

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.)

1. Fillings:

Estelite
Palfique
Heliomolar
Holistore84
Tetric Ceram

2. Crowns, Inlays, Onlays and Bridges:

Belle Glass85 Eris (Empress II) Paradigm Mz-10086 Procad 87
Vita88 RXG Gold (if necessary for a big bridge, otherwise, metal-free is best)

3. Anesthetic:

The Hubbell Technique or 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.

4. 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

5. Cements for Inlays, Onlays and Crowns:

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

6. Temporary Cements for Temporary Inlays, Onlays and Crowns:

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

7. For Sealing Fillings (composites) after adjustments:

Permaseal

8. 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.

*Holistore (from the Den-Mat company) and 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 the patient might choose the "shade" option for this particular restoration. *Ibid 86 This material is used with the Cerec 3D instrument for inlays, onlays or crowns made in the office. *Ibid *Ibid* The toxicity of local anesthetics and the use of these less toxic methods of anesthesia are covered in the next section.

*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.