blood pressure medication
  - Cholesterol medications
  - ED, GERD, Migraine and Seizure medications
  - Cough medicine
  - Allergy Medicine
  - Antidepressants
How many people are using complimentary and integrative/alternative health care services?

WHAT ARE YOU DOING?

- Types of complimentary/integrative health approaches
  - **Natural Products**
    - Herbs, spices, vitamins and minerals and probiotics, Dietary supplements (most common practice in US).
  - **Mind/Body Practices**
    - Yoga, chiropractic, meditation, massage, acupuncture, tai chi, hypnotherapy
  - **Other**: Traditional healers, Ayurveda medicine, traditional Chinese medicine, homeopathy and naturopathy

Alternative Medicine Trends

- Top reasons cited for increased use of alternative medicine use:
  - Back problems
  - Neck problems
  - Allergies
  - Arthritis
  - Digestive problems

Majority of alternative medicine use is without input from a medical doctor or alternative medicine practitioner (46%)

Dental Hygienists

2014 study-RDH Mag

- 81% - MSD
- Yoga 40%
- Herbs 40%
- Chiro 40%
- Massage 60%

2011-PubMed

- 64-93% - CMSP stress/burn out
- CAM may alleviate/reduce pain, stress and MSD
Invest in Yourself

- Complimentary and Integrative health
  - Massages
  - Chiro
  - Oils
  - Acupuncture
  - Probiotics

- Other Strategies
  - Physical Therapy
    - Prevention, early intervention, longevity
  - AMA, APTA
  - Loupes
  - Saddle chairs
  - Lighting (LUMADENT)
  - Cordless handpieces

Innovation to help you be healthier!

- Premier Air Instruments
- 2019 Best New Instrument
  - Chicago Midwinter
  - Premier Air ProbeEx
  - Sharp, textured handle, lightweight

AeroPro™ Cordless Prophy Handpiece

- No need to apply pressure
- Balanced
- Lightweight
- Any prophy angle

Innovative Option - Improve Occupational Health

AeroPro™ Snapshot:

- Mobility
  - Total mobility with no pedal, cord drag or rheostat - knee hip leg & foot fatigue
- Choice
  - Works with Premier 2pro & most DPAs - no getting locked into one brand
  - Choose speed with quick touch button - no excessive pressure on teeth
- Control
  - Ergonomic, lightweight, well-balanced design - helps reduce hand fatigue
  - Rotatable prophy angle - maximum access & comfort
  - Long-lasting ChargeSMART™ battery - gets you through the day!

SAFE

- CDC-compliant - convenient tested & approved infection prevention protocol
Is complimentary and alternative medicine effective?

- **Patient testimonials**: large number of people who claim they were cured or homeopathy at least helped
  - Just as much testimony that it was not helpful

- **Need more scientific trials**
  - Non-existent or minimal credible data
  - Small group of subjects, not blinded or well controlled

**Early trials prove some efficacy**

**Trials vs patient satisfaction?**
Evidence base vs placebo

"Complimentary and Integrated Health"

- **Types of alternative medicine**
  - **Raphaology**
  - **Ayurveda**
    - **Primary healthcare system in India**
      - Kavala
      - Gandusa
      - And more!

Raphaology

- **Herbs**
  - Plants that provide medicinal properties

- **Foods**
  - Fuel with specific nutrients and enzymes, Vitamin Therapy
    - Dark berries and fruit, wild caught meats, fish, nuts, seeds

- **ID Therapy**
  - An interactive system for determining internal conditions

- **Color Therapy**
  - Light spectrum frequencies that govern hormones
    - Gemstones, crystals, water, wands, fabrics
    - Specific colors for specific body parts

**ID THERAPY**

**Meridian Chart for Teeth**

**Color Therapy**

- Light spectrum frequencies that govern hormones
- Gemstones, crystals, water, wands, fabrics
- Specific colors for specific body parts
Halotherapy Spa-Salt Caves

- Likely Safe
- Potentially Unsafe
- 151 Trials: only 1
- No evidence to support
- Professional Associations Warn against use
- May be relaxing!

