"A More Natural Approach to Oral Health"

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Massachusetts Dental Hygienists Association

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premier Inspired solutions for daily dentistry™

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Disclosures

- No financial interests
- I am not funded with any grant/research support
- I am not a consultant for any company
- I am not a stock holder
- I do receive an honorarium from Premier Dental as a professional continued education speaker

Thank You!

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About Me

Nevada adha | premier Inspired solutions for daily dentistry™ | waterpik

Everything from CLAY, CHARCOAL and CHOCHOLATE for oral health?

Bentonite Clay

Bentonite Clay: Tooth Powders

The DIRT Tooth Powder

- Give me the Dirt.com
- Extra fine clay
- Baking soda
- Cinnamon
- Myrrh
- Fair Trade Nutmeg
- Essential oils
- Paleo Friendly
- No FL, 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
Monc fruit
Baking soda
Fl free, vegan
bubble gum s
$25

Made in the USA!

- Wyoming Bentonite Clay
- No Baking Soda
- No Fl, dyes or artificial flavorings
- Certified organic mint, peppermint, clove and cinnamon
- No triclosan, SLS
- $15 (3-6 month supply)

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

THEODENT

Theobromine

2013, Univ of Texas, San Antonio.
In Vitro-artificial teeth, can Remineralize
Cacao extract contains theobromine

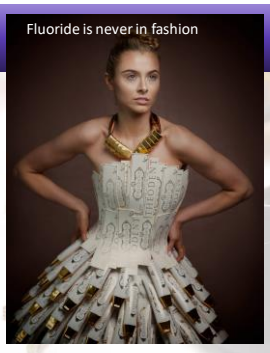
$18

$14

No fluoride or chemicals

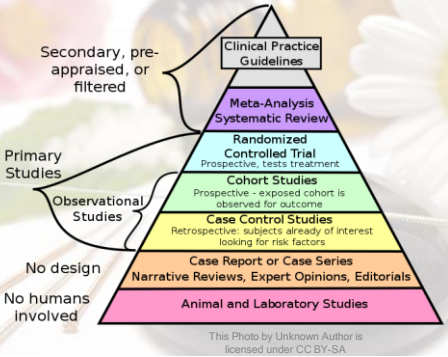
$119

Fluoride is never in fashion



Can you prove it?

research



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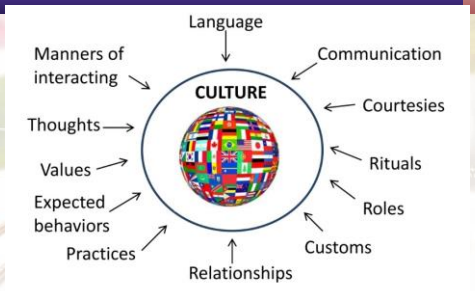
Cultural Competency=Patient Centered Care



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 statments
  - Provide care that is responsive to the patients needs and desires
  - Patient is involved in treatment plan

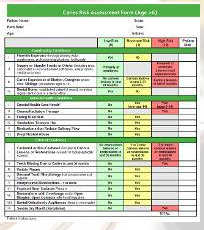
Patient centered care

A NEW Standard OF CARE

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

Risk Assessments: ADA, Phillipscare.com, Consultant, CREATE YOUR OWN

Caries Risk Assessment



ADA

Minimally invasive care
Roadmap for clinical success
Improve quality of care
Drive down cost of care
Help with behavioral techniques with patients

2016 National Institute of Health

National Center for Complimentary and Integrative Health

"Complimentary and Integrated Health"

To enhance overall health, prevent disease and to alleviate debilitating symptoms such as stress, pain and anxiety management.

https://nccih.nih.gov

3,000-6,000 years ago

Since the beginning of time…..

Milestones

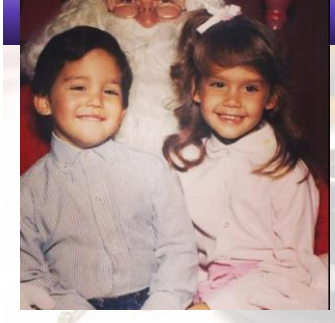
- 1903: American Medical Association
- 1939: the Food, Drug and Cosmetic Act
- 5 homeopathic hospitals in Britain

Professional Recognition\Associations

- American Holistic Medical Association
- National Center for Complementary and Alternative Medicine
- The American Alternative Medical Association, AAMA
- Academy of Integrative Health and Medicine, AIHM
- American Association of Naturopathic Physicians
- American Holistic Veterinary Association
- American Association of Acupuncture and Oriental Medicine
- Holistic Dental Association

Let's take a look at why…right now…..

