

**Here are some questions to ask when looking for a dentist:**

1. **Is your office mercury-free?** *This means the office does not place NEW mercury amalgams.*
2. **Is your office mercury safe? Where did you get your training in protocol of safe mercury removal?** *IABDM certified/ IAOMT accredited or Huggins-Grube courses.*
3. **What precautions do you use when removing mercury amalgam fillings?** *You want to hear things like, a rubber dam, high speed suction, quartering the amalgam in large pieces, mercury vapor collectors, nosepieces with breathing air. (This reduces you breathing mercury vapor during amalgam removal.)*
4. **Do you provide compatibility testing of materials that may be used in my mouth?** *There are several good testing methods available.*
5. **Can the office be latex-free office for those that require it?** *Many people have allergic reactions to latex gloves and cleaning cups. Alternatives are available.*
6. **Is your office a fragrance-free office?** *Some offices use essential oils, so ask. Most biological offices are experienced with environmentally sensitive patients and are thus fragrance-free.*
7. **Do you do or recommend root canal therapy?** *The answer may vary but most biological dentists find that root canals (dead teeth) are extremely likely to be a burden on the immune system. They agree that nothing can sterilize a dead tooth or prevent the bacterial growth in the dentinal tubules. When they do offer them, you may hear they use, ozone and lasers to help reduce bacteria.*
8. **Does the office use fluoride?** *Most biological offices understand that fluoride is toxic and make an educated choice not to fluoridate their patients.*



**SAFE MERCURY REMOVAL  
FIND A BIOLOGICAL  
DENTIST**

[www.IABDM.org](http://www.IABDM.org)



Though biological dentistry incorporates most tools and techniques of traditional dentistry, the underlying philosophy is different. This affects how those tools and techniques may be used.

Biological dental offices are concerned with how to upgrade and maintain whole body health through mouth-body connections. Bio-means life, and biological dentist's aim is to promote oral and total health. Biological dental offices usually feature the following:

- \* Mercury free and mercury safe
- \* Fluoride free
- \* Nutrition conscious
- \* Digital X-rays (taken only when needed)
- \* Conservative dentistry to save natural tooth structure
- \* Integrative with homeopathy, acupuncture, neural therapy, and other modalities as needed
- \* Latex-free and fragrance conscious as needed
- \* Focused on periodontal health, airway, and alignment as foundational to whole body health.

The focus is on the root of the Greek word *bios*, which means “life.” This, ultimately, is what the biological dentist does everything to promote, treating the mouth in ways that support the health and well-being of the body as a whole. They aim to minimize use of any potential dental toxins. **So their practice will be mercury-free, fluoride-free, latex-free and so on. When mercury amalgam “silver” fillings must be removed, the dentist will follow strict safety protocols.** Minimally invasive dentistry is the ideal: digital x-rays only when needed, inlays and onlays instead of full crowns. Therapies such as homeopathy, acupuncture and neural therapy may be integrated with “regular” dental care.



Given the severity of the neuropathic effects caused by mercury poisoning, OSHA finds that a reduction in the airborne limit is necessary to ensure

that workers are not at significant risk of mercury-related neuropathic effects. Inhalation of high concentrations of mercury vapor for relatively brief periods can cause pneumonitis, bronchitis, chest pain, dyspnea, coughing, stomatitis, gingivitis, salivation, and diarrhea. Chronic mercurialism is manifested by central nervous system effects, including tremor, a variety of neuropsychiatric disturbances, and loss of appetite.



A biological office will have an ionizing filtering system and mercury vapor filtering system to purify the air. A centralized mercury separator is used to collect the mercury in the water that is suctioned. Amalgam Separators intercept microscopic particles to keep sewer discharge more than 99% free from heavy metals. This prevents contaminating public water.

**If mainstream dentistry feels mercury is safe in a mouth, then why do we have to take these precautions?**



Wrap-around eye protection for patients, as well as dentist and staff.



Alternative oxygen source provided to patient via nasal mask, which ideally has a one way valve and vacuum within the mask. Isolate treatment area with a properly fitted, non-latex dental dam. Multiple high and low volume suctions with copious amounts of cool water sprayed on the hand piece burr and the filling that is being drilled. Surround-type or two properly placed high volume suctions are best. High speed suction is placed on the tooth side of a dam and a low volume suction is placed in the mouth. Mercury vapors are vacuumed and filtered so as not to be inhaled. Sectioning mercury fillings into as large of a “chunk” as possible with a new carbide cutting burr and abundant rinsing. A saliva ejector placed under the dental dam to pick up mercury vapors that have been measured to have passed through the dam.

A Biological office will network with other practitioners that can help you with the **chelation** (removal of heavy metals from the body) once the amalgams are removed. It takes a team approach.