Raphaology-Vitamin Therapy

- Vitamin A
- B Complex Vitamins
- Vitamin C
- Vitamin D
- Vitamin E
- Lack of one single nutrient can produce so many diseases
- Supplementation of a single nutrient can cure so many diseases
- Cannot deprive our cells of nutrition for long with having to pay for it at some point
- High Dose Vitamin Therapy

Overdose: How safe are Vitamins?

- **2004-2009**: 10
- **2009**: 106,000
What Raphaology suggest for oral health?

- Color, Herbs, Food
  - www.peakherbs.org
  - Herbs, food, color therapy
  - Teeth:
    - Color-Mind/Gold
    - Herbs-Lemon Balm (Melissa)
    - Foods-Red Onion
  - Tonsils:
    - Color-Mind/Gold
    - Herbs-Blue Flag
    - Foods-Leeks
  - Taste Buds:
    - Color-Self Identify/Green
    - Herbs-Red Beet
    - Foods-Guava
  - Bones:
    - Color-Focus/Yellow
    - Herbs-Marshmallow
    - Foods-Barley

Raphaology-Nature’s Antidote for Commercial Medicine

- Should any symptoms persist, consult the services of a professional health care provider
- None of the information has been reviewed or approved by the FDA
- Information is offered to educate, inform and support self healing

Ayurveda

Primary healthcare system of India
Based on BALANCE
- Herbs, mineral or metal, surgical, opium, oils, massage

- Regulated as dietary supplements in US
- Not required to meet the same safety and effectiveness standards as conventional medicines

Ayurvedic Medicine

- 2008 study, 193 products (US or India)
- Lead: 21%
- Arsenic
- Mercury

Vitamin and Herbal Supplements: Are they what they say they are?

Dietary Supplements can be beneficial to your health – but taking supplements can also involve health risks. The U.S. Food and Drug Administration (FDA) does not have the authority to review dietary supplement products for safety and effectiveness before they are marketed.

FDA 2016
Oil Pulling Benefits

- Cures tooth decay
- Kills bad breath
- Heals bleeding gums
- Prevents heart disease
- Reduces inflammation
- Boosts immune system
- Soothes dry throat
- Whitens teeth
- Heals cracked lips
- Improves acne
- Strengthens gums
- Prevents cavities

Oil Pulling and Oral Health

- Our body stores these toxins in fat cells as a defense mechanism
  - Toxins: bacterial, viral, fungal, pollution, diet, stress
- Oil pulling provides a solution to get those toxins out so they don’t keep building up (PULLS out toxins)
- Coconut oil known to be: Antimicrobial, Antiviral, antifungal due to lauric acid found in the oil and coconut oil seems to inhibit the growth of strep bacteria

Oil Pulling-Ayurveda medicine

- Balance the 3 types of energies (Doshas)
  - Vata-creative, leaders, energetic, new ideas
  - Pitta-good decision makers, intellectual, powerful
  - Kapha-calm, thoughtful, loyal, patient, supportive
Oil Pulling: Research

- **2009 Study**
  - Small study, Sesame Oil
  - 20 adolescent boys, plaque induced gingivitis
  - Reduced bacterium Streptococcus mutans (which is a major cause of decay and can lead to gum disease)
  - No follow up to determine if caries was reduced

- **2013 Study**
  - Larger study, Sesame Oil
  - Similar results to reduce Streptococcus mutans and demonstrated short term effect on plaque and gingivitis

- **2017 Study**
  - 40 college students
  - Effective at reducing plaque, 7th day

2009 Research: oil pulling vs chlorhexidine

Randomized, controlled, triple blind study comparing oil pulling to chlorhexadine in the management of gingivitis
- As effective
- Less stain and aftertaste
- No allergies
- 5-6 times more cost effective
- More of a potential preventive modality

