



Type of the Paper (Editorial)

## Holistic dentistry: The art of returning to nature

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**Abstract:** Nature is a great library of data and solutions of all medical and dental problems. we can get a glance at nature as an ideal model, source and tutor to build perfect biomaterials that mimic the building, composition and reactions of natural tissues. The concept of returning to nature is to offer a much safer and effective treatment modalities for both individuals and environment, it depends on recognizing the nature as a provider of building, healing and sacred connection with surrounding environment.

**Keywords:** Holistic dentistry; natural product; tissue healing

Nature is a great library of data and solutions of all medical and dental problems. we can get a glance at nature as an ideal model, source and tutor to build perfect biomaterials that mimic the building, composition and reactions of natural tissues. The concept of returning to nature is to offer a much safer and effective treatment modalities for both individuals and environment, it depends on recognizing the nature as a provider of building, healing and sacred connection with surrounding environment.

Holistic dentistry is an alternative to conventional dental treatment approaches. It is a form of complementary and alternative medicine, Moreover, it considered as the oldest but still emerging field of dental health care. Recently, holistic dentistry has increased in popularity and attention.

Although, holistic dentistry comprises some modalities typically not taught in dental school many dental clinicians are attracted to this type of dentistry, as it depends on utilizing natural remedies. Simply, holistic dentistry encompassed of utilizing natural, non-toxic and biocompatible approach of oral preventive measures and therapies.

Basically, holistic dentists are dentists who use holistic approaches in their treatment modalities and materials, in addition to considering how oral health mutually affects the whole body and vice versa. Consequently, holistic dentistry solves oral problems by concentrating on all aspects of health. Holistic dentistry is also termed; alternative, natural, biocompatible, unconventional or integrative dentistry.

Some studies considered amalgam as a safe filling material as they are approved by the American Dental Association (ADA), but holistic dentists promote removing mercury fillings as they harmfully affect patient whole health and environment. Moreover, holistic dentistry stands against using fluoride containing products or fluoridated water. Holistic dentists encourage flossing, brushing and medicinal treatments as herbals. They recommend nutritional habits change, homeopathy, cold laser, bisphenol A (BPA) free resin composite fillings, minimum drilling and using non-toxic materials.

**Citation:** Tamer M. Hamdy. *Biomat. Holistic dentistry: The art of returning to nature. J.*, 1 (1),1 – 2 (2022)

<https://doi.org/10.5281/znodo.5829408>

Received: 26 October 2021

Accepted: 11 December 2021

Published: 10 January 2022



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In my opinion, I prefer holistic dentistry specially in the terms of using natural remedies, biocompatible materials, natural dental products, simulating natural healing process and reactions, concerning whole-health treatment and avoiding the use of mercury or fluoride.

In a Nutshell, holistic dentistry, dental care spirits beyond the teeth and investing tissues to expand into the entire body surrounding environment. More studies and research are required to determine if holistic dentistry provides better dental care than the conventional one. In addition to clarify if it is associated with risks and side effects upon utilizing natural sources. Lastly, there is a little information about their effectiveness and safety among children.