



**Holistic Dentistry Introduction**

**Dangers of Traditional Dentistry**

**Dr. Donna F. Smith**



# HOLISTIC DENTISTRY INTRODUCTION

## Dangers of Traditional Dentistry

Healthier Alternatives for Mercury Fillings, Root Canals, and Implants.  
By Dr. Donna F. Smith

### Table of Contents

FOREWORD .....	2
INTRODUCTION .....	3
ROOT CANAL COMPLICATIONS AND DANGERS .....	4
ROOT CANALS ADVERSELY AFFECTS THE ENTIRE BODY .....	4
HEALTHIER ROOT CANAL ALTERNATIVE .....	5
ANTIBIOTICS LEAD TO MORE HEALTH CHALLENGES .....	6
DYSBIOSIS, IN TIME CAUSES IMMUNE DYSFUNCTIONS & DISEASES .....	6
PROBIOTICS IS NOT CORRECTING THE REAL CAUSE .....	6
DYBIOSIS – CORRECTING THE CAUSE .....	7
CANDIDA – CAUSE .....	8
CANDIDA – HEALING .....	8
IMPLANT DANGERS AND ALTERNATIVES .....	10
MERCURY FILLINGS DANGERS AND ALTERNATIVES .....	11
A SMALL CAVITY (BLACK DOT) MAY NOT REQUIRE DENTISTRY .....	11
HOLISTIC & TRADITIONAL DENTISTRY .....	13
HOW DOES A HOLISTIC DENTIST DIFFER FROM A TRADITIONAL DENTIST? .....	13
HOLISTIC DENTISTRY IS FOUNDED IN STANDARD DENTAL PRACTICE .....	14
NOT ALL HOLISTIC DENTISTS OFFER THE SAME SERVICES .....	15
DENTAL HEALTH PERSONAL EDUCATION PROGRAM (PEP) .....	17
SUBSCRIBE TO DR. SMITH'S NEWSLETTER .....	17
SUMMARY OF ARTICLE .....	19
ABOUT DR. SMITH .....	20
DISCLAIMER .....	21

## FOREWORD

Though Dr. Smith wrote this article, she refers to herself as Dr. Smith rather than using words like “me” or “I” in order to maintain a professional vs. a personal perspective within the context of this e-book. After reading this article and completing her Personal Dental Health Education Program, you will be fully equipped to make informed decisions about all of your dental health needs, whether you are currently experiencing dental health challenges, want to prevent them or have a need in the future for dental treatment and procedures that “first do no harm,” are safe and effective, actually get to the cause of dental health challenges, have no side effects and will not adversely affect the health of the rest of your body.



# HOLISTIC DENTISTRY INTRODUCTION

## Dangers of Traditional Dentistry

Healthier Alternatives for Mercury Fillings, Root Canals, and Implants.

By Dr. Donna F. Smith

---

### INTRODUCTION

This is an introductory article on holistic dentistry and the dangers and healthier alternatives for three standard dental procedures performed by traditional dentists – Root Canals, Implants and Mercury/Amalgam Fillings. Dr. Smith was prompted to write this from a request by Graphic Artist, Cindy Whittaker. Cindy posted the following question on the [“Frustrations in Improving Your Health – Survey”](#) Dr. Smith created this **Facebook Profile and Group** to survey *“What are the biggest challenges and frustrations the public is having improving their health, safely and effectively, without drugs.”*

**Hi Dr. Smith! I have a dental question for you. You helped me avoid having a root canal (thank you thank you!), so now I wanted to know if you can also help, if I think I have a cavity. I see a little black dot on the tooth so I think it's just starting. I think I remember you saying once that when you need to go to the dentist, you have a protocol that will help minimize the effects of their treatment on the body. So I'm not sure if this is something you can eliminate or just help with, if I do have to go to the dentist. Thanks Dr. Smith!**

Because this is an introduction and not written to provide all the details you will need, in the closing, Dr. Smith will be sharing how you may obtain further information that will provide more detailed holistic dental education, step by step practical instructions and applications, and contact information for the holistic dentists I recommend to my clients.

**You may ask, what does the term “holistic” mean?** Holistic or wholistic refers to the whole person, physically, mentally, emotionally and spiritually. In references to healthcare, though a holistic health care practice may provide services to benefits all four aspects of the human being, it generally means that whatever the specialized field of practice, whether dentistry, medicine, etc., treatments first “do no harm” and consider its affect on the whole body, not just the treatment of the one area or part of the body the health care service specializes in.

For example, medicine today is so specialized (segregated) that the treatment of an Ear, Nose and Throat (ENT) Doctor, for example, generally, gives no consideration to the adverse affects of its treatment on other parts of the body, e.g., how the ENT treatment may adversely affect the patient’s liver, stomach or the diagnosis or treatment of the Gastroenterologist.