2016-Journal of International Society Community Dentistry

- **Girls, 8-12 yr old**
- Swish for 2-3 minutes per day
- Same results as Chlorhexidine
  - Reduction of strep mutans
- Premier Dental Facebook Post, #pediatric

Oil Pulling and Oral Health: Side Effects

- Dry Mouth
- Excessive thirst
- Muscular stiffness
- Exhaustion
- Loss of sensation or taste in the mouth
- Upset stomach
- Diarrhea
- Mineral Oil aspiration
- Lipoid pneumonia

Oil Pulling

- Very limited research
- Small sample sizes
- No long term or follow up studies
- BIOFILM very difficult to disrupt
- Cause and effect difficult to substantiate

Professional Recommendation: Oil Pulling and Oral Health
American Dental Association

- March 2014
  - Due to lack of available evidence
  "Oil pulling is not recommended as a supplementary oral hygiene practice and certainly not as a replacement to standard, time tested oral health behaviors and modalities"
Other Ayurvedic remedies

- Eliminate Chin hair
  - Consume 2 tsp blackstrap molasses daily to balance hormones and stop hair growth
- Curry Leaves
  - Improve digestion, control cholesterol and speed up hair growth

Auromere offers a line of Ayurvedic products for natural, effective oral hygiene care. TOOTHPASTES: 26 botanical extracts and essential oils available in 5 unique varieties. MOUTHWASH is alcohol and sulfate free with no artificial sweeteners or additives. TOOTHPICKS made from birchwood dipped in Neem bark extract and potent essential oils.

NBS News August 2018

“Without fluoride, tooth brushing and other oral care efforts have NO IMPACT on cavity prevention”

What's in your tube?

Which toothpaste do you want your patients to use at home?

How many patients a week present with any of the following:

1. Caries
2. Gingivitis
3. Sensitivity
4. Orthodontic - White Spot Lesions (WSL) & Gingivitis
5. Dry Mouth
6. Acid Reflux/GERD
7. Abrasion/Erosion
Dentifrice RDA Values-Abrasive

Caries Protection: Current Home Use Paste and Gel Options

- OTC
- Prescription-level
  - 5000 ppm fluoride
  - Higher levels of fluoride more beneficial for moderate-high risk patients

Children Age 0 to 6 Years: Fluoride Use

- Use of 5000 ppm fluoride is contraindicated
  - Increases risk of over ingestion of fluoride
  - Increases risk of fluorosis
  - 0.25 g 5000 ppm F toothpaste = 1.25 mg F
  - 0.25 g 970 ppm F gel = 0.243 mg F

- Use of fluoride rinses is contraindicated

Innovative Options: Fluoride + Calcium and Phosphate Technology

1/5th the amount of FLUORIDE

New options:
- 970 ppm stannous fluoride gel delivering ACP

Research shows better remineralization than 5000ppm

Stannous Fluoride

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<td>Enamel strengthening and desensitizer</td>
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What's Different?

- Flowering herb extract
- Naturally stimulates saliva
- Gives a pleasant and cooling sensation that lasts
- Enhances vanilla mint flavor

Source: an agent that "stimulates" the secretion of saliva from the salivary glands.

Additional Benefits

- No sodium lauryl sulfate (SLS)
- No gluten
- No milk proteins
- No dyes
- Low/Nonabrasive
  - RDA of 8 = prevention gel
  - RDA of 39 = dentifrice
- Pleasant refreshing clean mint flavor

PRODUCT RECOMMENDATIONS
BASED ON RISK ASSESSMENT

Saliva

- Needs lots
- Protector
- Cleaner
- pH
- Bacteria
- Electrolytes
- Blood cells
- Epithelial cells
- Antimicrobial agents
- Swallowing
- Digestive enzymes
- Mucous
- Proteins
- Opiorphin-pain killing

Next Generation-BIOACTIVE

- Dental Materials
- At home oral health products
Fl uptake in enamel after 90 days

