Sydney Holistic Dental Centre Talks About The Holistic Benefits Of Invisalign Clear Aligners

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Sydney Holistic Dental Centre (SHDC) is offering a holistic approach for patients to install and benefit from Invisalign Aligners.

Invisalign aligners provide a multifaceted solution to straightening teeth. Their many advantages include creating enough space for all the teeth, improving the airway for optimal breathing, allowing easier cleaning, better oral hygiene, causing fewer gum problems and possibly cavities, and finally, a beautiful smile without the need for metal braces. At SHDC, the center?s holistic dentists focus on the person attached to the teeth, their overall wellness, and most importantly, their quality of sleep.

After the procedure is finished, patients can not only expect to have a beautiful smile but also find relief from health problems that narrow jaws and crowded teeth can cause. Firstly, narrow jaws and crowded teeth reduce the amount of space in the nasal passages, the sinuses, and the space the tongue has in the mouth, leading to obstructed breathing. This inhibits a person?s ability to breathe well, particularly while asleep. Next, teeth that are crowded within narrow jaws are far more likely to accumulate plaque and calculus as it becomes harder to keep them clean.

The spokesperson for SHDC says, ?Invisalign Clear Aligners straighten your teeth with a series of clear, virtually invisible, custom-molded removable aligners, allowing you to remove them for eating and cleaning while giving you the smile you?ve always wanted ? without the hassle, appearance, and discomfort of braces. The custom-molded aligners that are changed regularly eliminate pain and soft tissue irritation that is often associated with metal braces. They stay comfortable and attractive while your teeth are being straightened. The average treatment takes about 9 to 18 months. We recommend booking appointments every 8 to 10 weeks for adjustments and to check the progress of the treatment.?

SHDC provides a thorough breakdown of the many symptoms of poor dental health that can be fixed with holistic solutions. Expanded dental arches lead to improved airways for breathing. More space in the lower jaw leads to more room for the tongue to sit without falling back and blocking the airway. Correcting tongue and lip posture, called myofunctional therapy, addresses the core reason for teeth becoming crowded.

The holistic treatment at SHDC also encourages nasal breathing which has many health benefits such as better filtration, better oxygen retainment, and reduction in snoring. Well-aligned teeth make it easier to keep them clean and avoid cavities in the future. A gentle teeth-whitening process increases attractiveness and confidence and improves overall mood.

Sydney Holistic Dental Centre has earned the trust and respect of Sydney residents through years of providing compassionate dental care using a holistic approach. The clinic boasts an impressive overall rating of 4.4 out of 5.0 on its Google Business Profile from over 50 reviews. Clients thank Sydney Holistic Dental Centre for its experienced and communicative medical staff, the great results it provides, and its responsive customer service.

A recent review says, ?I have had a lot of problems with my teeth for many years. Dr Lewis Ehrlich and the team at the SHDC have been the only ones who have been able to sort out my issues. I have never lived in Sydney but have for years traveled from interstate to continue my treatments at the SHDC. I highly recommend them.?

Another patient writes, ?I have been to this practice for almost 8 years. Fantastic service! Doctor Teoh has been very professional in addressing my teeth. It makes my jaw align now and reduces my grinding. My hygienist Kristel is very experienced with making sure my teeth are clean. As I have super sensitive gums, she has to manually and slowly clean my teeth. You can see that she has all the patience, no doubt about it. Overall, I am very satisfied with the addressing my needs.?

Readers in Sydney can get in touch with Sydney Holistic Dental Centre at (02) 8074-3940 or shdc@shdc.com.au from Monday to Friday from 8 AM to 6 PM.

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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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