# HOLISTIC DENTISTRY INTRODUCTION

## Dangers of Traditional Dentistry

Healthier Alternatives for Mercury Fillings, Root Canals, and Implants.  
By Dr. Donna F. Smith

---

### ROOT CANAL COMPLICATIONS AND DANGERS

To answer Cindy's question, here is one high risk of root canals: All of the infection in the tooth receiving the root canal cannot be seen without magnification, not just one but two high strength magnifying glasses, attached to a head band, where the dentist can look through both at the same time. No dentist should do this procedure using none or one magnifying glass. Additionally, even using two, the dentist still may not be able to "see" all of the infection to remove it, so laser is the best tool to destroy all the infection that can be seen and what cannot be seen.

It is in these cases that the greatest dangers in having a root canal lies. Why? Because once the Dentist fills the canal, if all of the infection is not removed, the infection is walled (or locked in) and NO drug, herb, homeopathic or nutritional supplement can get to infection. **Yet the infection can permeate through the substance used to fill the canal and spread throughout the the entire body - the other teeth, bones, the organs, etc.** Can anything be done, you may ask? Yes, undo what was done, i.e., have a "holistic" dentist remove the substance that filled the canal, who will laser the infection, refill with a canal filling that is non toxic, and contact DR. Smith for a specific therapeutic supplement program increase T-Cell production, to digest the germs causing the infection and remove the damaged/decayed cells comprising the infection, the digested germs, and their waste from the body.

As the body becomes more ill from this infection permeating from the canal, the standard treatment of physicians and traditional dentists, who do not know THIS is the source of the infection that is spreading throughout the body, will prescribe antibiotics, which just adds to the problem by causing Dysbiosis. Dysbiosis is defined below.

The Root Canal procedure also includes removing the nerves in the tooth, receiving the Root Canal. Removing nerves has an adverse affect on other parts of the body. In other words, each tooth has nerves to another area of the body. Whatever adversely affects that tooth also affects the corresponding area of the body it is linked to. Once the nerves in that tooth has been removed, there is nothing than can help heal the damage that will occur in that corresponding area of the body.

### ROOT CANALS ADVERSELY AFFECTS THE ENTIRE BODY

In addition to:

- removing the nerves in the affected tooth,
- walling in the infection that can spread throughout the body,



# HOLISTIC DENTISTRY INTRODUCTION

## Dangers of Traditional Dentistry

Healthier Alternatives for Mercury Fillings, Root Canals, and Implants.  
By Dr. Donna F. Smith

---

- and the standard medical treatment (only since the early 1900's) of prescribing antibiotics for infections, which can lead to far worse health challenges, due to Dysbiosis, yeast (Candida) and other germ overgrowth, than the patient's original health challenge, i.e., an infected tooth.

...there is one more important fact to know about these extreme adverse affects Root Canals have on the entire body, and that is... the source of the infection that is affecting the rest of the body will remain undetected because suspecting root canals as a possible source is not standard practice for Medical Doctors and even Traditional Dentists.

### HEALTHIER ROOT CANAL ALTERNATIVE

So what is the alternative to a root canal? There are a number of specially trained, holistic dentists who understand these dangers and have a healthier procedure for dealing with a tooth diagnosed for the root canal procedure by traditional dentists not trained or aware of alternative procedures. Information on this is provided in Dr. Smith's Personal Dental Health Education Program (PEP).





# HOLISTIC DENTISTRY INTRODUCTION

## Dangers of Traditional Dentistry

Healthier Alternatives for Mercury Fillings, Root Canals, and Implants.

By Dr. Donna F. Smith

---

### ANTIBIOTICS LEAD TO MORE HEALTH CHALLENGES

#### DYSBIOSIS, IN TIME CAUSES IMMUNE DYSFUNCTIONS & DISEASES

Taking antibiotics does not get to the cause of the infection and taking them destroys intestinal flora, causing Dysbiosis, in addition to, damaging/destroying the intestine's ability to grow its own flora. In time, immune dysfunction and diseases ensue.

**Dysbiosis** is when the intestinal flora (friendly bacteria) has been destroyed, which must be present to act as guards lining the intestinal wall. The function of this flora is to:

1. monitor parasite (germs/worms) overgrowth and
2. prevent infection and parasites from moving through the intestinal wall and infecting the rest of the body.

In this state of Dysbiosis, the person's defense against parasite overgrowth is gone. When flora is sufficient in the intestines and its defenses strong, this is called, Eubiosis.

#### PROBIOTICS IS NOT CORRECTING THE REAL CAUSE

It is standard practice among nutritional health care practitioners, who recognizes this state of Dysbiosis, to recommend Probiotics. Probiotics are ingesting this friendly bacteria / flora in capsule form.

Recommending Probiotics is a good recommendation, but an incomplete one. Why? Because, when the practitioner has reviewed the Laboratory Reports from testing initial and updated yeast cultures and finds the latest test results indicate yeast is now within normal range (healthy intestines must have some yeast), the patient will be advised to stop the Probiotics. Some patients may even assume when the symptoms are gone that they are healed and may stop taking Probiotics without consulting their practitioner before doing so.

