Sydney Holistic Dental Centre Explains the Holistic Health Benefits of Invisalign Teeth Straightening in Sydney

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Sydney Holistic Dental Centre, a dental office in Sydney, NSW, Australia, wants to point out the holistic health benefits of teeth straightening with clear braces. This means that aside from improving the patient?s smile, using a brace or clear aligners to straighten the teeth also has a number of health benefits, such as avoiding obstructed breathing when the patient has narrow jaws and crowded teeth, and better oral hygiene because crowded teeth are much more difficult to clean. They also want to point out that the relationship between the teeth, airway, and posture is often neglected. With a wide jaw, aligned teeth, there is more room for the tongue, which means less breathing problems while asleep.

Robyn Farley, practice manager at Sydney Holistic Dental Centre, says, ?A beautiful smile is often the prime motivation for those considering Invisalign clear braces. At Sydney Holistic Dental Centre, we help you not only achieve that beautiful smile, but also address important health problems that narrow jaws and crowded teeth can cause. As holistic dentists, we focus on the person attached to the teeth, their overall wellness, and, importantly, the quality of their sleep. Straightening teeth with Invisalign invisible braces: creates enough space for all of your teeth, improving your airway for optimal breathing; allows easier cleaning, better oral

hygiene and fewer gum problems and possibly cavities; and also results in a beautiful smile, without the need for metal braces.?

Thus, when deciding to use Invisalign Sydney patients are getting a multifaceted solution. When the patient has narrow arches, the dentists at Sydney Holistic Dental Centre will focus on expanded dental arches for improved airway and breathing. If the patient has an underdeveloped lower jaw, the clear braces will allow for more room for the tongue so that there is less chance of it falling back and blocking the airway during sleep. If the patient has problems with lip seal and tongue posture, the clear braces may help with myofunctional therapy, which addresses the primary reason for teeth crowding.

If the patient tends to breathe through the mouth, they will want to encourage nasal breathing. Nasal breathing offers many health benefits, such as better oxygen retainment, better filtration, and less snoring. If the patient has crooked or crowded teeth, which means dental hygiene would be a problem because the teeth are harder to clean, the goal is to have well-aligned teeth. This makes it easier to clean the teeth, minimizing the risk of cavities in the future. If the patient has stained teeth, they will focus on teeth whitening. This will enhance the beauty of a straight smile, resulting in enhanced attractiveness and better confidence.

The Invisalign process is for the patient to wear a series of practically invisible, custom-moulded aligners. These aligners can easily be removed when eating and when brushing the teeth. Because the aligners are moulded based on the contours of the patient?s mouth and teeth, there is less pain and irritation of the soft tissue compared to metal braces. And because the aligners can be removed, they allow for better oral hygiene, in contrast to metal braces that can?t be removed temporarily by the patient. This means that the patient can eat without having to worry about food debris getting trapped in between the teeth and braces. And the patient can brush and floss normally. And, of course, there is the advantage of the aligner being virtually invisible.

Started in 1983, Sydney Holistic Dental Centre is focused on providing the best quality dental treatment in a comfortable and caring environment. Based on the holistic concept that there are many links between oral health and the health of other areas of the body, they are focused on helping patients enhance both their dental health and their overall wellness. Their team of dental professionals offer high quality and the most advanced advice and care to their patients, while ensuring that the treatment is suitable for the patient?s specific requirements.

Those who would like to know more about the holistic cosmetic dentistry practice in Sydney can visit the Sydney Holistic Dental Centre website or contact them through the telephone or via email. They are open from 8:00 am to 6:00 pm, from Monday to Friday.

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For more information about Sydney Holistic Dental Centre, contact the company here:Sydney Holistic Dental CentreRobyn Farley(02) 9221 5800shdc@shdc.com.au17/111 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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