



# SYDNEY HOLISTIC Dental Centre

## **Sydney Holistic Dental Centre Shares Information On Dentist Mercury Amalgam Removal**

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The Sydney, NSW based Sydney Holistic Dental Centre would like to reach out to the wider public and share information about the holistic approach that they take to amalgam filling removal.

Over the past 160 years, dental mercury amalgam has been one of the most popular and commonly used dental filling materials. However, this widely used material has one huge problem. It contains mercury ?? one of the most toxic substances on the planet. Around 50% of dental amalgam is made up of mercury, while the other 50% is made up of a combination of silver, copper, tin, and sometimes tiny amounts of zinc. Due to the large amounts of mercury that dental amalgam fillings contain, serious concerns have been raised about their safety.

Mercury has been shown to be detrimental to the proper functioning of several vital biological compounds, including amino acids, proteins, red blood cells, enzyme inhibitors, hormones, enzymes, muscle cells and nerve cells. As a result, it has several negative effects on the human body. This highly toxic substance is slowly and continuously released into the body of the patient as vapors and particles from dental mercury amalgam fillings. This release is further sped up by the temperature, corrosion and friction that occurs during

chewing and clenching motions. Although mercury vapor is invisible, odourless and tasteless, it is far from harmless. Around 80% of these vapors are absorbed into the bloodstream through the lungs.

The Sydney Holistic Dental Centre believes that dental restorations should not involve materials that are harmful to an individual's normal body functions. For this reason, they have decided to refrain from using dental mercury amalgam fillings since 1987. The National Health & Medical Research Council recommends mercury amalgam removal using a rubber dam, additional suction, and a special removal procedure. The Centre follows these recommendations and does all procedures needed to minimize their patients' exposure to mercury during the amalgam removal process. They use a rubber dam to prevent amalgam debris ingestion. They also use powerful suction in tandem with medical air to avoid mercury recirculation and direct mercury vapour away from inhalation. The Sydney Holistic Dental Centre also makes use of tungsten carbide burs, a negative ion generator and air purifiers to make the process as swift and safe as possible. This holistic and careful approach protects patients from mercury debris, protects soft tissues in the tongue, lips and cheeks, improves access and visibility and keeps the patients relaxed throughout the removal process.

After the dental mercury amalgam is removed, the Centre replaces the fillings with strong, biocompatible, beautiful and sturdy filling materials. They prefer using ceramic inlays or onlays, as these provide a tooth-like restoration that is great at preserving and reinforcing natural tooth structures. This has had the additional effect of impressing their patients.

Amelia Mitchell-Taverner says in a 5-Star Google review, "After searching for years for a dentist, I came across the Sydney Holistic Dental Centre, specifically Doctor Lewis. I wish I had switched to him sooner. Fantastic attention, service, experience and eye for detail. You know you're in good hands when your dentist takes the time to understand you as an individual rather than just another patient. I am always able to get an appointment and nothing is too much trouble. My Invisalign results are amazing, and I actually look forward to my cleans with the hygienist (true story) - it feels like a spa day! Highly recommended."

Elín Lovísa Elíasdóttir says in another 5-Star Google review, "I saw Lewis at the practice for my invisalign. He's so kind and professional. He did an amazing job for my teeth, and I could not recommend him and the practice enough. I also go there for my dental clean, and the hygienists are all so warm and kind. The practice is so beautiful looking, and the girls at the reception make you feel so welcome as soon as you arrive! I highly recommend it."

Those in need of holistic mercury removal may check out the Sydney Holistic Dental Centre's website to learn more about their wide range of dental services. Patients may also visit the dental clinic's social media

accounts to stay up to date with their news and announcements.

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For more information about Sydney Holistic Dental Centre, contact the company here: Sydney Holistic Dental Centre Robyn Farley (02) 9221 5800 [shdc@shdc.com.au](mailto:shdc@shdc.com.au) 17/111 Elizabeth St, Sydney NSW 2000

## **Sydney Holistic Dental Centre**

*Sydney Holistic Dental Centre has been enhancing people's oral and general health since 1983. Our clinic supports our holistic approach, with a calm and relaxing feel, and with state of the art technology to ensure quick and optimal treatments.*

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