In either case, once the person stops taking Probiotics, in due time, the yeast overgrowth will reoccur and the patient becomes confused as to why they have Candida again. Why Recurrence? Because the cause of yeast overgrowth was not corrected, i.e., the body's ability to grow its own intestinal flora again.



# HOLISTIC DENTISTRY INTRODUCTION

## Dangers of Traditional Dentistry

Healthier Alternatives for Mercury Fillings, Root Canals, and Implants.  
By Dr. Donna F. Smith

---

As a general rule, “It is wise to wait until updated testing that indicates the supplement is no longer needed before stopping a prescribed supplement.” **Being symptoms free is not an indication that healing has been attained.** To understand this statement, click here to read the “Why Test?” webpage of my website..

Next, recommending Probiotics, without correcting the cause of yeast or other germ overgrowth, is much like giving someone sitting in a sinking boat, a bucket to scoop out the water. If their reflexes are fast enough to keep dumping out the water, the boat may stay afloat until it reaches the shore. However, stop using the bucket and the boat sinks.

### DYBIOSIS – CORRECTING THE CAUSE

To correct the cause of Dysbiosis is to restore the intestines ability to grow its own flora and avoid taking Antibiotics and other drugs that will destroy intestinal flora again. **Dr. Smith is one of the few doctors in the U.S. who actually knows which three herbs are required by the intestines to heal its lining and restore its ability to grow its own flora/bacteria again. So, she rarely finds a need to recommend Probiotics to her clients.**

Additionally, as Cindy knows from personal experience, that Dr. Smith dispenses specific “therapeutic” homeopathics that detoxify bacteria, virus, and other germs/worms/toxins from the body, that are safe, effective and do not adversely affect the intestinal flora, and have been doing so with great success for over 20 years. Because of this, **Dr. Smith has not personally taken an antibiotic since 1975 and her son (born 1985) is a truly drug-free American.** Dr. Smith also has specific homeopathics and therapeutic supplements to detoxify the germs that in abscesses, while getting to the cause for why the body became infected in the first place.

Because of the advances in clinical nutrition therapy (therapeutic supplementation) **the need for antibiotics today can be limited to use in hospitals or emergency rooms**, when saving the life of someone involved in a life-threatening accident, injured in a war, or having surgery. Why, limited to using only in these cases? because antibiotics are still the standard medical treatment. However outside of these facilities, the patient has a choice of treatments for infections – antibiotics or herbs/homeopathics, etc.

Whether antibiotics have been administered as standard treatment in the hospital or emergency room or the patient has chosen to take antibiotics, for whatever their personal reasons, they should contact Dr. Smith as soon as they start their antibiotics to obtain her Therapeutic Dysbiosis Supplement Program, so that they may start this program as soon as their antibiotics have been finished, in order to restore the body’s ability to produce its own intestinal flora again. Otherwise, in time, they will have a myriad of new health challenges from



# HOLISTIC DENTISTRY INTRODUCTION

## Dangers of Traditional Dentistry

Healthier Alternatives for Mercury Fillings, Root Canals, and Implants.

By Dr. Donna F. Smith

---

germ overgrowth throughout the body. Dr. Smith also recommends, the next time, this patient thinks an antibiotic is needed, to contact her first. For example, if unsure that advanced clinical nutrition therapy is as effective as antibiotics, it is certainly worth trying it first, as you can always go back to antibiotics if clinical nutrition therapeutic supplementation did not work. (To date, they have worked every time. So you don't have to take Dr. Smith's word for this, or Cindy's, you can prove it to yourself.)

### CANDIDA – CAUSE

With the loss of this intestinal flora defense, yeast overgrowth ensues and produces the symptoms, called Candida. Anyone who has experienced Candida knows that yeast overgrowth can affect every part of the body and produce symptoms from head to toe, such as lack of concentration, headaches, mental fog, pain the joints, muscles, organs or glands, to toe fungus.

If you have taken just one antibiotic drug or any other drug that destroys intestinal flora, you have Dysbiosis and in time will develop Candida. Because Candida affects every part of the body, a person may be treated by their physician for the symptoms in an area of the body affected by the Candida and overlook the actual cause of the symptoms. Therefore, it would be wise to contact Dr. Smith for her Dysbiosis Supplement Program to assist your body in growing its own intestinal flora again and if you have symptoms of Candida, this can be verified through biochemical testing of a stool sample or vaginal swab. **Candida (yeast overgrowth) has been diagnosed as cancer in its chronic stages of development.**

From Dr. Smith's clinical observations, she agrees. What is one of the most frequent comments you hear about cancer? It can start in one area of the body and spread throughout the body rapidly. Yeast is in the mold and fungus species. If you find mold on one small area of, say, a piece of cheese in the refrigerator and do not remove it, what do you observe a few days later? The mold has grown and the area is enlarged. If you still did not remove it and came back a few more days later, the mold may have consumed the entire block of cheese. Now what if you did not remove the cheese, but left it there, in time, the mold would so thoroughly consume the cheese that it would flatten and then disintegrate. Doesn't this sound like what happens to the human body with cancer?