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



THE HONEST CO

- 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

Press Release-Treat the Individual as a Whole

January 18, 2018

"*Naturopathic Doctors Spend Between One and Two Hours with Patients in an Appointment .*"

https://www.naturopathic.org/files/FINAL%20AANP%20INM%20FAQ_14%20Why%20do%20NDs%20spend%201-2%20hours%20press%20release.pdf

What to expect in your first visit with a naturopathic doctor
Whole Body Wellness

1) Health history + detailed questions about your health concerns
2) Methodical review of your bodily systems
3) Review of prescription drugs and supplements you may be taking
4) Detailed questions about your diet and physical activity
5) Discussion about your lifestyle, social setting, and support systems
6) Active listening as you share your story
7) Physical exam, as needed
8) Order of appropriate diagnostic tests

St. John's Wort

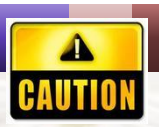
Safe and cost effective

- 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"



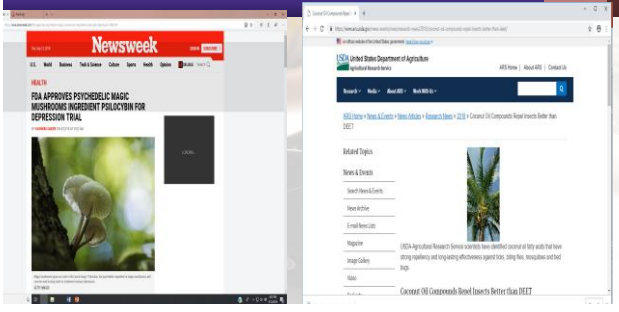
- Known DRUG INTERACTIONS
  - Heart and Blood pressure medication
  - Cholesterol medications
  - ED,GERD, Migraine and Seizure medications
  - Cough medicine
  - Allergy Medicine
  - Antidepressants

How many people take RX drugs?

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

- Mayo Clinic

September/October 2018



Prevalence

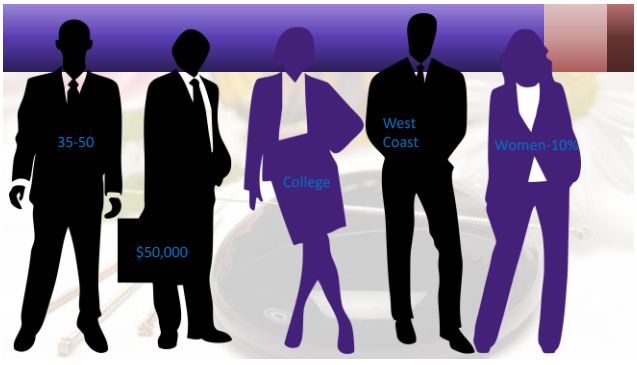
How many people are using complimentary and integrative/alternative health care services?

Alternative Medicine Trends www.jama.com

- 10 year study
- Extensive use of alternative medical therapies in US
- US insurers and managed care organizations now offer alternative medicine programs and benefits
- Majority of US medical schools now offer courses in alternative medicine

Alternative Medicine Trends

- Alternative medicine is popular throughout the world
  - Denmark 10%
  - Finland 33%
  - US 52%
  - Australia 49%



WHAT ARE YOU DOING?

Today
National Institute of Health
National Center for Complimentary and Integrative Health

- 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

usa.gov

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%)

Surveys suggest use is drastically increasing

380%
1 in 5 RX
42% Treat illness

58%

Dental Hygienists

2014 study-RDH Mag
- 81% -MSD
  - Yoga 40%
  - Herbs 40%
  - Chiro 40%
  - Massage 60%

http://www.rdhmag.com/articles/print/volume-34/issue-11/features/chronic-work-pain.html

2011-PubMed
- 64-93% -CMSP stress/burn out
- CAM may alleviate/reduce pain, stress and MSD

https://www.ncbi.nlm.nih.gov/pubmed/22309868

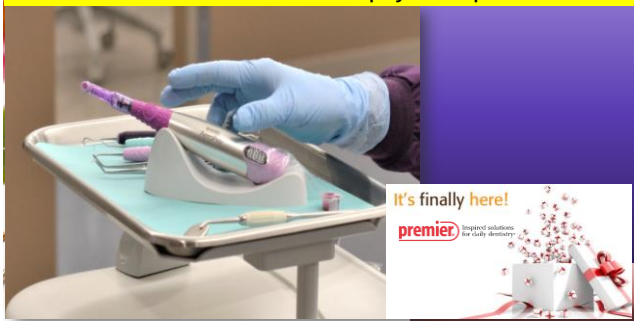
Invest in Yourself

- 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



Premier AeroPro Cordless Handpiece

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

Hygiene Heaven!

