

Chapter 6

Health Mouth, Healthy You Chapter Review Sheet



LIVING WELL
with DR. MICHELLE

— Chapter 6 — Clean Up Past Problems

- **Take-Aways**
- **Things To Do**

Chapter 6

Healthy Mouth, Healthy You

Chapter Review Sheet

Take-Aways

- A lot of dentists don't know the connection between past problems and overall wellness, or they just don't talk about it.
- Root Canals are a possibility if the nerve inside the tooth has been affected or infected.
- However, there are lots of dangers and problems with root canals. The only way a root canal can succeed is when a person has a strong immune system. However, only 30% of people have a strong immune system.
- Infected wisdom teeth cause your body to be on high alert constantly and can cause serious health problems.
- Mercury is the most neurotoxic, non-radioactive element on the planet. More so than arsenic or lead.
- Mercury fillings release mercury vapor all day long.
- Mercury fillings damage your teeth. They create decay underneath the filling.

Things To Do

- Check for failed root canals with your dentist. If it has failed, I recommend removing the tooth properly with the periodontal ligament and replacing it.
- Check your wisdom teeth areas with a dental CT Scan and treat them surgically.

Things To Do Cont'd

- If you have a mercury or amalgam filling, do research and talk to an expert to decide if you want it removed.
- If you want to remove a mercury filling, assure that they are removed appropriately.
- Talk to an expert to learn or diagnose past problems.