

Evidence-based and holistic dentistry



Friends of Science in Medicine
www.scienceinmedicine.org.au

Friends of Science in Medicine was formed in 2011 to emphasise the importance of having health care in Australia based upon evidence, scientifically sound research and established scientific knowledge.





What is the evidence telling us? Dentistry has advanced considerably, but there are still endless uncertainties and controversies. This lecture will discuss only one of them: the increasingly common practice of 'holistic', 'integrative', 'natural', 'biocompatible' or 'alternative' dentistry.

Holistic = healing that considers the whole person - body, mind, spirit, and emotions - in the quest for optimal health and wellness.

Prof Noel Campbell



In 1997, dentist Noel Campbell faced allegations of professional misconduct for administering ozone to a woman's rectum to relieve her facial pain. He allowed his dental registration to lapse before the Dental Board of Victoria could hear the allegations.

He then set up "...one of the busiest alternative therapy clinics in Melbourne (that) charges \$3500 a week for treatments that are ridiculed by conventional cancer experts."

Prof Noel Campbell



Oct 2013 “THE widow of a terminally ill cancer patient who was treated with vitamins and ozone therapy, will not receive a cent despite winning a landmark tribunal hearing against the unregistered doctor.”

“Among the treatments Mr Every-Miller received in his final months included a \$100 pubic hair test, a cancer "vaccine" made from his own blood, and ozone gas delivered into his rectum and through an earphone, which he was told would cure cancer.” But...

Prof Noel Campbell



“Individual A, a former patient of the clinic, stated he had no complaints about Noel Campbell. He described Noel Campbell as ‘a wonderful person’ who had been helpful with his treatment and believes he would not be alive today if it had not been for him.

Individual B, a former patient of the clinic, stated he had no complaints about Noel Campbell, his treatment or the clinic.

In September 2005, Noel Campbell showed the Inquiry complimentary cards and letters sent to him by grateful patients and their families.”

Prof Noel Campbell



Prof Noel Campbell still runs Hope Australia, an alternative health clinic offering to treat patients with autism, cancer, cerebral palsy, chronic fatigue, Lyme disease, HIV/AIDS, Crohn's disease, Ebola virus, multiple sclerosis and heavy metal toxicity using Ozone Therapy, Photo Dynamic Therapy and Sono Dynamic Therapy from Russia, Holt Therapy, Hyperthermia, meditation, diet and exercise.



“Fake wellness blogger Belle Gibson has been ordered to pay a fine of \$410,000 after being found guilty of misleading and deceptive conduct earlier this year. The Federal Court in Melbourne found she misled her readers when she claimed her brain cancer was cured through alternative therapies and nutrition. It was later revealed she never had the disease.”

Jessica Ainscough (Wellness Warrior)



In 2008, Jessica Ainscough (on-line editor for Dolly magazine) was diagnosed with an extremely rare cancer, epithelioid sarcoma, and ...

“...abandoned conventional medicine in favour of a controversial therapy known as the Gerson protocol, which recommended she have 10 raw juices and five coffee enemas a day.”

Five coffee enemas a day?

Jessica Ainscough (Wellness Warrior)



“Attractive and media-savvy, Ainscough tapped into the new online wellness movement at precisely the right time, part of a new breed of slim, designer-label-clad beauties taking organics and homeopathy out of the fringe and onto Instagram and Facebook.”

“Ainscough’s new career proved lucrative; she was earning six figures and was soon able to afford a large beachside home and support the rest of her family on her income.”

Jessica Ainscough (Wellness Warrior)



“When Ms Ainscough's mother, Sharyn, was diagnosed with breast cancer, she followed her daughter's lead and put her faith in Gerson Therapy.”

“Sharyn died in October 2013.”

“Even after her mother's death, Ainscough continued to spruik Gerson to her significant fan base.”

“Jessica Ainscough, a self-described ‘wellness warrior’ who attempted to stave off a rare form of cancer with natural healing, has died at age 30.”
(Feb 2015)

Recent years have seen an increase in dentists practicing holistic or natural or alternative or biocompatible health care. Are they all like Noel Campbell, Belle Gibson and Jessica Ainscough?