AeroPro™ Snapshot:

Mobility
- Total mobility with no pedal, cord drag or rheostat - *less 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*

YES…
You can have it ALL!

- ✓ Mobility
- ✓ Choice
- ✓ Control

AeroPro™ Cordless Prophy Handpiece

Clinical pictures for demonstration only, product not in actual use

August 16, 2018 Today's RDH

How to Assist Patients who Prefer an Alternative Approach to Dental Care

- Today'sRDH.com

Healthcare practitioners should be sensitive and knowledgeable about different decision making paths

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

Alternative Medicine

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

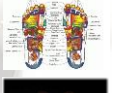
Raphaology

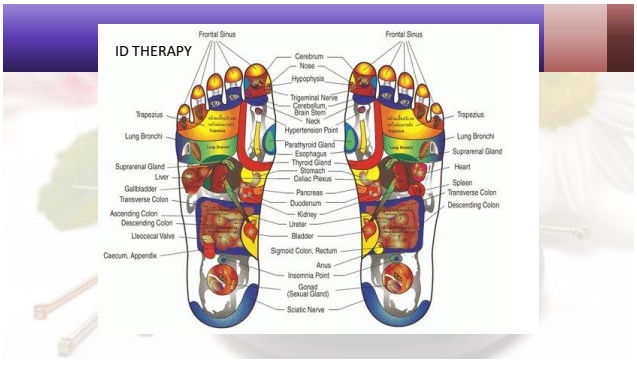
Revealed the inter-relationships between people, plants, animals and elements of nature and our health

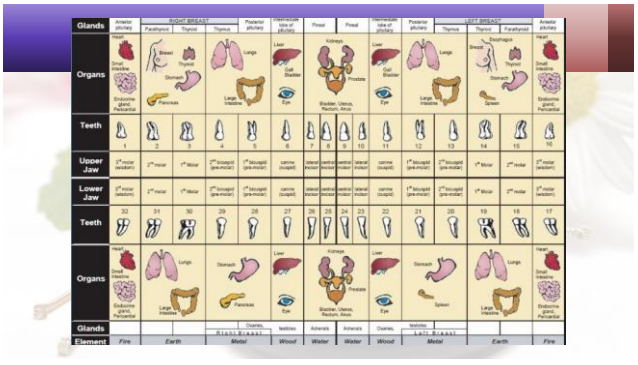
- www.raphaology.info
- Universal College of Indigenous Medicine

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







Raphaology

Color Therapy

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

- Clear bad energy
- Can charge positive earth energy in to water and foods
- Increase strength and muscle energy
- Sweeter taste, smoother texture
- Water/food/body takes on positive earth energy
- ROCKS
- FLOWERS
- ESSENTIAL OILS

Crystal yoga, chair and plate mats

Halotherapy Spa-Salt Caves

Likely Safe
Potentially Unsafe
151 Trials- only 1
No evidence to support
Professional Associations
Warn against use

May be relaxing!

Dr Dome

- DNA Health and Esthetics
- Remove all metals
- No titanium implants
- Remove all non vital teeth
- High doses Vitamin Infusions prior
- Line of Products
- People come from all over the world.
- Germany

Raphaology-Vitamin Therapy

- Vitamin A
- B Complex Vitamins
- Vitamin C
- Vitamin D
- Vitamin E

Prevent and cure

- 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?

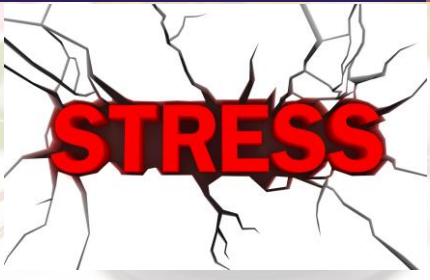
2004-2009

10

2009

106,000

Raphaology



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

114

Herbs, mineral or metal, surgical, opium, oils, massage

Ayurveda

- 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
Arsenic
Mercury

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2755247/

https://www.npr.org/sections/health-shots/2015/07/31/428016419/toxic-lead-contaminates-some-traditional-ayurvedic-medicines

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

Vitamins, herbal and dietary supplements

Rice, wheat, houseplant DNA, pine, alfalfa

NBC News 2011, Today Show 2015, Forbes 2015,FDA 2016

Ayurveda Medicine

Dates back to 3-5,000 year old science of Ayurveda system of medicine from India
Part of one of the oldest health systems in the world

Acknowledgement that many problems start from the mouth or are related to the mouth

- Making a come back because in today's world we are overloaded with toxins
  - Stress
  - Pollution
  - Antibiotics
  - GMO's
  - Animals