### CANDIDA – HEALING

To correct Candida is to restore the body's ability to grow its own intestinal flora and take





# HOLISTIC DENTISTRY INTRODUCTION

## Dangers of Traditional Dentistry

Healthier Alternatives for Mercury Fillings, Root Canals, and Implants.

By Dr. Donna F. Smith

---

therapeutic herbs or vitamin/herb formulations that digest the excess yeast. My patients are delighted with my therapeutic Candida program, not only because it is safe and effective, but because it does not require the standard highly restrictive Candida Diet.

Mercury/Amalgam Fillings and Implants, also, recommended in traditional dentistry, each have their own dangers and should be avoided.



# HOLISTIC DENTISTRY INTRODUCTION

## Dangers of Traditional Dentistry

Healthier Alternatives for Mercury Fillings, Root Canals, and Implants.  
By Dr. Donna F. Smith

---

### IMPLANT DANGERS AND ALTERNATIVES

The Titanium (or other metal) prosthesis or rods in implants or any metal in any other part of the body **short-circuits the electrical frequencies of the nervous system and can interfere or stop messages from the brain to other parts of the body**, from the body to the brain, or from one part of the body to another. In time this interference causes dysfunction in all the areas of the body not receiving clear communications. If this is difficult to believe, get a piece of titanium or any metal and a wire that has electricity running through it and run your own experiment. Only be sure not to touch the metal and electrocute yourself. Just kidding! Here is something that is safer, do an internet search on Titanium and read how toxicity this metal is.

One of Dr. Smith's clinical observations with substances (chemicals and metals) used in dental and medical treatment that are deemed acceptable is judged so because of their short-term answer to an immediate need without giving consideration to the adverse affect on the human mind and body from these substances slowly poisoning and interfering with the function of the cells and tissue that results from daily exposure. Additionally, there are many medical and dental procedures that contribute to degenerative diseases, both from their standard treatments and substances used for examination procedures, such as having patients ingest dyes that can help the physician diagnoses the disease.

If you already have implants or metals in other areas of the body, click here and read Dr. Smith's website article, ["Scars, Tattoos, Piercings, Vaccination Puncture Sites And Other Interference \(To Healing\) Field"](#) .

Just a little over a year ago, a colleague of Dr. Smith's colleagues, a holistic dentist, developed a procedure for implants using a non-metal prosthesis that is safe and effective for implants. For more information on this, contact Dr. Smith.



# HOLISTIC DENTISTRY INTRODUCTION

## Dangers of Traditional Dentistry

Healthier Alternatives for Mercury Fillings, Root Canals, and Implants.

By Dr. Donna F. Smith

---

### MERCURY FILLINGS DANGERS AND ALTERNATIVES

There is much information available today online, and a number of books written on the dangers of mercury poisoning of cells and tissue, due to broken or chipped teeth that leak mercury from the cavity or degraded mercury, itself, is then swallowed and absorbed in the mouth or tongue tissue and spreads to the rest of the body.

Because of this available information, Dr. Smith will not mention just one additional fact that when presented is either misleading or misinforming. In your search online, you may find reports stating that mercury is a safe to use because mercury is a stable substance. Though this is true that mercury in itself is a stable substance, **what is omitted from these reports is information about two factors that make mercury unstable** – heat and friction. So as long as mercury is not in contact with heat or friction it is stable. However, what do you think happens each time the upper teeth come in contact with the lower teeth – friction -- and each time a person eats foods or drinks beverages that are hot, the mercury fillings are exposed to heat.

Thus, in time, the mercury becomes unstable and leaks out or as the tooth surrounding it continues to degenerate, the tooth will break or chip and release the mercury.

Additionally, another frequently overlooked factor is that filling the cavity is not correcting the original infection that led to the need for filling the cavity. The infection continues to spread in other parts of the mouth (even throughout the body) and in time, another tooth has a cavity that needs filling. When the infection spreads to other parts of the body, the infection in the original tooth is not even considered as a possible cause for the infection in the body, or the second or subsequent teeth.

There are healthier substances available today for filling cavities than silver, mercury, also called amalgam, fillings. Contact Dr. Smith for information that can be **presented to and requested of a traditional dentist to assist your dentist in performing standard, traditional dentistry, only using healthier substances for fillings cavities. Additionally, you can contact Dr. Smith for contact information on dentists who have been trained in holistic dentistry and the alternatives that are discussed in this article.**

### A SMALL CAVITY (BLACK DOT) MAY NOT REQUIRE DENTISTRY

To answer Cindy's question about her small black dot (cavity). A small black dot may not require a dentist, but simply a clinical nutrition dental supplement program to nourish,



# HOLISTIC DENTISTRY INTRODUCTION

## Dangers of Traditional Dentistry

Healthier Alternatives for Mercury Fillings, Root Canals, and Implants.