- Greater fluoride uptake in the presence of calcium and phosphate ions strengthens enamel
- Remineralization during acid attacks
- Excellent retention seal margins against microleakage

Acupuncture in Dentistry

- Now considered an adjunctive therapy in western medicine
  - Insurance coverage
- The FDA regulates acupuncture needles the same as other medical devices
  - Scalpels, syringes, to ensure good manufacturing practices and single use standards of sterility

Acupuncture

- Involves the insertion of thin needles through your skin at strategic points on your body
  - Most commonly used to treat pain

  **Eastern medicine acupuncture**
  intended to allow your energy flow to "re-balance" (chi) and cure disease

  **Western medicine acupuncture**
  intended to stimulate nerves, muscles and connective tissue to boost your body’s natural painkillers and increase blood flow

Research on Acupuncture

- Richardson
  - Effective on wide range of muscle skeletal conditions
- Lundeberg
  - May improve immune system/healing
- Tao
  - Helps with stress management (which relates to dental anxiety)

Research on Acupuncture

- At least 75+ published articles on acupuncture in dentistry
- 35 years of neurophysical research
- 15 randomized controlled trials
  - TMD
  - Post operative pain management
**Acupuncture Probing its Way into Dentistry**

*Stimulate nerves and neuropeptides, anti-inflammatory, increase blood flow*

1. Local anesthesia, onset
2. Manage TMD
3. Manage Orofacial pain
4. Manage Post op pain
5. Xerostomia: Sjogrens, Radiation Therapy (1980s)

http://www.dentaltribune.com/articles/specialities/general_dentistry/34746_acupuncture_probing_its_way_into_dentistrypart_ii.html

**Acupuncture in Dentistry**

- 3 ways to introduce it to Dentistry
  - TEETH approach
  - Supplemental/Adjunct or
  - Replacement for
    - NSAIDS, Nightguards, Muscle relaxers, Pain medication

**Acupuncture in Dentistry**

- Reduction in post op pain
- Reduction of time in the onset of local anesthesia
- Shorten recovery time

**Gag reflex**

**Pre op Anxiety**

**Migranes**

**Acupuncture**

- Acupuncture is not a “cure-all”
- Acupuncture cannot replace traditional dentistry
- Adverse effects are possible and training is necessary
- Few fatalities
Baltic Amber Teething Beads

- Amber beads are a fossilized resin, specifically Baltic amber (Baltic Sea)
- Gained popularity in recent years from hipsters, “crunchy moms”, celebrities and the homeopathic community
- Amber beads make up bracelets and necklaces for babies to wear to help ease discomfort during the teething process
- Have additionally become a fashion trend
- Beads are not intended to chew on, but to be worn around neck or wrist to allow for skin absorption of amber from body heat

Advertiser claims
- Pain relief from teething
- Improves body’s immunity and blood circulation
- Fights infections, irritations, respiratory disease
- Helps with muscle pains and arthritis
- Transmuting negative energy to positive
- Relieves depression
- Supports detoxification
- Alleviates liver, spleen and adrenal disorders

Problems with the claims?

- Trans-dermal absorption
  - No evidence to support
    - Amber is VERY HARD and succinic acid melts at 368 degrees Fahrenheit (187 degrees Celsius)
    - No evidence that succinic acid is released at body temperature
    - For succinic acid to work, 3-8% is supposed to be absorbed trans-dermally. Must go through the entire bloodstream and be delivered to inflamed gums.

- Pain relief
  - No evidence to support that it can even get into the body.
  - If it does, there is no evidence to support that succinic acid assists in pain relief in humans

- Testimonials
  - For as many parents claiming the amber beads have worked miracles, there are as many claiming that it was a waste of money and potential deadly.

What we know-Baltic amber teething beads

- No scientific evidence
- Skin irritant by the FDA
- Cannot be transmitted through skin
- Serious choking and/or strangulation hazard

Essential Oils

Modern Essentials, 2015 5th edition

What are essential oils?