Holistic Dentistry

519 824 2273



Biocompatible
Dentistry



HOLISTIC
DENTISTRY

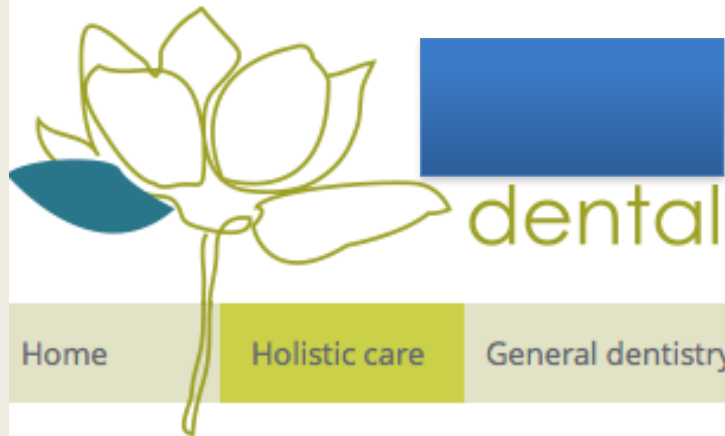


Integrative Dentistry



Holistic Dentistry...





dentistry with the whole body in mind

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Homeopathy and dentistry

As described by

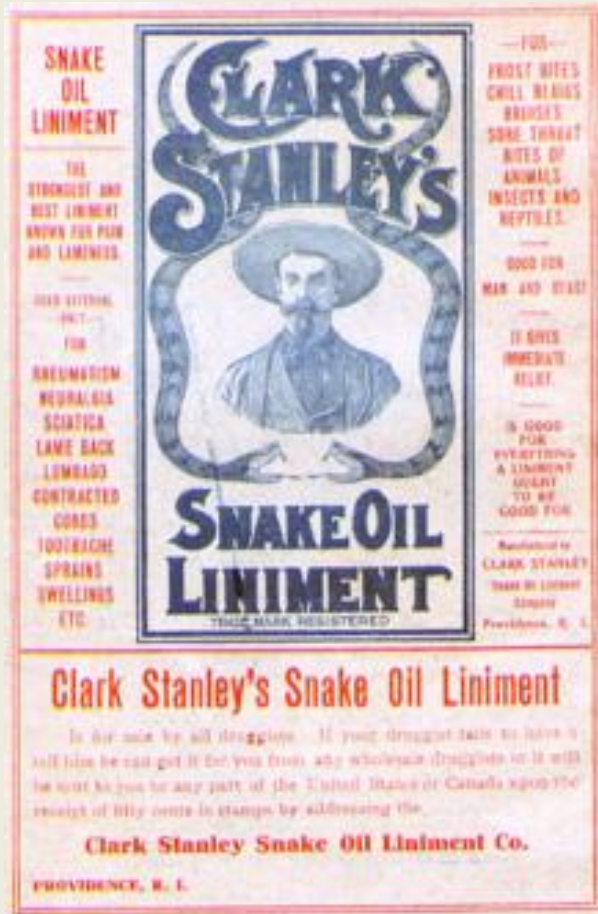
Homeopathy is a system of healing developed around 1800 by a German physician, Dr. Samuel Hahnemann.



It is a therapy based on the practice of treating 'like with like' in accordance with the energetic principles of healing, utilizing 'remedies' made from plants, minerals, or animal products.

These remedies are prepared by a process of repeated dilution and succussion called 'potentization', which renders the remedies capable of stimulating the body's natural healing forces of recovery. The treatment is not directed at removing symptoms or killing germs, but rather toward strengthening the person, so that his or her own healing capacities function better.



My view ... Homeopathy is what happened when snake oil salesmen discovered that water is cheaper than snake oil.




 **INDEPENDENT** 

News › Health

More than 700 GPs prescribed 'rubbish' homeopathic treatments last year

New research from the University of Oxford says doctors are still prescribing useless treatments despite NHS plans to ban them

Caroline Mortimer | @cjmortimer |
Tuesday 3 October 2017 00:11 BST | 

Grimes DR. Proposed Mechanisms for Homeopathy Are Physically Impossible. Focus on Alternative and Complementary Therapies. 2012;17:149-55.



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Holistic Dentistry

What is holistic?

Holism (derived from the Greek word '*holes*' for whole) is a philosophy in which the person, their body and their mind are considered as an individual entity. So, your Holistic Dentist will take into consideration not only your physical and biological components; but your emotional and spiritual components as well. These four components make up the vital functioning person.

Health care is much more about *health promotion* than the alleviation of the symptoms of disease.