By Dr. Donna F. Smith

---

strengthen, and detoxify that tooth, if the cavity is not too far gone (decayed) for repair in the places not seen. **A dental examination may be required only to assess the health of the tooth.** If the small dot of a cavity is worse in unseen places, both clinical nutrition therapy to get to the cause of the infection, to detoxify the germs infecting the tooth, and holistic dentistry if you are unable to obtain cooperation from your own dentist to use the healthier substances to fill the cavity.



# HOLISTIC DENTISTRY INTRODUCTION

## Dangers of Traditional Dentistry

Healthier Alternatives for Mercury Fillings, Root Canals, and Implants.  
By Dr. Donna F. Smith

---

### HOLISTIC & TRADITIONAL DENTISTRY

Any traditional dentist today can do what holistic dentists are doing because both traditional and holistic dental techniques and procedures are still founded in standard dentistry taught in dental schools.

#### HOW DOES A HOLISTIC DENTIST DIFFER FROM A TRADITIONAL DENTIST?

A Holistic Dentist:

1. **has completed post-graduate study and training** in dental techniques and procedures that were not discovered prior to their graduation from dental school that will “Do No Harm” to other areas of the body, including the teeth.
  - a. To update college curriculum takes decades to accomplish. Therefore, innovative dental education, techniques and procedures must be obtained by attending dental courses not offered by dental school.
2. **substitutes safe and non-toxic dental substances and solutions** in place of the toxic substances and solutions they were taught to use in dental school. Substances like mercury for filling cavities, which was selected as traditional dental practice because it was stability, which made for long-term durability. The long-term adverse affects on the body were not considered.
3. **Is an independent thinker**, who acknowledges the truth in the above statement in 1.a. and does not dismiss sound and progressive dental education, research or procedural training simply because it was not taught in dental school.
4. **Advanced Holistic Dentists** recognizes the dangers of drug therapy (for example, antibiotics, as explained above) and that the **TRUE CAUSE** for the need of their dental services, in the first place, is malnutrition (clinical and subclinical deficiencies) and toxicity (exposure to germs, worms, and toxic metals and chemicals) in the teeth, gums and jaws. Therefore, the advanced holistic dentist also refers their patients to a Clinical Nutritionist and/or Naturopathic Doctor for
  - a. **vitamin and mineral testing** of their biochemistry to identify these deficiencies so the specific therapeutic, whole food supplements may be taken for nutrient repletion to





# HOLISTIC DENTISTRY INTRODUCTION

## Dangers of Traditional Dentistry

Healthier Alternatives for Mercury Fillings, Root Canals, and Implants.

By Dr. Donna F. Smith

restore sufficient nutrient levels and for internal body detoxification to improve the health of the teeth.

- b. Therapeutic herbs, homeopathics and other whole food vitamins/minerals dispensed for acute dental health challenges, such as infections, abscesses, etc. These supplements work as quickly as antibiotics without the adverse affects on intestinal flora and the rest of the body.
- c. And change of diet. Most people know, for example, ingesting refined/processed white sugar is one of the leading poisons, labeled as food, in our American cultural diet that destroys enamel, gums, degenerates jaw bones and rots teeth.

### HOLISTIC DENTISTRY IS FOUNDED IN STANDARD DENTAL PRACTICE

As you do internet searches for more information on holistic dentistry, you may find websites that want you to believe that holistic dentistry is quackery or not founded in standard dentistry practice. Any traditional dentist can learn the holistic dentistry and all holistic dentists began as traditional dentists.

It is a historical fact that innovative research, education, and training can take decades to be accepted by the traditionalists in any professional field of science (medical, dental or nutritional) or any industry. Therefore, expecting the ADA to support holistic dentistry is also not likely any time soon and the ADA is often the source for the negative reports published about holistic dentistry. This also applies to the American Medical Association (AMA) support of holistic health care practitioners, like Naturopathic Doctors, and the American Dietetic Association (ADA) support of other fields of nutritional science, like Clinical Nutrition (i.e., the Clinical Nutritionist).

Just because traditional dentistry proceeded holistic dentistry is no reason for traditional dentistry to think they have or should have a monopoly on dental treatments and procedures. This applies to Registered Dietitians in respect to Clinical Nutritionists, also. As far as medicine as we know it today, this only began in the early 1900's, prior to this physicians where Naturopathic Doctors, i.e., until pharmaceutical drugs came on the market.