- Volatile liquids distilled from plants
  - Seeds, stems, roots, flowers, fruit, bark
- Therapeutic value comes from its components
  - Dependant on soil locations, chemicals, part of plant, climate, harvest method, distillation process
- Only pure, therapeutic grade oils should be used for holistic health care
  - Safer, less toxic
- Difficult to find pure oils, expensive
  - Several hundred/thousands of pounds of the plant material extract to produce one pound of pure oil
  - More inexpensive oils may smell better but processed faster and with less quality and may not have therapeutic value

What are the benefits of therapeutic-grade essential oils?

➢ Small molecular size, lipid soluble and quickly penetrate the skin
➢ Penetrate the cell membranes, hardened
➢ 20 minutes, hours
➢ Blood/brain barrier
➢ Placenta

Essential Oils

• Very powerful antioxidants
  - Neutralize free radicals
  - Help diminish oxidative stress and free radical production
    - Help body fight disease and damage
    - Help fight damage to DNA and tissue
    - Helps ward off triggers of many diseases

• Essential Oils can be:
  - antiviral
  - antifungal
  - antimicrobial
  - antibacterial
  - antitumor
  - antiseptic
  - antiparasitic

How long have they been around?

Since the beginning of time………
- 35 jars found in King Tut's tomb
- Many references to aromatics, ointments and incenses in the Bible and Torah
  - Frankincense, rosemary and myrrh

Route of Administration

Yes: 100% Pure
No: "Therapeutic grade"
Essential Oils
Possible Drug Interactions
Essential Oil Safety by Rober Tisserand and Young 2014
• Anticoagulant
• Aspirin
• Selective Serotonin reuptake inhibitors
• Antidiabetic drugs
• Dermal medications
• MOA antidepressants
• And more!

Essential Oils
Oral Health
• Mouth Ulcers
• Teething
• Plaque
• Periodontal
• Bruxism
  – Topically or aromatically
  – Apply under nose and to bottom of feet, back of neck or navel
  – Diffuser by bedside
  – Calming Blend
  – Lavender, Sweet Marjoram, Roman Chamomile, ylang ylang, Hawaiian sandalwood, vanilla bean
  – Aids nervous system
  – Calms nerves and emotions

Essential Oils-Oral Health
• Meta Analysis, 2015-Journal of the ADA
  – Benefits of EO with mechanical plaque removal
  – Various oils
  – Antigingivitis, Antiplaque
    o Myrrh
    o Lavender
    o Melaleuca/ Tea Tree
    o Cinnamon*
    o Eucalyptus*
    o Rosemary*
    o Positive effect on Gram + and Gram - bacteria

Vitamin Vaping-B12

Essential Oils-Smoking
- Cotton swabs
- Cutlery
- 571 to 53
- Essential to protect marine life and the environment


According to a recent report from the Ellen MacArthur Foundation, there will be more plastic waste than fish in the ocean by 2050.
Customized Toothbrushes for your Practice

- Offer eco friendly products
- Appeal to all generations
- Stand out

$45 set up fee
$1.17 ea

Staying Relevant: What else?

The Environment
https://bitetoothpastebits.com/

- Environment
- Plastic free
- Naturally whitening
- TSA Friendly
- Vegan
- Always the perfect amount
- Delivered to YOU

Recycled Yogurt Cups in to toothbrushes

Boie: the Future Toothbrush

FD&C Blue Dye No. 2 – ADHD behavior issues in children, allergies

Fluoride – This ingredient in toothpaste deserves the attention

Make Your Own Toothpaste

- About 1/2 cup coconut oil (softened)
- 2-3 Tablespoons of baking soda
- 2 small packets of stevia powder or xylitol
- 15-20 drops of peppermint or cinnamon essential oil
- 10 drops myrrh extract (optional)

Triclosan – This is an antibacterial agent and preservative used in some toothpastes

Sodium Lauryl Sulfate (SLS) – SLS is a foaming agent and detergent that is added to most commercial toothpastes. This ingredient is dangerous because the production of SLS results in contamination with a carcinogenic by-product
Natural Toothpastes: Safe and Effective?

