

# Focusing on Health and Wellness



## Need for Eliminating Mercury and Toxins

*In line with our intention of bringing our readers the latest information about holistic care, we are launching in this issue a regular column on holistic dentistry by Dr. Joel D. Singer.*

### **Why did you decide to become a holistic dentist?**

After completing my dental training and a General Practice Residency at Mount Sinai Medical Center 25 years ago, I worked in numerous part-time positions while beginning to determine where and how I would choose to begin a more definitive career. I was introduced to a dentist here in Fort Lee, Dr. Ira Wendroff, who was very ahead of the times, not having placed a mercury filling in many years. Although I realized that most patients did not want dark, mercury-amalgam fillings in their mouths (mostly for cosmetic reasons) and that alternatives were available, I still had not considered the possibility of not placing them at all. After consulting with mentors and colleagues, I decided it would be forward thinking and appropriate to join Dr. Wendroff in Fort Lee in 1993 and eliminate mercury-containing fillings from my dental practice. This was the beginning of my entry into holistic dentistry.

### **What is holistic dentistry?**

Holistic dentistry focuses on health and wellness. We consider proper nutrition for the prevention and reversal of degenerative dental disease, avoidance and elimination of toxins from dental materials and the prevention and treatment of

gum disease at its biological basis. A main focus is the approach taken when dealing with the toxicity of mercury fillings. Many are not aware that all of the silver or amalgam fillings that most adults have in their mouths are mercury fillings and there are very specific safety precautions that should be employed in dealing with these teeth.

### **Why is holistic dentistry better for patients than the traditional form?**

Traditional dentistry, like traditional medicine, is focused on disease and repair. Most importantly, traditional dentists do not understand or believe that mercury poses the health risk that it does. Even if they are no longer placing mercury fillings, they do not protect their patients, their co-workers or themselves from exposure to mercury when re-treating teeth previously filled with mercury. I feel very strongly that one should not consider removing mercury fillings unless done by a dentist who is specifically trained and equipped for Safe Mercury Removal.

### **Who are your patients?**

I have a general practice encompassing all phases of dental treatment. Patients have joined our practice seeking cosmetic or general treatment, implant dentistry to replace missing teeth, are fearful or anxious and are seeking sedation dentistry, or, the focus of this interview, they are concerned about biocompatibility of materials or existing mercury fillings and are seeking a skilled, open-minded dentist who

can treat them safely without further exposing them to toxic materials.

### **How can people be educated about dental health and start looking for holistic dentists?**

Firstly, I believe people should begin to learn more about the use of mercury in dentistry and see if that is a concern for them. There is information and links on my website, [www.singerdentist.com](http://www.singerdentist.com), and also [www.IAOMT.org](http://www.IAOMT.org), an organization that I've belonged to for many years whose fundamental mission is to promote the health of the public and to use legitimate research to propose more biocompatible approaches in all areas of dental treatment.

### **What does a holistic smile mean for you?**

For me, a holistic smile is one that is free of "dental stress." By that, I envision a smile that communicates your true spirit to others. That includes healthy gums, teeth free of discoloration and disfigurement, removal and avoidance of toxic materials, a comfortable bite, and the confidence to share it with the world.

*Dr. Singer's practice is located at 327 Bridge Plaza North, Fort Lee, NJ. Questions to him can be sent to the Editor of MY WHOLE PERSON.*

**'May love and joy attend you and yours this holiday!'**