

HOLISTIC AND INTEGRATIVE MEDICINE
IN DENTISTRY:
AN INTRODUCTION AND GENERAL
OVERVIEW

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HOLISTIC AND INTEGRATIVE MEDICINE

IN DENTISTRY:

What is holistic and integrative medicine and dentistry? Is it about removing all the amalgam restorations and throwing away the fluoride? Are there really herbs and natural products that can be used alongside the “real” tried and true materials? Is there any real science behind this or is it a fad and a hoax??

This course addresses the psychosocial, physical, emotional, and spiritual factors contributing to and determining one's health and healing—or not-- and explores the rationale, principles, and practices of integrative medicine.. We will look at some evidence based complementary and alternative approaches and modalities that can be used within a conventional dental treatment plan. The mind/body connection and the personal innate healing capabilities will be discussed and we will examine the benefits of the integrative approach on oral and systemic disease.

Learning Objectives:

1. Identify the areas on the Wheel of Health and discuss the various factors contributing to oral and overall health, going beyond the oral/systemic connection
2. Name three foods/ herbs that have antimicrobial properties, and explain their impact on oral health/disease
3. Name two evidence based modalities/practices that can reduce inflammation and the impact on periodontal disease and oral health
4. Identify two evidence based modalities/practices contained within in an integrative approach for dentistry and explain how this can result in improved overall health of dentists, their patients, and the entire dental team

There is much information about “natural” cures for anything and everything, and many people rely on the internet, which contains information, both accurate and inaccurate. Your patient depends on you for your professional expertise, in both clinical and educational matters. Below are some books in my personal library.

Books:

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| <u>UnDO it!</u> | Dean Ornish, MD and Ann Ornish |
| <u>How Healing Works</u> | Wayne Jonas, MD |
| <u>Lifestyle Medicine Handbook</u> | Beth Frates, MD, Jonathan P. Bonnet, MD
Richard Joseph, MD, and James A Peterson,
PhD |
| <u>Enlightened Medicine</u> | Michelle S. Fondin |
| <u>Life Is Your Best Medicine</u> | Tieraona Low Dog, MD |
| <u>Integrative Wellness Rules</u> | Jim Nicolai, MD |
| <u>The Healing Self</u> | Deepak Chopra, MD
And Rudolph E. Tanzi, PhD |
| <u>Health and Healing</u> | Andrew Weil, MD |
| <u>Sustainable Wellness</u> | Matt Mumber, MD and Heather Reed |
| <u>The Blue Zones</u> | Dan Buettner |
| <u>Healthy at Home</u> | Tieraona Low Dog, MD |
| <u>Dental Herbalism</u> | Leslie M. Alexander, PhD, RH (AHG)
and Linda A. Straub-Bruce, BS Ed, RDH |
| <u>Kiss your Dentist Goodbye</u> | Ellie Phillips DDS |
| <u>Oil Pulling Therapy</u> | Bruce Fife, CN, ND |

Your patients may ask you about information contained in these books:

Whole Body Dentistry Mark A. Breiner, DDS

All Natural Dental Remedies Angela L Kaelin

The Natural Cure for Tooth Decay Kate Evans Scott

Websites:

nccih.nih.gov National center for Complementary and Integrative Health

www.aaosh.org American Academy of Oral and Systemic Health

www.lifestylemedicine.org American College of Lifestyle Medicine

www.aihm.org Academy of Integrative health and Medicine

www.holisticdental.org Holistic Dental Association

Articles:

Autuori, C *Acuyoga for Optimal Health: Yoga off the Mat and into the Dental Operatory* **Access**, March, 2008

Autuori, C *AcuYoga for Optimal Health: Breathing, Meditation, and Guided Imagery* **Access**, September, 2009

Autuori, C *Integrative Dental Care: Conventional and Complementary Care Means Healthier Teeth and Gums* **Natural Awakenings**, November, 2015

A Native Healer's Prescription for Health

Rx: Take small miracles daily

For a second, let it stop: The rush, the deadline, the self imposed slavery of "must do"

For a moment, lose your eyes in the darkness and see the dancing stars behind your eyelids

For a minute, see a magnificent flower in your mind. Add the sound of a soothing waterfall, and then the smell of cool mint

For a time, feel each breath. With each breath. With each breath out, imagine releasing pain, an ache, a worry

With each breath in, absorb a sense of comfort, a kind word, a selfless act, a memory of the best thing this year

May you find peace, wholeness, connection, and completion in small miracles

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