However, this monopolistic attitude seems to dominate the dietary, dental and medical care industries. In America pharmaceutical drugs did not become established until the early 1950's. Money from pharmaceutical companies have promoted drugs and surgery as being the only option in health care since then, and because people today where born in the 20<sup>th</sup> Century, the public at large were conditioned to believe that standard 20<sup>th</sup> Century medicine was the only



# HOLISTIC DENTISTRY INTRODUCTION

## Dangers of Traditional Dentistry

Healthier Alternatives for Mercury Fillings, Root Canals, and Implants.

By Dr. Donna F. Smith

---

option for them when they are physically ill or have a toothache, etc. It is only when medicine (drugs/surgery) fails to help the patient do they consider that that perhaps what they have been told is not the whole truth and nothing but the truth.

Generally, it takes about 20-30 years before enough people have experienced the limits of medical and dental treatment for the public at large to become dissatisfied. True to form, it was the mid-1970's when more of the general public started to seek Naturopathic, Homeopathic and Chinese Medical Doctors, and other non-medical therapies, which have existed all along, but did not have the billions of pharmaceutical dollars backing them to keep their practices in the forefront of the view of American Public. This also includes seeking new health care professional services, such as the Clinical Nutritionists (est. 1983) and the birth of Holistic Dentistry, both of which were established to meet the rapidly growth "new" public health challenges.

For Clinical Nutritionists, it was to meet the needs of health challenges related to nutritional deficiencies, biochemical imbalances and organ/gland and body system dysfunctions causes by poor diets (junk food, chemical additives, trans-fats, etc.) and toxicity (chemicals and metals in our air, food, water, environment and from daily/regular over-the-counter, prescribed and illegal drug use). This article has introduced you to the health challenges that led to the birth of holistic dentistry.

### NOT ALL HOLISTIC DENTISTS OFFER THE SAME SERVICES

Because holistic dentistry is a new field of dentistry, and because it will be decades for the curriculum in dental schools to include holistic techniques and procedures as standard practice, **there has not been sufficient time to establish a standard of training or holistic practice among the holistic dentists today.** It is currently at the discretion or awareness of the holistic dentist to seek holistic training and, thus, training may vary.

Additionally, because of American Dental Association's (ADA) dogmatic view point about mercury being stable and, therefore, safe to use as a substance for filling, **there may never been training in healthier non-toxic substances in dental schools.**

Because holistic dentistry is founded in standard, traditional dental practices, all holistic dentists were once traditional dentists. Holistic Dentists may, also, obtain holistic dental certifications which allow them to integrate holistic protocols with standard, traditional dental practice. It is also important to know that traditional dentists in your community may be willing



# HOLISTIC DENTISTRY INTRODUCTION

## Dangers of Traditional Dentistry

Healthier Alternatives for Mercury Fillings, Root Canals, and Implants.

By Dr. Donna F. Smith

---

to learn and may even be knowledgeable in some holistic procedures. However, they are not allowed, due to ADA dictates, to offer these procedures unless the patient requests them.

Therefore, it is **the responsibility of the individual to educate him or herself**, specifically, about what questions to ask of your traditional dentist to assess their willingness to provide non-toxic healthier substances and procedures and/or the holistic-advertised dentist has been sufficiently trained to provide state of the art “holistic dentistry” today.

As the public researches, it is easy to be confused and misled with all the information that is on the “Information Highway” (internet), one of the primary research sources, today. Therefore, Dr. Smith wrote this article for her clients, and website visitors, to introduce them to holistic dentistry. She also provides a **Personal Education Program (PEP) on Dental Health** which combines:

- clinical nutrition dental therapy,
- healthier dental hygiene products and
- holistic dentistry education to help find the right dentist for their dental procedures.



# HOLISTIC DENTISTRY INTRODUCTION

## Dangers of Traditional Dentistry

Healthier Alternatives for Mercury Fillings, Root Canals, and Implants.

By Dr. Donna F. Smith

---

## DENTAL HEALTH PERSONAL EDUCATION PROGRAM (PEP)

Contact Dr. Smith and request an email flyer on her **Dental Health Personal Education Program (PEP)** for specific information on what you will learn through this program and the fee for this program. Let her know that you read this article and you will receive this program at a discount. Through Dr. Smith's Dental Health PEP Program, you:

- save yourself time, money, effort in doing your own research,
- receive sound, scientific information that will prevent you from being misled and clarify any confusion you may have.
- Will know exactly what you need to do step-by-step for current dental health challenges
- and actually get to the cause of your current dental challenges,
- as well as learn how to prevent future dental challenges and side effects from standard medical and dental treatment and procedures. .