- Numerous studies have shown herbal toothpastes and rinses to be effective in reducing infection, bleeding, plaque and stains.
- 2011 Study in Sri Lanka:
  - Double-blind, randomized study
  - Multi herb toothpaste containing oak, ginger, clove and black pepper used 2/day for 12 weeks
  - Resulted in reduction of anaerobic and aerobic bacterial counts, lower plaque index, reduction in bleeding and pocket depths.
- Studies do not include reduced caries risk, usually gingival scores only.

Gluten Sensitivity or Allergy: hard to absorb nutrients

Symptoms:
- Canker Sores
- Joint Pain
- Mood swings
- Fatigue
- Vitamin Deficiencies
- Skin rashes and itching
- Migraines
- Tingling in hands and feet
- Digestive problems
- Constipation/Diarrhea

Labeled?

Diet and non-Dietary

Do It Yourself

DIY Teeth Bleaching
How to do it:

1. Use capsules, tablets (1-2) or powder and pour into cup.
2. Add just enough water to make a paste.
3. Dab paste on all surfaces of teeth.
4. Let sit for 3 minutes.
5. Rinse and repeat as needed.

My Magic Mud

- Toothpastes
- Toothpowder
- RDA Value: 116-139
- Gluten Free (tested)
- Essential Oils
- Bentonite Clay
- Activated charcoal
- 75% of responses showed improvement in tooth color
- Fluoride, Vegan, Non-GMO
- Mymagicmud.com

ADA Recommendations on Charcoal bleaching

- As far as safety goes, the fine, odorless and tasteless powder is kosher to ingest—it's sold in health food stores in tablet form. But Banker and ADA officials warn that until we know if it’s gritty enough to damage enamel, you need to avoid actually scrubbing it on your teeth.

  "Right now, no charcoal teeth whitening products have been evaluated and accepted by the ADA.

  "Our biggest concern is abrasiveness—you don't want it to wear away at the enamel."

Activated Charcoal

- Do not bleach
- May be slightly abrasive to remove stain
- Choose one that is not abrasive
- Choose one that contains fluoride
- May irritate gums*
- May interfere with medications*
- No research to support whitening, detoxifying, not evidence based.
Charcoal - What else?

- Cure hangovers
- Remove toxins
- Prevent gas
- Reduce bile flow during pregnancy

Gap Band

http://www.teethgap.com/

YouTube Videos
- New Beauty, Readers Digest
- AOL Health
- $6.99

Wrapping rubber bands around teeth to close spaces:
- Can lead to bone loss
- Tissue damage
- Potential tooth loss

DIY-Orthodontics: Orthofill

- How to Place and Use Orthofill
  - click here to know more
  - Place the Band
  - Go to Sleep
  - Remove the Band
  - Smile!

DIY trends

- DIY Ortho

ADA Policy on Radiographs

- ADA / FDA Guide to Patient Selection for Dental Radiographs
- http://www.fda.gov/Radiation-EmittingProducts/RadiationEmittingProductsandProcedures/MedicalImaging/MedicalXRays/ucm116503.htm

75: Ortho at home - no dental visits required

1/3 - 1/5 the cost, no visits
- Orthodontist designed trays
- Age 15, 18 months
- No x-rays, Selfie is not diagnostic tool
The Next Generation is Coming...

References/Additional Reading

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- “Alternative Medicine” August 2015 Issue 23
- “Herbal Remedies for 2015” Country Collectibles #97
- Journal of the Royal Society of Medicine
- “Modern Essentials” 2015, 5th Edition
- “Holistic Dental Care” Nadine Artemis, 2013
- The Dental Diet, Dr. Steven Lin, 1st Edition, Jan 2018

Thank You!

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