



Sydney Holistic Dental Centre Offers Holistic Teeth Whitening

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NSW based Sydney Holistic Dental Care (SHDC) recently published an article that explores whether or not teeth whitening is safe. A number of experts suggest that teeth whitening can be toxic for the body due to some of the substances and processes used in the process of whitening teeth. Their article offers advice on how anyone can whiten their teeth safely in order to achieve a brighter, healthy smile without any of the negative effects normally associated with the process. One such option is the more holistic approach offered by SHDC.

"It's a great feeling to have a smile you're happy with," says Sydney Holistic Dental Care's article. "A bright, healthy smile can give you the confidence and self-esteem needed to be your best and to be well. So much of our everyday lives involve using our mouth - eating, talking, smiling or laughing. Your smile is an essential part of who you are. Tooth whitening is a simple, safe and cost-effective cosmetic dental approach to improving your smile, giving the teeth a clean, white and youthful appearance. Tooth whitening is a non-invasive and low-risk process. Whitening is a suitable option for most patients. We do recommend that you first ensure any significant dental issues (e.g., periodontal disease, decay) are treated before proceeding. It is important to speak to your dentist or hygienist before conducting any type of whitening."

Teeth whitening has been proven safe by various researchers, the Sydney cosmetic dentistry expert says, provided it is supervised by a dental or an oral health therapist. Some patients may be more sensitive to some of the substances present during whitening, and it is generally not recommended for children under 15 years of age or women who are pregnant or lactating. The article crucially does not recommend whitening systems that use overnight whitening gels.

The first step to any teeth whitening process is to consult a doctor or oral hygienist. Using over-the-counter tooth whitening strips and other similar treatments can take weeks or months to have any effect and can even damage tooth enamel in the process. Professionals offer the quickest and safest procedures and can provide custom-made whitening trays which are more comfortable than generic trays and offer optimal results. Sydney Holistic Dental Care offers custom dental trays which are made by their professional team to fit each patient's teeth precisely and produce excellent results.

At SHDC, they believe in prevention more than cures. They recommend their popular Whitening for Life program to encourage their patients to have regular hygiene for better oral and general health. The program is a DIY, take home kit that allows patients to take care of their teeth at home and thus prevent discoloration in the future.

A number of patients have left excellent reviews of SHDC on various platforms. One Google review from Marcelle says, "I can't speak highly enough of Sydney Holistic Dental Centre. I had so much anxiety about going to the dentist that I had been avoiding dentists for years. Lewis made me feel so comfortable, and after years of fear I am now happy to go to my dental appointments. On top of that, their work is amazing, and I love that they look at the whole person rather than just your teeth."

Suzanna also says, "I have been a patient at Sydney Holistic Dental Centre for almost 10 years. Even though I live in another state now, I always come back for treatment and check-ups with Dr. Teoh, because I know that I will always receive the best possible care and expert advice on how to maintain good dental health but also on how to improve general health. What I like the most about them is that, unlike most dentists, the Sydney Holistic team not only focuses on how to fix dental problems in the best possible way but also the causes of dental diseases and how to prevent them from reoccurring. I would highly recommend them to anyone who is interested in a comprehensive approach to dental health."

For more information on SHDC and their holistic dental whitening services, visit the dental clinic's site.

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For more information about Sydney Holistic Dental Centre, contact the company here: [Sydney Holistic Dental](#)

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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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SYDNEY HOLISTIC
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