

Holistic Dentistry and the Developing Child

Dr Prue King BDS



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dentistry with the whole body in mind



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The Triad of Health



MINDD and Dental Influences

- **M**etabolic – mercury, fluoride, BPA
- **I**mmunological – infections, dental toxins
- **N**eurological – fluoride, mercury, airway, TMJ
- **D**igestive – decay, chewing, candida, bruxism
- **D**evelopmental – narrow palate, mouth breathing, retruded lower jaw, sleep apnea

Airway and Sleep Disturbance

- Narrow palate
- Oral muscular dysfunction
- Enlarged tonsils & adenoids
- Toxins (mercury, fluoride)
- Infections (abscessed teeth)
- Tooth grinding (airway,
- parasites – Hg connection)
- Diet



Telltale Signs of Sleep Apnea In Children

- Mouth-breathing
- Snoring
- Witnessed apnea
- Very restless sleep
- Excessive sweating during sleep
- Also bed-wetting, reduced attentiveness, daytime sleepiness / fatigue, behavioral issues



Narrow Palate



**PALATE DEFORMITY
BEFORE EXPANSION**

**SAME PALATE
AFTER EXPANSION**



Decay

- Diet – sugar free
 - Good oral hygiene, fissure sealants
 - Genetics, mineral absorption
 - Not a fluoride deficiency
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- Leads to infections, loss of space, decreased arch development, foreign materials needing to be placed

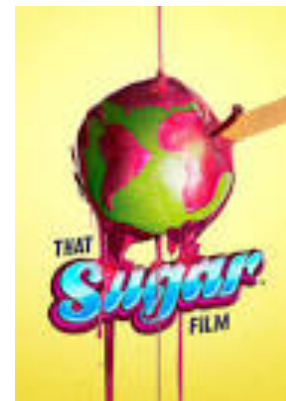
Dental Toxins

- Mercury – from mother, amalgam fillings
- Fluoride – bottle feeding , toothpastes
- BPA in composite fillings
- Root filling materials



Diet to Prevent Tooth Decay and Promote Ideal Facial Development

- Dr Weston Price
- High in Good Fats & Oils
- Bone Broths/ adequate Protein
- Fermented Foods
- Eliminate refined sugars & white flour, watch for high fructose corn syrup, “hidden sugars”
- Minimize all other sugars
- See That Sugar Film!



Thank You

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