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 and oral health

- 1 tablespoon unrefined cooking oil
  - *Sesame, *Coconut, Sunflower
- Place into your mouth and gently swish
  - 2,3 or up to 15 -20 minutes (depending on alternative medicine)
  - Swish for longer after you have gotten used to it
  - Can do 2-4 sessions daily or once in the morning
- Spit, rinse and brush your teeth
- When you oil pull, the fat cells where the toxins are stored release them into the saliva and the oil traps them and are spitted out
- Kavala
  - Fill mouth with liquid and hold it there for a few minutes before swishing. Up to 4 minutes and 2-3 times/day
- Gandusa
  - Hold liquid in mouth for 3-5 minutes and spit out and repeat

Oil pulling-Ayurveda medicine

- Balance the 3 types of energies (Doshas)
  - Vata-creative,leaders,energtic,new ideas
  - Pita-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 mutants (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 mutants and demonstrated short term effect on plaque and gingivitis
- 2017 Study
  - 40 college students
  - Effective at reducing plaque, 7th day

https://www.ncbi.nlm.nih.gov/pmc/?term=cocunut+oil+puling

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
  - www.ncbi.nlm.nih.gov In vivo study, 2016

Oil Pulling and Oral Health Side Effects

- Dry Mouth
- Excessive thirst
- Muscular stiffness
- Exhaustion
- Loss of sensastion 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

auromère THE AYURVEDA PEOPLE

Auromere offers a line of Ayurvedic products for natural, effective oral hygiene care.

TOOTHPASTES : 26 botanical extracts and essential oils and available in 5 unique varieties.

MOUTHWASH that is alcohol and sulfate free with no artificial sweeteners or additives.

TOOTHPICKS made from birchwood dipped in Neem Bark extract and potent essential oils.

Does it really matter which products our patients use at home?

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

(relative dentin abrasivity)

The RDA Table:

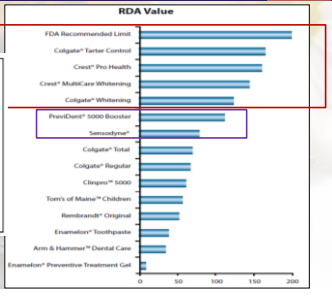
0-70 = Low Abrasion

70-100 = Medium Abrasive

100-150 = Highly Abrasive

150-250 = Regarded as Harmful Limit

Croll TP, DiMarino JC. Review of Contemporary Dentifrices. RDH. 2014 Sep;34(9):[Suppl].



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:

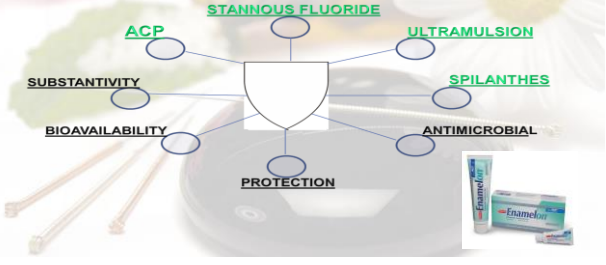
- **970 ppm** stannous fluoride gel delivering ACP

Research shows better remineralization than 5000ppm

Stannous Fluoride

	Stannous Fluoride	Sodium Fluoride	Sodium MFP
Anti-caries	✓	✓	✓
Anti-gingivitis	✓		
Hypersensitivity	✓ Enamel strengthening and desensitizer		

What's Different?



Spilanthes

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

Source: an agent that "stimulates" the secretion of saliva from the salivary glands.
http://thefamilyherbalist.wordpress.com/2011/09/12/getting-acquainted-with-spilanthes/

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

Multi -Benefits, easy and safe to use for all ages

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

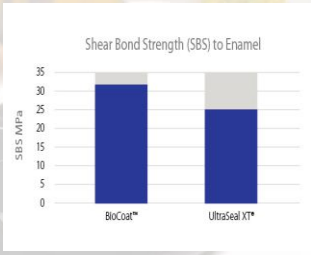
Sealants are no longer just a physical barrier

Next Generation-BIOACTIVE

- Dental Materials
- At home oral health products

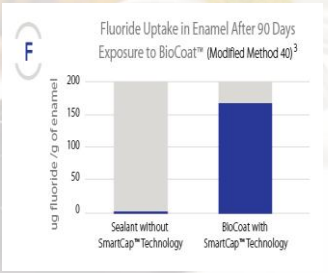
Outstanding Barrier Protection

- Heavily-Filled-composite
- Durable, resists cracking, chipping, and fractures
- No microleakage
- Excellent Flowability
- Penetrates and adapts into the smallest pits and fissures for a secure seal
- Highly retentive (Shear bond strength of 32 MPa)
- Bubble-free application



FI 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

Acupuncture

- 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 Systematic review of literature

- At least 75+ published articles on acupuncture in dentistry
- 35 years of neurophysical research
- 15 randomized controlled trials
  - TMD
  - Post operative pain management