## SUBSCRIBE TO DR. SMITH'S NEWSLETTER

Dr. Smith's **HealthQuest News e-newsletter** provides information current event and education information on health, nutrition, natural healing, and other topics of interest today, such as:

- **information like this that is not generally known by the public** and is a must-know to protect oneself and loved ones from information portrayed as facts, but are actually misleading, lies or propaganda published by special interest groups motivated by money or greed, or worse to make Americans sick so they are easily managed and desperate,
- coach the public on **how the body functions** and what **causes** it to become dysfunctional and diseased,
- provide education on **how to truly heal the body without drugs** and other treatments that interfere with its function, such as electro-magnetic fields (EMF),
- give the public the health **education that has been purposely omitted** since the beginning of the 20<sup>th</sup> century on how to test for the deficiencies, biochemical imbalances and organ and gland dysfunctions that precede disease and
- **how to use safe, effective, non-invasive therapies**, such as how to use herbs, homeopathics and whole food supplements to assist the body in healing and repairing cells, tissues organs and glands to promote new cell growth, i.e., cellular regeneration,



# HOLISTIC DENTISTRY INTRODUCTION

## Dangers of Traditional Dentistry

Healthier Alternatives for Mercury Fillings, Root Canals, and Implants.

By Dr. Donna F. Smith

---

balance body chemistry, restore organ and gland function, and prevent disease. I would much rather prevent disease than just detect it early.

- lastly, include **resources** for my subscribers and clients to obtain more information or other services they need to improve their health that she does not provide, like holistic dentistry, for example.

[Click here](#) to subscribe or go to [www.AdvancedClinicalNutrition.com](http://www.AdvancedClinicalNutrition.com) and enter your email address in the **Sign Up For Our Email Newsletter** box at the top right corner of the home web page. After subscribing, please email Dr. Smith at [Services@AdvancedClinicalNutrition.com](mailto:Services@AdvancedClinicalNutrition.com) to request the email flyer on her Dental Health Personal Education Program. In the subject line, type: **“Request for Dental Health PEP Flyer.”**





# HOLISTIC DENTISTRY INTRODUCTION

## Dangers of Traditional Dentistry

Healthier Alternatives for Mercury Fillings, Root Canals, and Implants.  
By Dr. Donna F. Smith

---

### SUMMARY OF ARTICLE

To summarize this Holistic Dentistry Introduction, Dr. Smith has provided some primary dangers of root canals, not generally known. The public is more aware of mercury filling and its adverse affect on the human body, though they are not generally aware of the name of specific substance that are safe to use so they can make sure they request these substances whenever they have a cavity in need of filling. This information is provided in her Dental Health PEP Program.

It is a fact that all drugs are toxic to the human body and to use a drug for any other purpose than when in a hospital or emergency room is to cause more health challenges for oneself because of their side effects, which are symptoms of toxicity and nutritional deficiencies caused by the chemical in the drugs.

Dr. Smith also shared how a major side effect of Antibiotics is Dysbiosis the destruction of intestinal flora that prevents germ overgrowth. That one of the first that presents is Candida (yeast overgrowth). Additionally, in the treatment of Candida, Dr. Smith shared why Probiotics, though a help, is not getting to the cause and Probiotics will not heal the mind/body of Candida. She also shared why it is important to correct Dysbiosis and Candida as soon as possible to avoid the development of other diseases, including cancer.

Dr. Smith also shared that she is one of the few doctors who knows how to correct Dysbiosis by helping the body grow its own intestinal flora (friendly bacteria) again. Correcting Dysbiosis is an in expensive clinical nutrition program, which Dr. Smith dispenses, upon request, to anyone who has ever taken an antibiotic and will provide a **FREE CONSULTATION** to assess if they are also experiencing the symptoms of Candida and what is required to correct this.

It is possible to avoid dental procedures when you improve the nutritional quality of your teeth and detoxify germs and worms from the entire body, and there are healthier treatments for infections and abscess that work as quickly as antibiotics with no side effects.

Because the teeth directly affects every part of the human body, it is important for each person to take responsibility to learn all they can about how to properly care for their teeth and how to holistically treat their teeth, gums, and jaws in the event their dental health is currently or in future need of a dental procedure.

Lastly, Dr. Smith offers a Personal Dental Health Education Program (PEP) to provide information on clinical nutrition dental health therapy, healthier dental hygiene products, and



# HOLISTIC DENTISTRY INTRODUCTION

## Dangers of Traditional Dentistry

Healthier Alternatives for Mercury Fillings, Root Canals, and Implants.

By Dr. Donna F. Smith

---

holistic dentistry. Information that will help you determine if your current dentist can provide holistic procedures (if open to do so) and how to assess whether an holistic dentist is providing state of the art holistic dentistry. Dr. Smith will also provide in this information a contact number of a holistic dentist she trusts that has trained other dentists in holistic dentistry.

Lastly, you can stay up-to-date on dietary, health, nutritional and other non-medical therapy topics, learn information that will help you take more responsibility for your own health care, and more, by subscribing to Dr. Smith's **FREE NEWSLETTER**. Dr. Smith asks that you read at least three issues to give a fair evaluation of its value to you. To subscribe, go to [www.AdvancedClinicalNutrition.com](http://www.AdvancedClinicalNutrition.com).