Dentistry is an orthodox profession. Yet unwittingly, dentists have the one holistic mechanism that escapes most health professionals – the six monthly check-up. This unique opportunity to view people on a regular basis when healthy would be the Holistic practitioners dream. Most Dentists waste the opportunity by only looking for disease. When we adopt a Holistic Philosophy we have the means to remove disease before the symptoms manifest themselves and to fine tune the body so their health is maintained.

What to expect from a Holistic Dentist

Apart from the Dentist's desire to be more than a 'molar mechanic' and to try to treat the whole person, there are some basic requirements on a more practical level.

1. Exclusive use of Bio-Compatible materials.
2. Safe amalgam removal and mercury detoxification.
3. Proper extraction techniques including; sectioning the teeth to minimise dislocating or damaging the jaw bone and curettage or cleaning the socket to prevent the occurrence of Osteitis (chronic infection of the jaw bone).
4. Dental water free of bacteria

From this platform of basic requirements your holistic Dentist might offer further complimentary therapies over and above nutritional supplements and advices; for example:

1. Homeopathy
2. Hypnotics
3. Acupuncture
4. Herbs
5. Applied Kinesiology
6. Psychological Counselling
7. EAV (Electro – Acupuncture) testing
8. Soft Lasers

Homeopathic Support

We use homeopathic remedies as a support in a number of areas of our practise.

Rescue Remedy

Rescue Remedy isn't strictly a homeopathic remedy as it's a mixture of Bach flower essences. We use it to prevent emotional trauma. It is also spectacular at preventing patients going into shock, which is quite common in conventional practice after surgery. Due to its efficacy shock is a non-issue in our practice.

Antidotes

We use nosodes of x-ray and local anesthetics to counteract untoward effects of these procedures and medicines. Dr [redacted] isn't certain of the nature or scale of the problems associated with radiography or local anesthetics, however these specific remedies are designed to support those who are concerned.

[Enquire Now](#)[Zirconia non-metal implants](#)[Read now](#)[Did you know?](#)

Some people can be allergic to certain dental materials.

Nosode: a homeopathic preparation of substances secreted in the course of a disease, used in the treatment of that disease.



Addressing issues that affect YOUR health

- [Mercury](#) The dangers can be serious
- [Head and neck pain \(TMJ\)](#) Be pain free!
- [Root Canals](#) / cavitations / gum disease.
- [What amalgam manufacturers are saying](#)
- [Facts and figures about mercury](#)
- [Links to other important sites](#)
- [Health Issues that may affect you](#)

The information on this site is based on material and research concerning health and dental issues available world wide from a number of sources.

Important explanation about the connection between dentistry and nutrition and natural medicine

Philosophy of Treatment from a [Health Centred Practice](#) that puts YOUR health first.

in conjunction with Nutrition Diagnostics has a goal to optimise the health of the patient through three basic approaches:

- **Minimisation of the daily exposure to new toxins.**
- **Optimally safe detoxification of already accumulated toxins.**
- **Repair and regeneration of tissues and organ systems already damaged by toxicity by allowing the body by design to heal itself.**

Dr Xxxx XXXXXXXXX, Public Figure.

“We capture the healing power of light...

... health care methods that trigger your own rejuvenation and restorative processes. Our services focus on using oxygen therapies to energise and detoxify, intensifying the outcomes of your existing health programmes.”



“Dr Xxxx will be conducting research using Photo Dynamic Therapy to treat the malignant Devil Facial Tumour Disease that is endangering the Tasmanian Devil.”

This meridian tooth chart from this Queensland dental practice claims that infected or unhealthy upper right incisors can damage the right kidney and vice versa. The upper left incisors are also connected to the left kidney. Any evidence for this?