Research on Acupuncture in Dentistry

- Another recent review analyzed 16 trials of the analgesic effect

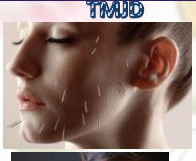
There is a body of evidence to support the effect of acupuncture within dental practice

Acupuncture in Dentistry-Implementation

- 3 ways to introduce it to Dentistry
  - TEETH approach
  - Supplemental/Adjunct or
  - Replacement for

NSAIDS, Nightguards, Muscle relaxers, Pain medication

Acupuncture in Dentistry



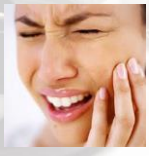
Gag reflex
Pre op Anxiety

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

Acupuncture

Acupuncture-Acute Dental Pain

- Journal of Acupuncture and Meridian Studies-2013
  - Study : After hours emergency dental care clinic at dental school in Brazil, 120 patients
  - 6.5 before dental treatment
  - 0.96 after 1 session



Acupuncture in Dentistry

- Acupuncture is not a "cure-all"
- Acupuncture cannot replace traditional dentistry
- Adverse effects are possible and training is necessary
- Few fatalities

Acupuncture -Education/training

- In the US: 60 Accredited educational programs
Accreditation Commission for Acupuncture and Oriental Medicine (ACAOM)
(recognized by the UD Dept of Education)

1) Entry-level Masters degree program
   - 3-4 years, 2500 hours

   or

2) Post graduate certificate for those already holding a masters degree in health related field - 40 hours
   - Basic Course
   - PLUS 1 day practical course
   - PLUS a Post-basic course
   - Doctors, Dentists, Physical Therapists (Dental Hygienists?)

- Board examination required-NCCAOM

"Acupuncture May Help Reduce Gag Reflex"

Acupuncture in Medicine, Nov 2013
Italy, Univ of Palermo

20 patients, age 18-90

History of gag reflex with dental impressions

Small study, suggests positive outcomes

Pressure Point/Acupressure Therapy

- 10-15% of people have severe gag reflex

Dental Tribune, April and May 2017

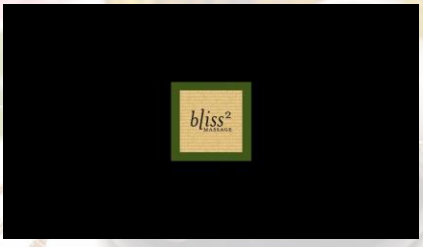
"Acupuncture Probing its Way into Dentistry"

*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

Acupressure: Nervous and Anxious Patients



PerioBiotic Toothpaste

- Featuring Dental-Lac™, a patent pending functional lactobacillus dental hygiene probiotic not found in any other toothpaste product.
- Lactobacillus paracasei strain, has shown that it competes with unhealthy strains of oral bacteria including streptococcus mutans, thereby helping to maintain healthy teeth and gums.
- Like probiotics in the human intestinal tract, beneficial flora in the mouth are critical to maintaining dental and oral health.
- xylitol and calcium glycerophosphate

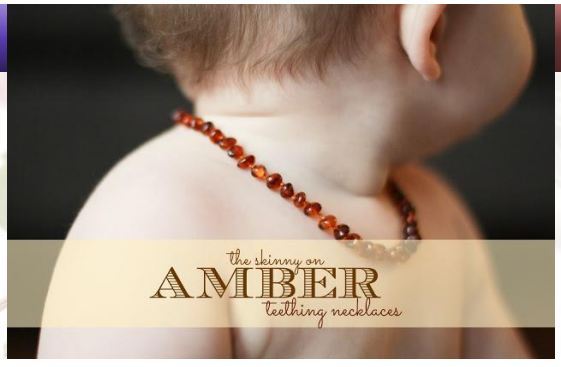
NO FLUORIDE OR SLS

- $14.00

Paleo

designs for health®
Science first.

- Science based nutritional solutions, education, counseling and products
- Paleo based
- Supplements, cleanses, stool analysis kits, antioxidants, weight management, eye and oral health



Teething Jewelry

- Bracelets
- Necklaces
- Beads/stones

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

Baltic Amber Teething Beads

- 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.

Baltic amber teething beads

- Canada 2010
  - Risk of strangulation
  - Advised that jewelry of any kind not be used under the age of 3
- Ireland 2015
  - Strangulation concern

Baltic amber teething necklaces

- Survey Results:

Many families in the study who were educated about
•the strangulation dangers •no research to support the claims
They still preferred to continue to use them because of their fear of seeing their child in distress

Why do parents believe they work?

