



Marin Naturopathic Medicine

THE MOST TYPICAL DENTAL MATERIALS THAT TEST AS "CLEAN" AND RELATIVELY INERT

Note: It is important to always be conservative and leave the tooth as intact as possible. Thus, the best holistic dentists will avoid crowning a tooth until it is absolutely necessary. For example, when a regular filling is no longer sufficient, first an inlay should be considered. If that is not sufficient than a larger onlay may be necessary. Finally, if these restorations are not enough, then a crown should be placed--but only as a last resort. Therefore, always consider getting a second opinion if your dentist doesn't offer inlays or onlays, but immediately recommends crowns to replace your fillings. (And similarly, also *always* get a second opinion if your dentist recommends a root canal.)

Fillings:

Grandio
Holistore 84
Heliomolar
Tetric Ceram
Point 4
Estelite Palfique
Fuji 7

Crowns, Inlays, Onlays and Bridges:

IPS e.max
Premise Indirect (formerly Belle Glass) 85
Eris (Empress II)
Paradigm Mz-100 86
Procad 87
Vita 88
RXG Gold (if necessary for a big bridge, otherwise, metal-free is best)

Anesthetic:

The Hubbell Technique
bupivacaine (Marcaine) 89 (In order to get this less-toxic anesthetic in a preservative-free and epinephrine-free form, dentists have to order it from Apothecure Pharmacy 800-969-6601 and then transfer it into their dental vials.)
Polocaine 3% (Dr. Doug Cook, who specializes in treating very sensitive patients uses this preservative-free, epinephrine-free anesthetic during his surgeries)

Bonding for Fillings, Inlays, Onlays and Crowns:

All Bond A and B
Estelite Palfique
Opti Bond I, II, Fl, 3A and 3B
Prime and Bond
SE Bond
Bistite II DC
Holistore Light
Clearfil Photo Bond
Prelude 1 & 2

Cements for Inlays, Onlays and Crowns:

Durelon (ESPE) Carboxylate Cement
Dual Cement
Pro Tec Cement
Rely X-Luting
Temp Bond
Variolink II

Temporary Cements for Temporary Inlays, Onlays and Crowns:

Durelon (ESPE) Carboxylate Cement
Temp Bond Clear
Temp Bond NE

For Sealing Fillings (composites) after adjustments:

Permaseal

Good Denture Materials

Vitalon 1060 90
Flexite
Supreme

Note: Be sure and follow the directions for detoxification on the "5 Dental Days' Protocol," as well as taking ongoing supplementation over the next few months in order to help your body drain, detoxify and heal as quickly as possible. This is just as important for the detoxification of the metals that were removed as it is for the glues and cements that were used in the new replacement restorations, which by their very nature are always toxic to some degree.⁹¹

Additionally, it is important to remember that since dental materials come and go, always check with your holistic dental physician to find out the most up-to-date materials that are currently available. Also, this list will be frequently updated on the author's website at www.radicalmedicine.com.

84 Holistore (from the Den-Mat company) and Premise Indirect (formerly Belle Glass) (with no shade) are the two filling and crown materials that Dr. Douglas Cook, one of the leading holistic dentists in America, has found to be the most

compatible and inert for over a decade. However, because the "no shade" has no metal tints at all contained in it, it appears colorless and therefore can look a little strange in the mouth. (The shade is an iron oxide.) Therefore, if the filling, inlay, onlay or crown is in a visible front tooth, then even the highly sensitive patient might still choose to try and handle the "shade" option for this particular restoration.

85 Ibid

86 This material is used with the Cerec 3D instrument for inlays, onlays or crowns made in the office.

87 Ibid

88 Ibid

89 The toxicity of local anesthetics and the use of these less toxic methods of anesthesia are covered in the next section.

90 Tissue tone 99, no cadmium, heat cure 20 hours at 167 degrees Fahrenheit. 91 Information on the "The 5 Dental Days' Protocol" is covered in an upcoming section.