Holistic Dentistry - Making Sense of the Meridian Tooth Chart

Meridian Tooth Chart

Joints	Right shoulder, elbow, hand (index), 5-1 joint, foot, toes	Right TMJ, anterior hip/knee, medial ankle	Right Shoulder-elbow-hand (radial), foot, big toe	Right Forearm wrist, hip, knee, ankle	Right Forearm wrist, hip, knee, ankle	Right Forearm wrist, hip, knee, ankle	Right Forearm wrist, hip, knee, ankle	Right Forearm wrist, hip, knee, ankle	Right Forearm wrist, hip, knee, ankle	Right Forearm wrist, hip, knee, ankle	Right Forearm wrist, hip, knee, ankle	Right Forearm wrist, hip, knee, ankle	Right Forearm wrist, hip, knee, ankle	Right Forearm wrist, hip, knee, ankle	Right Forearm wrist, hip, knee, ankle
Mammary Glands		Right Breast								Left Breast					
Endocrine Glands	Anterior pituitary	Parathyroid	Thyroid	Thymus	Posterior pituitary	Intermediate lobe of pituitary	Pituitary	Pituitary	Intermediate lobe of pituitary	Posterior pituitary	Thyroid	Thymus	Parathyroid	Anterior pituitary	Anterior pituitary
Organs	Right heart, right lungs, small intestine, liver	Proctum, right side of stomach, esophagus	Right lung, right side of large intestine	Right side of liver, gall bladder, right side of kidney, duodenum	Right kidney, bladder, uterus, prostate, ovaries, penis	Right kidney, bladder, uterus, prostate, ovaries, penis	Right kidney, bladder, uterus, prostate, ovaries, penis	Right kidney, bladder, uterus, prostate, ovaries, penis	Right kidney, bladder, uterus, prostate, ovaries, penis	Left kidney, bladder, uterus, prostate, ovaries, penis	Left lung, left side of large intestine	Spleen, left side of stomach, esophagus	Left heart, left side of small intestine, pancreas, duodenum	Left heart, left side of small intestine, pancreas, duodenum	Left heart, left side of small intestine, pancreas, duodenum
Teeth Pictured															
Names of Teeth	Right upper 3rd molar (wisdom)	Right upper 2nd molar	Right upper 1st molar	Right upper 2nd bicuspid (pre-molar)	Right upper 1st bicuspid (pre-molar)	Right upper canine (cuspid)	Right upper lateral incisor	Right upper central incisor	Right upper lateral incisor	Left upper canine (cuspid)	Left upper 2nd bicuspid (pre-molar)	Left upper 1st bicuspid (pre-molar)	Left upper 2nd molar	Left upper 1st molar	Left upper 3rd molar (wisdom)
American Nomenclature	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Names of Teeth	Right lower 3rd molar (wisdom)	Right lower 2nd molar	Right lower 1st molar	Right lower 2nd bicuspid (pre-molar)	Right lower 1st bicuspid (pre-molar)	Right lower canine (cuspid)	Right lower lateral incisor	Right lower central incisor	Right lower lateral incisor	Left lower canine (cuspid)	Left lower 2nd bicuspid (pre-molar)	Left lower 1st bicuspid (pre-molar)	Left lower 2nd molar	Left lower 1st molar	Left lower 3rd molar (wisdom)
Teeth Pictured															
Organs	Right heart, ventral liver, bladder	Proctum, right side of stomach, pylorus, esophagus	Right lung, right side of large intestine	Right side of liver, gall bladder, right side of kidney, duodenum	Right kidney, bladder, uterus, prostate, ovaries, penis	Right kidney, bladder, uterus, prostate, ovaries, penis	Right kidney, bladder, uterus, prostate, ovaries, penis	Right kidney, bladder, uterus, prostate, ovaries, penis	Right kidney, bladder, uterus, prostate, ovaries, penis	Left kidney, bladder, uterus, prostate, ovaries, penis	Left lung, left side of large intestine	Spleen, left side of stomach, esophagus	Left heart, left side of small intestine, pancreas, duodenum	Left heart, left side of small intestine, pancreas, duodenum	Left heart, left side of small intestine, pancreas, duodenum
Endocrine Glands				Ovaries, testes	Adrenals	Adrenals	Adrenals	Adrenals	Adrenals	Adrenals	Ovaries, testes	Ovaries, testes			
Mammary glands				Right Breast							Left Breast				
Joints	Right shoulder, elbow, hand (index), 5-1 joint, foot, toes	Right TMJ, anterior hip/knee, medial ankle	Right Shoulder-elbow-hand (radial), foot, big toe	Right Forearm wrist, hip, knee, ankle	Right Forearm wrist, hip, knee, ankle	Right Forearm wrist, hip, knee, ankle	Right Forearm wrist, hip, knee, ankle	Right Forearm wrist, hip, knee, ankle	Right Forearm wrist, hip, knee, ankle	Right Forearm wrist, hip, knee, ankle	Right Forearm wrist, hip, knee, ankle	Right Forearm wrist, hip, knee, ankle	Right Forearm wrist, hip, knee, ankle	Right Forearm wrist, hip, knee, ankle	Right Forearm wrist, hip, knee, ankle

Toxin Free Dentistry

Dr xxx is cutting crystals to fit to plates and mouthguards to assist in the regrowing and regeneration of teeth.

