# Sydney Holistic Dental Centre Pioneers Innovative Approach, Elevating Dentist Care Through Holistic Practices

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Sydney Holistic Dental Centre is at the forefront of revolutionizing dental care by incorporating a holistic approach that seeks to address dental issues and enhance the overall health and well-being of its patients. Contrasting sharply with traditional dentistry, which often targets symptoms as they appear, the holistic practice at Sydney Holistic Dental Centre aims to uncover and remedy the root causes of oral health problems. This approach allows for a broader scope of care that surpasses standard dental treatments.

Central to the philosophy of a holistic dentist is the acknowledgment of the deep connection between oral health and general health. The mouth is considered a critical gateway to the body, with the potential to affect various other systems within. For instance, there is evidence linking gum disease to severe health issues such as heart disease, diabetes, and some forms of cancer. With this understanding, Sydney Holistic Dental Centre utilizes comprehensive diagnostic and treatment methods that not only improve oral health but also contribute positively to the overall well-being of their patients.

A distinctive facet of the holistic methodology employed by Sydney Holistic Dental Centre is its commitment

to avoiding potentially harmful materials. Since 1985, they have eschewed the use of mercury amalgams for fillings, opting instead for safer, non-toxic alternatives. This reflects their broader commitment to using biocompatible materials in all their procedures, ensuring the safety and health of their patients.

Furthermore, holistic dentistry at Sydney Holistic Dental Centre emphasizes preventative care as a cornerstone of maintaining good health. They advocate for regular dental checks, education on proper dental hygiene, and guidance on nutrition as a means to forestall both dental and systemic health issues. The holistic practice extends to treatments for conditions like snoring and sleep apnea, which, while primarily affecting dental health, also impact the patient's overall quality of life.

Robyn Farley, the Practice Manager at Sydney Holistic Dental Centre, articulated the significance of their holistic approach, stating, "Our aim is to treat each patient with a comprehensive strategy that goes beyond their immediate dental needs. By focusing on the total well-being of our patients, we provide care that stands the test of time and contributes to their overall health, not just their oral health."

In addition to their unique approach to treatment, the holistic practice involves a detailed initial consultation that includes a thorough assessment of both general and oral health, comprehensive oral cancer screenings, and evaluations of the jaw joints and teeth. This meticulous process ensures that the treatment plans are precisely tailored to meet all aspects of a patient's health. To book a consultation and start the journey towards holistic health, please visit their website.

Farley elaborated, "In conventional dentistry, the mouth is often treated in isolation from the rest of the body. At Sydney Holistic Dental Centre, we recognize that this approach overlooks the significant impact oral health can have on the body's overall function and well-being. Our holistic dentistry practices reflect our belief in treating the person as a whole."

Sydney Holistic Dental Centre?s adoption of a holistic approach not only elevates the quality of dental care it provides but also establishes an environment that prioritizes comprehensive wellness. This innovative stance distinguishes them within the dental field, presenting a more inclusive and health-enhancing alternative to conventional dental practices.

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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
Dental Centre