



Dentistry for Health New York Presents



SUSTAINABLE DENTISTRY

An innovative dental practice that treats
the patient as a total eco system.



The Oral Systemic Link: Dentistry as a gateway to overall health

Traditional dental science is finally acknowledging what holistic dentistry has known all along, that there is a systemic connection between oral health and overall body health.

That premise is the very cornerstone of our practice.

By integrating our patients' oral environment with their bodies' innate healing power, an immune response is elicited that can reverse oral decay and Periodontal disease at an early or advanced stage and avoid the need for invasive and costly dental procedures.

We call this dental healing process, *The Holodontic Experience*. This wellness process allows us to view the condition of a patients' mouth as a barometer of bodily health and an indicator of potential disease in the future.

In fact, our tests can actually tell us if you have a future risk for heart or lung disease, diabetes, certain inflammatory cancers and even premature births. For instance, we do a non-invasive microscope test on the spot, and if we discover pathogenic bacteria under your gums, it informs us that this same bacteria may be traveling through your bloodstream and ultimately relate to serious health conditions.

To arrest it, we provide a customized in-office and at-home treatment program, utilizing periodontal antimicrobial formulas, which are very effective at eliminating the pathogenic bacteria.

We see the condition of your teeth and gums as an indicator of your overall health, in a similar way that an arborist sees the top branches of a tree as an indicator of the overall health of the tree.



A tree's health and growth is dependent on rain. Unfortunately, acid rain, which has become prevalent in many areas, has toxic pollutants including cyanide. Acid rain also has a deficiency of minerals, which are very important for the tree's growth.

Therefore, instead of absorbing healthy rain, the tree absorbs acid rain and attempts to grow to the best of its ability. However, while from the ground level the tree may look healthy, if you examine the top branches you will see leaves that are withering and dying, which are indicators of a breakdown in the overall health of the tree.

We humans have similar sustainable principles as the tree and are governed by the same laws of nature. When we consume too much acidic food and beverages, we also lose our alkalizing minerals and become susceptible to disease.

Thus we have discovered, time and again, that when a patient tests highly acidic, it is a likely indicator of a current or potential breakdown in the mouth and decay in the teeth.

In this way, your oral condition is a barometer for your health-- because it can break down much faster than the rest of your body. To us, it's like looking at the tops of the trees.

On the other hand, if a patient comes in and does have a problem in the mouth, but complains of no other problem in the rest of the body, it is almost certain to us that a related pathology will occur later on if they don't correct it now.

In short, our method of preventive dentistry also provides preventive overall body-system health care.

State-of-the art technology meets non-invasive dental care

Science and technology are now making it possible to diagnose and treat dental problems in effective new ways that are radically changing dentistry.

For example, we can now harness the positive benefits of ozone to help reduce or eliminate antibiotics and other invasive drug therapies.

Digital imaging enables us to see cavities, decay, and bone degeneration with greater clarity than ever before, thus helping to reduce the amount of radiation exposure from x-rays.

Sustainable Dentistry is also cost effective

Our non-surgical treatment program can decrease the pocketing, infection, and bleeding associated with gum disease and restore your gums back to health while saving you thousands of dollars on costly surgery, implants, and crowns.

Sustainable Dentistry focuses on several areas of concern, such as:

- **The patient's pH balance:** If a patient's pH is acidic, it indicates a potential health breakdown. Our program helps our patients alkalize their systems and access a state of self-repair.
- **Nutrition:** If a patient's oral health is deteriorating, there is a good chance that nutritional deficiencies may be a major cause. We discuss diet with each patient and may recommend blood tests in collaboration with the patient's physician to identify and improve nutritional deficiencies. For instance, many people are deficient in vitamin D, which plays a major role in attaining and maintaining overall gum and bone health.
- **Microscopic parasite analysis:** We regularly monitor our patients' level of pathogenic bacteria under the gums, as it has been proven to be a part of the cause of gum disease. The bacteria is also implicated as a link to heart disease, diabetes, lower birth weight, and certain cancers. Throughout our ongoing treatment and analysis, we confirm when the patient's gums have shifted into a state of repair by verifying that the bacteria count is no longer pathogenic.