“What I know about Crystals, is that whoever cuts the Crystal, programs the Crystal. It is indelible, cut into the very structure of the Crystal, and cannot be cleansed by any method.”

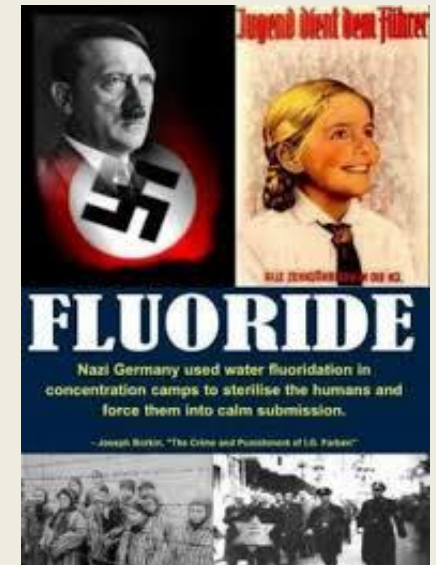
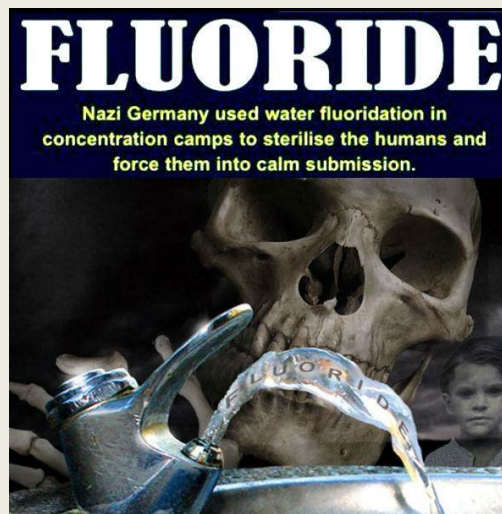
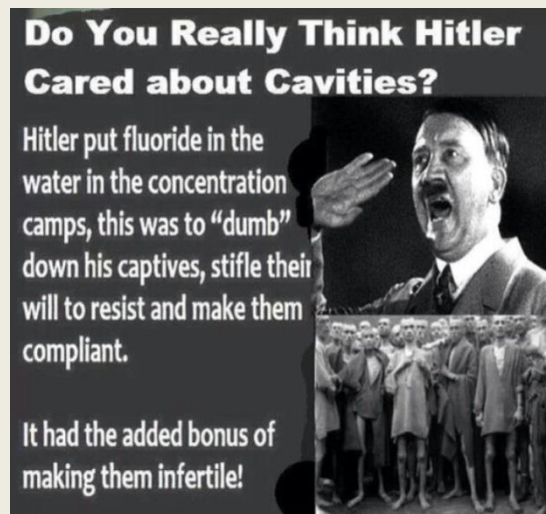
...with a piece of the amalgam from your mouth, he can make an antidote neutralise (sic) remedy that is effective in assistance to the detox, removing the frequency from all parts of the Being, really potentiating the physical expulsion, resulting in faster more complete removal.

And from Byron Bay...



“Dr Xxxxxx Xxxx has ...15 years specialising in Holistic Dentistry. She is a passionate industry leader who is a respected writer and speaker on the subjects of holistic dentistry and natural health.

“The first use of fluoridated drinking water was in Germany’s Nazi prison camps, allegedly to sterilize humans and force the prisoners into calm submission. Fluoride is a poison.”



“Xxxxxx ... is a student and practitioner of esoteric healing and esoteric chakra-puncture... and accredited by the Esoteric Practitioners Association. Well, at least she’s accredited...

The Esoteric Practitioners Association was founded by this man...