1. Parent feels they have control to stop pain for child
2. Online marketing fails to educate about the dangers
3. Holistic, homeopathic beliefs that if something is ancient practice it is safe and accurate
4. Natural approach is always better than medications (topical analgesics or ibuprofen, etc)

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
- Can we prove teething??

Essential Oils

Modern Essentials, 2015 5th edition

Studies: 1994, 2004,2005,2008,2014

What are essential oils?

- Volatile liquids distilled from plants
  - Seeds, stems, roots, flowers, fruit, bark
- Therapeutic value comes from it's 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

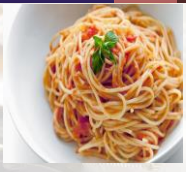
- Essential Oils can be:
  - antiviral
  - antifungal
  - antimicrobial
  - antibacterial
  - antitumor
  - antiseptic
  - antiparasitic

Essential Oils
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

Essential Oils
Route of Administration



- GRAS,FL,FA

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***
    - Myrrh
    - Lavender
    - Melaleuca/ Tea Tree
    - Cinnamon*
    - Eucalyptus*
    - Rosemary*
    - Positive effect on Gram + and Gram - bacteria

Essential Oils- Gum health

- All oil use topical only
- Primary recommendations
  - Myrrh
  - Lavender
  - Melaleuca (tea tree)

www.ncbi.nlm.nih.gov

3 oils blended together

- Antibacterial, antifungal and antiviral
- Cinnamon, Eucalyptus and Rosemary
- Gram + and Gram - bacteria

Essential Oils-Smoking

No research
Heat- releases chemicals
Don't inhale
More for smell
Monq $20 Amazon

DoTERRA

Essential Oils Recommended for Oral Health

- Clove
- Melaleuca (Tea Tree)
- Myrrh
- doTERRA On Guard® Protective Blend
- Peppermint
- Spearmint
- LAUNCHING new kit for dental offices to sell

Vitamin Vaping-B12

Staying Relevant

The Environment

NPR October 26, 2018

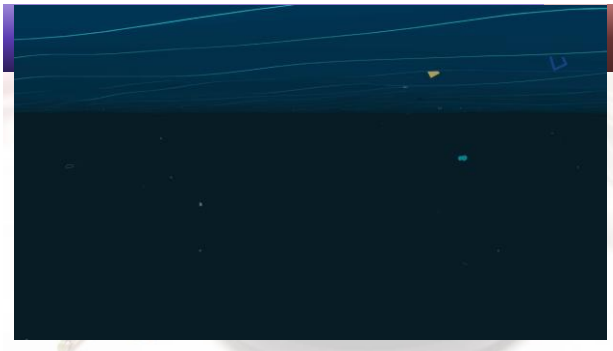
- European Parliament Bans Single Use Plastics, reduction on others by 2020.
  - Cotton swabs
  - Cutlery
  - 571 to 53
  - Essential to protect marine life and the environment

The Environmental Impact of Toothbrushes
3rd August 2015
50 Million Pounds of Toothbrushes Enter US Landfills Every Year

http://www.ecoplanetbamboo.com/news/the-environmental-impact-of-toothbrushes

The World's Largest Ocean Cleanup has Officially Begun

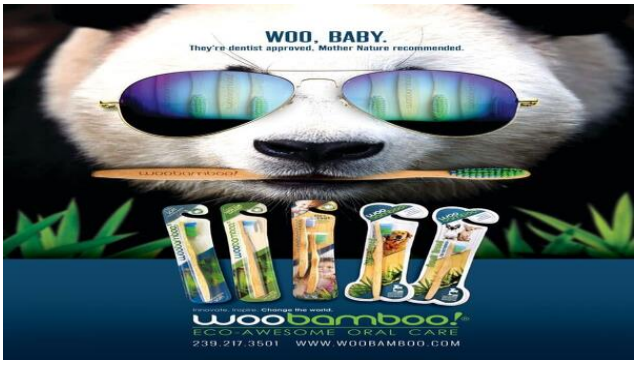
- September 10, 2018
- Forbes.com
- NOAA

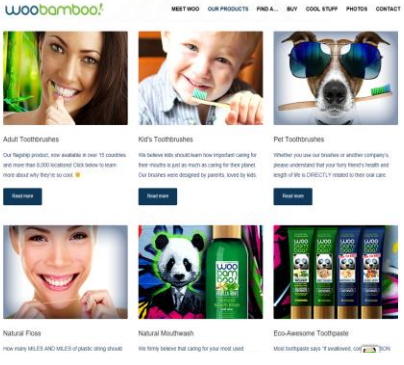


Made by Nature

https://www.instagram.com/p/Be6BtlohNQW/

https://www.facebook.com/bambootoothbrushes/photos/a.886218788090229.1073741828.862875307091244/1881152608596837/?type=3&theater





https://www.youtube.com/watch?time_continue=17&v=fnLQJmxjXGc

Customized Toothbrushes for your Practice

- Offer eco friendly products
- Appeal to all generations

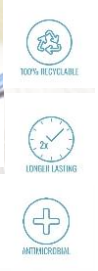
$45 set up fee
$1.17 ea

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



https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4149172/

"As long as you are green…..you are growing"

http://ecodentistry.org/green-dentistry/

- Eco Dentistry Association

Green Dentistry

Reduces waste and pollution You'd be surprised how much waste and pollution is generated by a single dental practice.

