

Holistic healthcare

The next big step towards diagnosing and treatment of many degenerative diseases comes from holistic dentistry, according to leading researchers around the world.

From my own practice in Copenhagen, Denmark, I have seen the value of an optimal holistic healthcare between doctor, dentist and client, to integrate conventional medicine with other natural healing techniques:

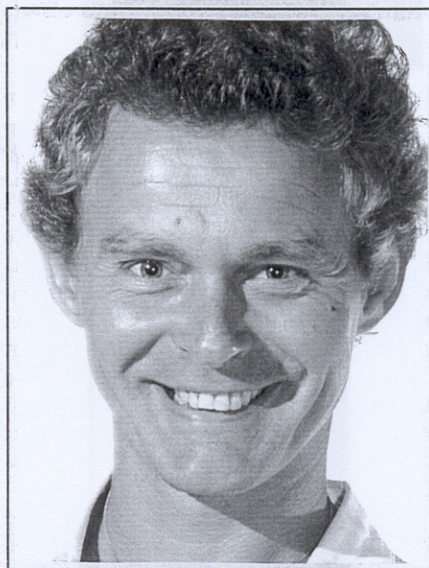
- Where the mouth is seen as a mirror of the total well-being or state of imbalance/disease of the person.
- Where the dentist moves from a "molar mechanic" or "Dr Fixit" attitude towards an understanding of the client as a multi-dimensional being.
- Where disease, therefore, is more than local and physical.
- Where a creative synthesis of different diagnostic and natural healing techniques is used with dental materials according to optimal biocompatibility requirements.
- Where free conscious choices are oriented towards a long term relationship based on achieving wellness and excellence in all aspects.

In today's bombardment of environmental and toxic exposures affecting oral and total health, the insults to the immune-threshold coming from corrosion products of intermetallic electrochemical reactions of dental materials are often lasting for decades, or for life. Are modern dentists realizing their responsibility? In general, no! Far from it!

The toxicity of dental mercury is gaining public interest after the 60 Minutes program last year pointing out the health hazards of mercury-silver amalgam fillings. Many diseases such as multiple sclerosis, lupus erythematosus, chronic fatigue syndrome, arthritis, leukaemia, unexplained depression, anxiety and suicidal tendencies have responded "very well" to proper amalgam removal and replacement with more biocompatible dental materials according to Blood Serum test, Applied Kinesiology (muscle testing), EAV, Mora, etc.

The precise procedure is quite complex but the general principles can be taught in a few hours. It in-

by Jørgen Steen Hartz,
DDS (Denmark)



volves counselling in an individual's proper diet, supplementary, natural remedies (homeopathics), chelation (EDTA, etc), biocompatibility testing of new dental materials and measuring galvanic currents in the mouth.

Avoidance of the 7, 14, 21-day immune-cycle seems to be essential during amalgam removal (which means, schedule dental visits on alternating weekdays within a month). The success rate has been raised to about 80% when all the above were considered and the quadrants containing the highest negative readings were treated first.

Detoxification program for clients with mercury poisoning during proper amalgam removal: It is recommended to eat foods which help chelate mercury (sulfhydryl groups), for elimination from the body, as well as providing nutritional needs where mercury depletes specific vitamins, minerals and antioxidant enzymes. We recommend: brown rice, whole grains like millet and buckwheat, seaweed, garlic, soya protein like tofu, beans, cold-pressed oils (eg olive, walnut), folic acid (spinach, etc), organic fresh vegetables and fruits, wheatgrass, liquid chlorophyll, small fish (herring, sardines, etc.) and, if desired, light meat of good quality.

Avoid: white sugar, white flour, coffee, tea, alcohol, tobacco, soft drinks, dairy products, refined carbohydrates and large fish (tuna, shark, etc.)

General vitamins and minerals: eg spirulina - vitamin C, E, folic acid, selenium, zinc or calcium/magnesium (food sources, exercise). Use of homeopathic and/or homeobotanical remedies, Mora or Interro treatments, possible use of Chelation therapy (EDTA, Dimaval, etc H2O2 therapy, Genesis 1000, Sauna two - three times weekly, dry skin brushing and two - three litres of purified water daily.

Dental clinical precautions are also recommended on an individual basis. The use of activated charcoal (orally) helps bind with mercury particles which enter the stomach and intestines. The possible use of two Tbsp of alcohol half an hour before removal - helps keep the mercury vapour in the blood stream with the purpose of being eliminated through the liver and kidneys rather than going straight to storage within the brain tissue or organs. Rubberdam, vitamin C, IV PZI injection, neural therapy, stress release, possible oxygen mask and a mercury vapour-free clinic (use of ionizing system) all offer a higher healing or wellness opportunity.

Be aware of mercury from other sources, eg vaccinations, cosmetics, eyedrops, food colourings, cleaning liquid for contact lenses, cremation smoke, fish (methyl mercury), some fertilizers and preservatives of food and medicine.

The state of the teeth and mouth reflect the overall health or balance of the person's body/mind/spirit. Fluid flow through dentin and enamel is dependent on hormonal levels influenced by dietary intake. The electron flow generating polarity balance also determines this fluid flow and, thereby, the integrity of the whole tooth structure. So! "You are what you eat and think" is a simplistic but accurate term in this micro universal context.

Dr R Voll, Dr F Kramer, D D S, et al (Germany 1950's) found through the use of electro-acupuncture that the teeth are related to other parts of the body via the meridian system according to Chinese acupuncture.