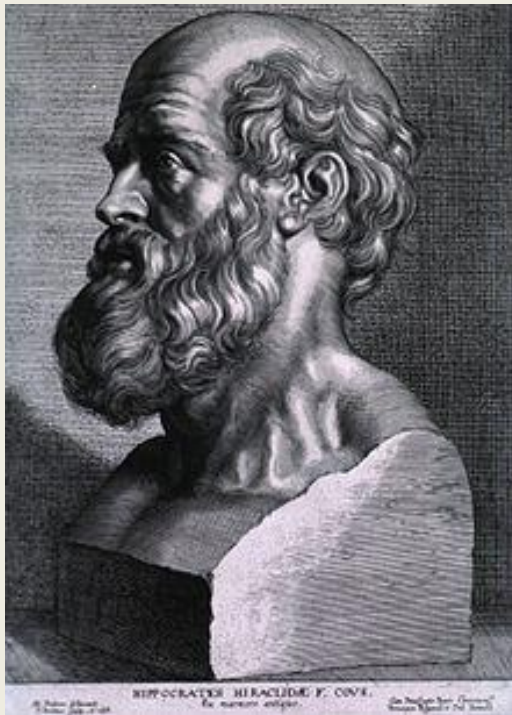


Serge Benhayon was a bankrupt tennis coach when he created Universal Medicine, involving treatments like esoteric breast massage, ovarian massage and esoteric chakra-puncture. He considers other alternative therapies to be evil.

Mr Benhayon has no medical qualifications. He has claimed to be the reincarnation of Imhotep, Leonardo da Vinci, Pythagoras, and St Peter. His daughter talks to women's ovaries for \$70/hr, and has claimed to be a reincarnation of Winston Churchill.

Am I opposed to alternative therapies?

No. Hippocrates recognized that powdered willow bark (containing aspirin) alleviated headaches, and South Americans used cinchona bark (containing quinine) to treat malaria. Around half of all modern medications come from natural sources.





Nature Bank on Griffith University's Nathan campus holds over 35,000 samples of plants and animals from Australia for molecule screening and drug development.

Traditional Chinese Medicine has given us ephedrine, and recently the anti-malarial drug artemisinin, but also many ineffective or dangerous herbal 'cures'.



2015 Nobel Prize winner Youyou Tu



Birthwort is a plant commonly used in TCM, Western herbal Medicine, Ayurvedic medicine, and many Indigenous herbal traditions for thousands of years. It also contains aristolochic acid, which is highly carcinogenic and causes kidney failure. But surely it's not a problem at the levels used in traditional herbal remedies?

From 1990-92, a Belgian spa gave their clients birthwort as part of a TCM herbal treatment to help with weight loss. More than 100 clients later developed kidney failure, and several developed urothelial and kidney cancers, with 39 needing kidney transplants. Despite birthwort being used for thousands of years, its connection to kidney failure and cancer was unrecognised until the Belgian spa cases.

Birthwort is still used around the world in traditional medicines.



Traditional Chinese Medicine also uses rhino horns, shark fins and tiger penises for male virility, tiger whiskers for toothache, and bear bile for liver and gall bladder conditions. Is evidence for other TCM 'medicines' any stronger than the evidence for 'medicines' derived from rhinos, tigers, bears and sharks?

A 2015 investigation by the New York Attorney-General's office used DNA sequencing and found that 79% of herbal supplements tested, including Echinacea, ginseng, St. John's Wort, and ginkgo biloba, contained none of the primary ingredient listed on the label. Only one supplement consistently contained the labelled ingredient. Which one?

Garlic, which is proven to ward off vampires.



In 2010, nine out of 10 complementary medicine products checked by the Therapeutic Goods Administration (TGA) in Australia were found to breach regulations.

(In 2016) fewer than 500 complementary medicines out of 11,000 on the market in Australia were checked for compliance by the regulator, the Therapeutic Goods Administration (TGA). Eighty per cent of those tested had compliance breaches. Would this be acceptable for any medications you are prescribed?

Most 'natural' medications are never placed on the Australian Register of Therapeutic Goods because they have never been shown to be effective.

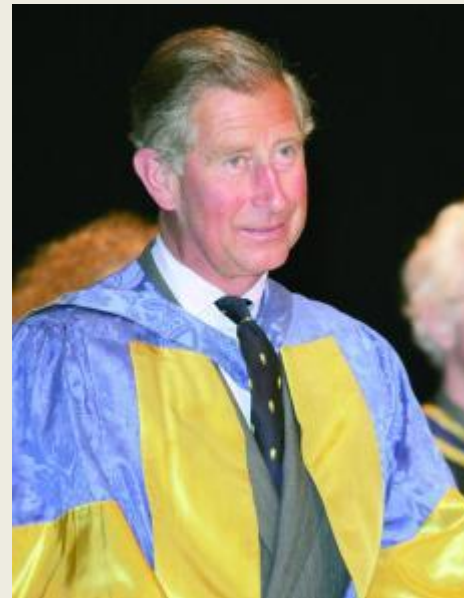


Why would natural health companies conduct expensive clinical trials that could show their products to be ineffective?