Saves water, energy, and money It's time for every industry to conserve resources, and dentistry has an important role to play.

Is high-tech Many innovations on the leading edge of dental technology are also better for patients and the planet.

Supports a wellness lifestyle A growing community of consumers seeks dental professionals who share their values of personal and planetary wellness

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

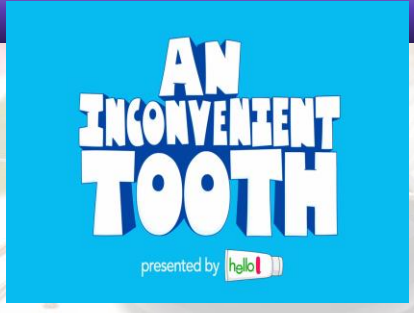
FD&C Blue Dye No. 2 –ADHD behavior issues in children, allergies

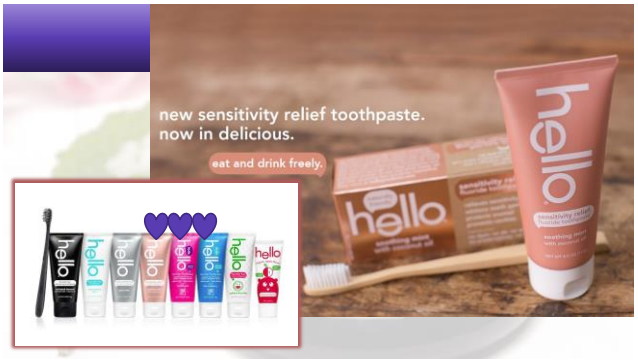
Fluoride – This ingredient in toothpaste deserves the attention

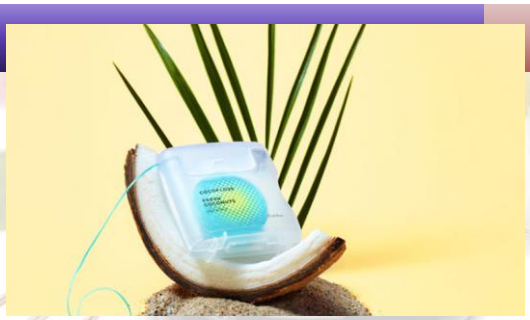
"Cut the Waste Out of Your Life!"

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)







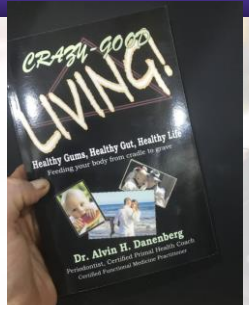
Natural Toothpastes : Safe and Effective?

- 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

Prevention-Evidence

- Licorice Root and Cranberry/polyphenols
- Probiotics (toothpaste, tablets, rinse)
- L-Arginine

Better Nutrition=Better Gums?



- Periodontist
- Certified Health Coach
- Functional Medicine Practitioner
- Dr. Alvin Danenberg

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

www.celiac.com
Journal of Gluten Sensitivity Winter 2014

Invisalign

Xylitol

Am Academy of Pediatric Dentistry Position Paper

NBS News August 2018

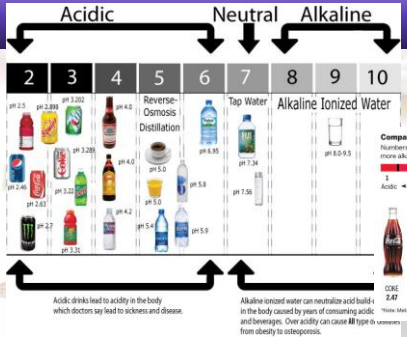
"Without fluoride, tooth brushing and other oral care efforts have

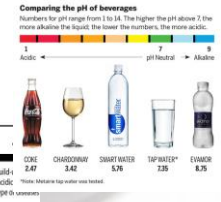
NO IMPACT on cavity prevention"

NBC

https://www.youtube.com/watch?v=q7PU1uYVtb8

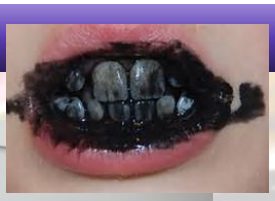
Acidic Neutral Alkaline





Do It Yourself

DIY Teeth Bleaching



How to do it:
USE capsules, tablets (1-2) or powder and pour in to cup
Add just enough water to make a paste
Dab paste on all surfaces of teeth
Let sit for 3 minutes
Rinse and repeat as needed

Activated carbon without abrading or bleaching

Fluoride

950 ppm hydroxyapatite

No SLS.