Thank you for your interest in this article, your dedication to improving your health helps Dr. Smith fulfill her mission in life, which is best stated by Winston Churchill in 1943, "Healthy Citizens are the Greatest Asset Any Country Can Have."

## ABOUT DR. SMITH

**Dr. Donna Smith** has a Ph.D. in Clinical Nutrition, is a Naturopathic Doctor (N.D.), a Board Certified Clinical Nutritionist (C.C.N.), Certified Dietitian-Nutritionist (C.D.N.), and a Canadian Chartered Herbalist (C.H.).

Dr. Smith is also a Free Lance Nutritional Health Writer and has written over 100 articles for Internet and traditional magazines, such as the **American Chiropractic Magazine, the largest chiropractic magazine in the United States.**

Some of her best selling e-books has been listed below. She is frequently invited to speak on NBC and ABC local networks, and at clubs, hospitals, universities and corporations on a variety of nutrition and health-related topics, such as, the national groups of scientists and biochemists at the **American Society of Clinical Laboratory Science (ASCLS), International and American Associations of Clinical Nutritionists (IAACN), Stephen F. Austin University, Midwestern State University,** Optimist Clubs, Toastmasters, Business and Professional Women's Club, Women Entrepreneurs, Worksite Wellness, American Heart Association, Parkinson's Group, and St Gobain Corporation, to name a few.

Dr. Smith owns **Advanced Clinical Nutrition (est. 1981)** in Wichita Falls, Texas, where she provides a **Clinical Nutrition Analysis or Interpretation of Laboratory Tests (blood, urine, saliva, stool and hair)** to identify and correct dietary, vitamin and mineral deficiencies adversely affecting the healthy function of the human mind and body.

From the findings of these scientific Laboratory Reports, Dr. Smith designs and dispenses therapeutic, whole food supplements, available only through nutritional health care providers, and a Dietary Plan, which is a list of foods selected for the food chemistry's positive effect on the individual's biochemistry, which is also based on test results.



# HOLISTIC DENTISTRY INTRODUCTION

## Dangers of Traditional Dentistry

Healthier Alternatives for Mercury Fillings, Root Canals, and Implants.

By Dr. Donna F. Smith

---

Dr. Smith's Clinical Nutrition Services are also provided to **Healthcare and Fitness Providers**, who want to offer clinical nutrition services to their patients/clients, yet do not have the time or training to do so.

**Clinical Nutrition Testing, Therapy, and Personalized Dietary and Lifestyle Education Services** are provided by mail, e-mail and telephone consultations. A.C.N. clients save money as there are no in-office appointment fees, gas expense to/from appointments or time away from home or work for nutritional services. Lab Kits are mailed to the clients' homes, where they collect the samples and mails them directly to our Labs.

Dr. Smith has over 90% success in helping her clients improve their health, increase energy, balance hormones, improve mental function, strengthen joints, muscle, immune system, restore over-all organ/gland function (including the hair system to restore its natural color), manage weight, prevent/reverse disease and enhance life and/or sports performance. Her clientele encompasses 36 U.S. States and five international countries.

**For more information, to order** a clinical nutrition analysis and laboratory tests, and to contact Dr. Smith, call (940) 761-4045 or e-mail at [Services@AdvancedClinicalNutrition.com](mailto:Services@AdvancedClinicalNutrition.com). Meanwhile, please browse [www.AdvancedClinicalNutrition.com](http://www.AdvancedClinicalNutrition.com) to subscribe to Dr. Smith's FREE Newsletter, read Free Articles by Dr. Smith and view **Dr. Smith's Secrets To Healing** TV shows and slide presentations. You may also view Dr. Smith's TV Shows and videos on [YouTube.com/DrDonnaFSmith](http://YouTube.com/DrDonnaFSmith), post questions on her blog at [DrDonnaSmith.blogspot.com](http://DrDonnaSmith.blogspot.com) and follow her on [Twitter.com/DrDonnaSmith](http://Twitter.com/DrDonnaSmith) and [Facebook.com/DonnaFSmithPhD](http://Facebook.com/DonnaFSmithPhD).

### e-Books By Dr. Smith

- Anti-Aging Personal Care Program (Hair, Skin, and Nails)
- Fibromyalgia – A Clinical Nutrition Syndrome” (50 Pages).
- Dr. Smith's Hair Color Restoration Program – Anti-Grey Solutions (57 Pages).
- Lyme's Disease – Clinical Nutrition Approach To Healing (27 Pages).

### DISCLAIMER

Information is provided for nutritional education purposes only and not for the diagnosis or treatment of any medical condition, disorder or disease. Present laws indicate that the author must advise you to seek medical attention for your disease, if you have one. Choosing to do so, or not, is your constitutional right and you are ultimately the only person who is responsible for any decisions, risks or actions you take regarding the care of your mind and body. This author's intention is to provide health care education from a nutritional biochemical perspective so you are equipped to make an informed decision.