Many of the British Royal Family, including Queen Elizabeth II, her father George VI, and his father George V believe in homeopathy and 'natural' medicine.



Prince Charles continues the trend by using homeopathy to treat his farm animals. In 2004 he publicly promoted the Gerson diet, coffee enemas and carrot juice as a treatment for cancer.



An open letter to the Prince of Wales: with respect, your highness, you've got it wrong

“... I have always advocated the scientific evaluation of CAM using controlled trials. If “alternative” therapies pass these rigorous tests of so called “orthodox” medicine, then they will cease to be alternative and join our armamentarium.

The power of my authority comes with a knowledge built on 40 years of study and 25 years of active involvement in cancer research. Your power and authority rest on an accident of birth.”

Prof Michael Baum MB ChB FRCS ChM
Professor Emeritus of Surgery and visiting
Professor of Medical Humanities, University
College London, former President of the
British Oncological Association



Many people believe in natural therapies, and they pay taxes. Why shouldn't they have a taxpayer-funded hospital and taxpayer-funded alternative health care? Shouldn't we be able to choose coffee enemas and raw juices over mainstream medical and dental care if we wish?

Shouldn't we therefore acknowledge and accept natural and alternative therapies that promoters and patients honestly believe are effective?

Including therapies recommended by Noel Campbell, Belle Gibson and Jessica Ainscough?

Royal London Hospital for Integrated Medicine (formerly Royal London Homeopathic Hospital) is publicly funded.



In 1999, new South African President Thabo Mbeki banned anti-retroviral drugs in public hospitals and encouraged the use of herbal medicines, garlic, beetroot, African potatoes and lemon juice to treat the AIDS epidemic. The result...?



Mbeki Aids denial 'caused 300,000 deaths'

South African president's refusal to accept medical evidence of virus was major obstacle to providing medicine, say Harvard researchers

But quackery doesn't just happen in other countries...

Healing touch clinic opens at James Cook University in Australian-first (ABC News 2017)

“Healing touch ... an energy balancing therapy ... manipulation of energy from a distance ... unsticks your energy so you can heal yourself. For me it was a real eye-opener to actually embrace this, but I see it working. I feel the energy and other people feel the energy too.”

Is this biologically plausible?





“Dr Wicking (JCU academic), who completed her postdoctoral studies on healing touch, said the therapy was well-researched and proven to be effective on stress-related conditions.” But...

Extraordinary claims require
extraordinary evidence.

Dr Wicking's PhD and post-doctoral research on Healing Touch is yet to be published in a peer-reviewed journal. She teaches Evidence-Based Practice and Research Design courses at JCU.



Points to ponder

Gaining Australian Dental Council accreditation for undergraduate and specialist dental degrees is difficult. How have Western Sydney University, Victoria University, Charles Sturt University, Central Queensland University, Wollongong University and others been accredited for courses and degrees in 'health' programs with little scientific basis? Whose taxes are paying for these courses?

Why does the Australian Health Practitioner Regulation Agency (AHPRA) register professions that do not practise evidence-based health care?



Why is acupuncture in the ADA Schedule, despite qi, meridian lines and acupuncture points having no anatomical basis, and techniques around the world varying enormously? Do the cupping or moxibustion (burning dried mugwort on parts of the body) often used with acupuncture have any biological plausibility?



But some acupuncture trials for some medical conditions do show a beneficial effect. Why is this?



Why is an evidence base mandatory for mainstream health, but not for alternative health care?

Pharmacies dispense mainstream medications backed by research and expensive clinical trials. The cost of the medication helps fund future drug trials. Why do many pharmacists also promote 'natural' medications not backed by research and clinical trials? What message does this send to the general public?



What is health? Absence of disease? In 1948, the newly founded World Health Organization defined health as “a complete state of physical, mental and social well-being, and not merely the absence of disease or infirmity”, a description consistent with the concept of holistic dentistry. The World Dental Federation holds a similar view. An ideal of ‘holistic’ health is nothing new.



All dentists should be practising holistic dentistry. We should all be practising evidence-based dentistry, too.



Regent bowerbird
Lamington National Park