Naturopathic Medicine: Dental Health

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Naturopathic Medicine

A distinct system of primary health care.

An art, science, philosophy and practice of diagnosis, treatment and prevention of illness.

Holistic approach which combines safe and effective traditional therapies with the most current advances in modern medicine.
Naturopathic Training

- Naturopathic physicians (NDs) attend 4+ years of an accredited medical school plus board exams.

- NDs learn conventional medical sciences for diagnosis of disease.

- The curriculum for the first two years of ND and MD training are very similar.
Naturopathic Training

- In addition, Naturopathic physicians learn:
  - Clinical nutrition
  - Botanical medicine
  - Homeopathy
  - Hydrotherapy
  - Physical Medicine
  - Counseling
  - Mind/body medicine
  - Pharmacology
Naturopathic Scope of Practice

- Licensed Primary care physician in the State of Oregon
- General Practice including diagnosis of disease using standard means (physical exam, lab tests, diagnostic tests)
- OB/GYN, minor surgery, Injection therapy, IV Therapy
- Insurance coverage
- Full Formulary
Naturopathic Philosophy

- First Do No Harm
- The Healing Power of Nature
- Treat the Cause
- Treat the Whole Person
- Prevention
- Doctor as Teacher
Philosophy of Disease

- Western medicine views disease as an entity which “attacks” the body resulting in a focus on symptom management.

- Naturopathic philosophy believes that disease means “Dis-Ease”, or rather an imbalance in the body – correct that and symptoms go away.
Naturopathic Treatment Goals

- Find and treat the *cause*, not the *symptoms*

- Treat the whole person; physically, emotionally, mentally and spiritually
Naturopathic Treatment Goals

- Remove the obstacles to cure

- Support the body’s innate healing powers
Thermography

Thermography is a physiologic test, which demonstrates thermal patterns in skin temperature that may be normal or which may indicate disease or other abnormality. If abnormal heat patterns are identified relating to a specific region of interest or function, clinical correlation and further investigation may be necessary to assist in diagnosis and treatment.
Thermography

Thermal imaging is an adjunctive test, which contributes to the process of differential diagnosis, and is not independently diagnostic of pathology.
Standard Head and Neck views in Thermography
Thermographic image of small dental abscess that was eventually seen on xray
Dental issues showing drainage into the digastric lymph nodes
“There is a focus of hyperthermia over the anterior and posterior maxillae; and the anterior mandible (Rt.>Lt.) with bilateral submandibular-cervical lymphatic drainage patterns, which is consistent with dental/periodontal pathology and/or dental procedures. “
Dental abscess and two inflamed areas of root canals
How Dental Infections affect Whole Body

“Given the patient’s history of root canal surgery, consider the following: The majority of root canal pockets often remain chronically infected and may actually evolve into osteomyelitic-necrosis. Dental issues, if left untreated, can possibly develop into smoldering subclinical infections creating a milieu for chronic inflammation, leading to a number of chronic diseases, i.e., cardiovascular, fibromyalgia, CFS, as well as, breast health problems; thyroid gland issues; and gastrointestinal challenges. Clinical correlation is advised; and if there are significant findings, would recommend dental management. Consultation with a biological dentist is a consideration.”
TMD
The Inflammatory Pathway

Optimal Health

Normal Health

Disturbance → Irritation

Irritation → Inflammation

Inflammation → Chronic Inflammation

Chronic Inflammation (occurs with suppression of normal healing process)

Steroids, NSAID, COX inhibitors, immune suppressants (Continued suppression of the healing processes)

Degeneration

Degeneration → Ulceration

Ulceration → Tumor

Tumor → Scar

Scar → Atrophy

Discharge (Normal Process)
DIET

Grain-Free

AVOID

Grains      Dairy      Corn      Grain-fed Meat
Potatoes    Peanuts    Sugar    Soy
Artificial Sweeteners
Processed Foods
Allimax, AlliUltra and Allimed

Pharmaceutical grade, stabilized garlic (allicin)
Questions?