No triclosan.

No bleaching agents.

No plastic particles.

Can be used as a regular toothpaste without any limitations

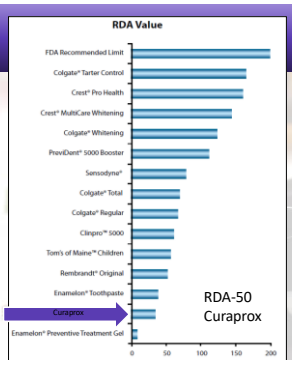
Amazon $30/ Prime

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."



RDA-50
Curaprox

abrasiveness

Charcoal- What else?

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

Gap Band

http://www.teethgap.com/

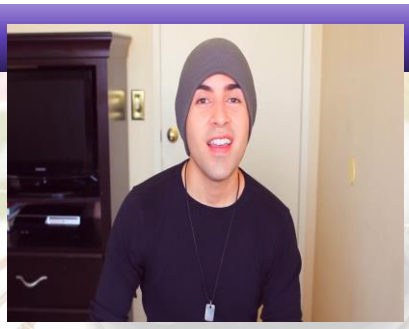
You Tube Videos
New Beauty, Readers Digest
AOL Health
$6.99
Wrapping rubber bands around teeth to close spaces

- 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!

http://orthofill.net/how-to-use-orthofill-teeth-gap-bands.php



https://www.youtube.com/watch?v=yFXYw3N9zO0

DIY trends

- DIY Ortho

75:Ortho at home- no dental visits required

crystal braces
Straight for Life, from Home

smile DIRECT CLUB

smilelove

CANDID Co.

1/3 -1/5 the cost, no visits
Orthodontist designed trays
Age 15, 18 mo ex
No x-rays, Selfie is not diagnostic tool

Oral Health Plans offered by companies GEARED to help the consumer

- Automatic refills/shipped to your home
  - Toothpastes, floss, rinses
- Discounts for yearly plans
- Reminders for re-orders
- Cost appears to not be a factor for consumer
  - They want more options for natural products
  - "you get what you pay for"
  - $20+ for toothpaste every month
  - $22 for fun, funky flavored floss
  - Will pay more for perception of "more natural approach to health"

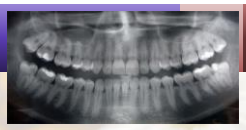
What role will the licensed dental professional play in educating patients and recommending products?

Beauty and wellness brands

- Livionex (antioxidants, fluoride free)
- Arbonne (pure,safe and natural-healthy from inside-out)
- NuSkin (antioxidants and fluoride)
- DoTerra (essential oils-antimicrobial, antifungal, anti-inflammatory)
- Curaprox (enzymematic ingredients)
- Periosciences

Next Generation Oral Care

ADA Policy on Radiographs



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

Professional Recommendations Antibiotic Premedication

- 2015: antibiotics prior to dental work in patients who have had joint replacements, in general, are not recommended

Journal of the American Dental Association (JADA)

2007 :JADA guidelines printed regarding prevention of infective endocarditis

2004: Statement on Antibiotic resistance

Antibiotic Prophylaxis Prior to Dental Procedures

- 2018: Updated Chairside Guide
- www.ada.org/en/member-center/oral-health-topics/antibiotic-prophylaxis

Volume 146, Issue 7, Pages 508-524

JADA

- **Systematic review and meta-analysis on the nonsurgical treatment of chronic periodontitis by means of scaling and root planing with or without adjuncts**

July 2015

Patient Centered Care

Medical Model		Patient-Centered Model
Patient's role is passive *(Patient is quiet)*	→	Patient's role is active *(Patient asks questions)*
Patient is the recipient of treatment	→	Patient is a partner in the treatment plan *(Patient asks about options)*
Physician dominates the conversation *(Does not offer options)*	→	Physician collaborates with the patient *(Offers options; discusses pros & cons)*
Care is disease-centered *(Disease is the focus of daily activities)*	→	Care is quality-of-life centered *(The patient focuses on family & other activities)*
Physician does most of the talking	→	Physician listens more & talks less
Patient may or may not adhere to treatment plan	→	Patient is more likely to adhere to treatment plan *(Treatment accomodates patient's cultures & values)*

https://www.pinterest.co.uk/pin/137500594844734272

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Thank You!

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