

Holistic Dentistry: What Is It?

As investigative journalists, you sometimes find out far more than you ever really wanted to know. You find a good source, and you pump them dry, and then you look at all of the mud and gunk that you have pumped from them. Did you really need to know that? When it's not in the public interest, a lot of that mud and gunk never actually ends up in print, and so many people will wonder what was the point? But as every journalist knows, for every nine contacts that give you absolutely nothing, there will always be that tenth person who starts to talk, and you suddenly realise that you have a real breakthrough on your hands. Nothing can beat that feeling, the adrenaline pumping through your veins and your heart beat throbbing in your ears. That is why we were eager to discuss something that was seemingly taking all other journalists by storm, and that was holistic dentistry. Most articles didn't seem to have a clue what it was, even as they extolled its virtues, and we wanted to know not only what it was, but what a respected dentist thought of it all. That's when we spoke to Dr Paige Woods.



Based in San Diego, Dr Paige Woods is a respected dentist that has a large number of patients who are loyal to her dental practice and her expertise. To our surprise, when we contacted her about holistic dentistry, she not only knew what it was, but revealed that she actually specialises in that type of dentistry, and was always looking for ways to be able to encourage more people to know more about it. She sat down with us and took us through the three most important things [about holistic dentistry](#) – and we were not the only ones to be surprised:

Holistic dentistry is not homeopathy

Although homeopathy is a very respected medical tradition in some quarters, it is greatly mistrusted in others, and Dr Paige Woods knows that many people will avoid holistic dentistry because they think that it is basically the same. However, that could not be further from the truth. Homeopathy is a particular way of using water and small droplets of natural flowers and plants in order to treat a problem. It is all about treatment. Holistic dentistry, however, encompasses not only treatment but diagnosis, prevention, and education.

Holistic practitioners treat the patient as a whole

If it has ever felt like nonsense to you that traditional dentists are only interested in what is above your neck, then you are not alone! Holistic dentists know that it is madness to just treat the mouth and nowhere else! Our bodies are a whole, and a problem in one area can easily be revealed as a symptom somewhere else. It is only by understanding the entire patient – their habits, their diet, their stresses, their other aches and pains – that you can accurately diagnose them.

Holistic dentists refuse to work with toxins

This is something that Dr Paige Woods feels very strongly about, and is something that is rarely talked of outside of dentist circles. Despite the fact that we now know mercury is a toxin, a poison that can cause deafness, blindness, madness, and eventually death, we still combine it with fillings to put into people's mouths! From Dr Paige Woods' point of view, it is shocking that there are some dentists out there that would do that to their patients. As a holistic dentist, it is just something that she would not do; our knowledge has moved on, and our practices need to move on as well.

Reference - sandiegodentist.org