Sustainable Dentistry also has a sustainable office environment

Sustainability is a priority for our office environment as well as for your care and treatment. That's why we have made *Dentistry For Health NY* one of the largest green dental offices in the country.

Our paint is nontoxic and the wall insulation is made from recycled denim. In public areas, the flooring is made of bamboo. The floor in the dental operatories is covered with linoleum made of linseed oil and wheat. All furniture covering is made of recycled fabric.

We use a dental vacuum that runs without water, which saves 15 to 50 gallons per hour. Dual-flush toilets also save substantial water. Rechargeable faucets operate through a sensor on the battery, which self-charges as water flows through it. All wood or wood products are made of natural materials certified by the Forestry Stewardship Council (FSC).

Just as our sustainable practice is based on the interdependent link between our oral and bodily health, it is also based on the interdependent link between our bodies and our planet.



My personal journey as a sustainable, holistic dentist

by Reid Winick, DDS

My mission in creating a future model of oral health through holistic dentistry stems from my own personal life journey.

As a freshman in college, I was diagnosed with Crohn's Disease and for several years I was treated with heavy medication and underwent four surgeries. My traditional medical doctors told me there was no cure and that at best they can only palliate me until the next surgery, and then the next.

It was the hardest time of my life; I was sick all the time and could not eat without pain. I was also practically out of work and on disability. After my fourth surgery, I had a respite for six months. Then, all of my symptoms started to return.

Fortunately, I went to a seminar on TMJ dysfunction and facial pain. There, two holistic doctors discussed the treatment of chronic pain and mentioned how gluten can cause Crohn's Disease.

I was dumbstruck! I was being treated by the best medical doctors in NYC and not one of them mentioned the possibility of a gluten allergy!

After the seminar, I spoke to one of the doctors and told her about my problem. On the spot, she tested me, using applied kinesiology. She pressed down on my outstretched arm, and did some emotional clearing by tapping on my head and spine (NET). She then asserted that I had an allergy to gluten and to immediately stop eating it.

At first, this was not an easy diagnosis to accept, because the majority of my diet was eating supposedly healthy gluten foods, such as whole grains. But, with my wife's support, I went on a gluten free diet, and in just five days, all of my symptoms were gone. I telephoned my NYC M.D. and told him the story of the doctor I met and how I was feeling.

He then had the audacity to tell me that I was in denial, and further more, there was nothing that would eliminate my symptoms. I argued that I was not the denying type and I knew how I was feeling.

He acquiesced and suggested that I may have celiac (an allergy to gluten that babies have) and should come in for a duodenal biopsy. I had the biopsy and expected it to show that I had an allergy to gluten.

However, to my surprise, the results were negative and *did not confirm* that I had a gluten allergy, though I had discovered (literally in my gut) that gluten *was* my main problem. My doctor acknowledged that I was improving and at least agreed that I should continue with my gluten free diet.

Soon after, my wife and I flew out to see the kinesiology (arm-testing) doctor and take the first of many courses on holistic medicine and dentistry. Along with much other enlightening information, I learned that a simple way to determine if you are allergic to *any* food type is to do a two-week elimination challenge test.

That course was a total transformation for both my wife and I, and as a result, we made many life-altering changes. About three years later, that same NYC doctor confirmed that I was totally cured of Crohn's Disease. As I reflect, I could have chosen to be angry with him for his lack of nutritional knowledge and wrong diagnosis, but I chose instead to be joyful that I met the right people at the right time.

Life takes on us a journey and it is up to us to decide how to best use the experience we learn on the way.

That experience has motivated me to help my patients understand that there is *a better way* to attain a healthier life and to sustain it through holistic non-invasive dentistry.

So if you are frustrated with being told you require gum surgery or tooth extraction, come see us at Dentistry for Health New York.

There is a better way.



If you're frustrated hearing dentists tell you:

**"It looks like you
will need a root canal."**

**"I'm going to put
you on antibiotics."**

**"You may require
gum surgery."**

We have a better way.



**Dentistry
for Health**
New York®

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