

Healthy Bodies Have Healthy Mouths

PALMER DISTINCTIVE DENTISTRY'S
HOLISTIC, BIOCOMPATIBLE APPROACH
GIVES PATIENTS MORE THAN ONE
REASON TO SMILE.



Before



After

Dr. John Palmer completed his dental training more than three decades ago, and early in his career he did things the way he had been taught. But as time went by, Palmer began noticing joint pain and uncharacteristic irritability. He became depressed, uncertain what was behind the symptoms.

The answer, it turns out, was right under his nose—the silvery substance he had been using to fill his patients' cavities was making him sick. He was suffering from mercury poisoning, the result of years of exposure to amalgam dental fillings. Given what it had done to him, Palmer wondered how his patients were affected. That's when he began taking a hard look at a more holistic, biological approach to dentistry.

Today, patients come to Palmer Distinctive Dentistry because of the understanding Palmer and his staff have of the connection between dental health and overall health. "We get so compartmentalized because of our medical training that even dentists sometimes forget just how important a healthy mouth is," Palmer says. "Dental disease in the mouth tends to cause systemic disease. The materials and procedures I use in my practice all take that relationship into account."

A BIG-PICTURE APPROACH

Ever since his experience with mercury poisoning, Palmer has made the removal and replacement of such fillings with more biocompatible materials a large part of his practice. Palmer is a fellow with The International Academy of Oral Medicine and Toxicology, and he uses

the procedures set forth by the organization when removing amalgam fillings.

"Many dentists don't take such precautions when they take amalgam fillings out," says Palmer. "When you're taking them out, you're creating an aerosol of mercury particles and vapor, so the dentist needs to at least wear a respirator mask. My team and I wear biohazard suits and respirator masks so it doesn't get all over our clothes and into our bodies. I ensure our patients are also protected using the Safe Mercury Amalgam Removal Technique [SMART]. They are completely covered up and breathe oxygen while the mercury is being removed."

Although it offers services one would expect of a typical dental practice, Palmer Distinctive Dentistry is concerned with more than just its patients' teeth, often screening patients for sleep apnea. "We also like to do early intervention on pediatric patients because we see a lot of developing issues with their growth. We do early orthodontic treatment, even on very young children."

Palmer never ceases to be amazed by the connection between oral health and overall health. He recalls a patient who had come in with an undiagnosed rash covering three quarters of her body that had puzzled even her dermatologist. Palmer discovered an infected bone in the patient's mouth and performed surgery to remove it. When that same patient returned six months later, the rash had all but disappeared. "We see a lot of people who are sick," Palmer says. "And we watch them get better, which is just amazing."

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Holistic. Healthy. Happy.