

Chapter 7

Health Mouth, Healthy You Chapter Review Sheet



LIVING WELL
with DR. MICHELLE

— Chapter 7 —
Fix the Mouth to Heal the Body

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

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Healthy Mouth, Healthy You

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Take-Aways

- The traditional cycle of dentistry leads you from a filling to another filling to a crown and finally to a root canal. This is an expensive and sad cycle.
- 60-80% of crowns can be avoided with Biomimetic Dentistry.
- Ozone cleans a tooth by killing bacteria and preventing the infection from spreading.
- Zirconia implants are beautiful, biocompatible, and very stable.
- So many health issues are related to what is happening in your mouth.

Things To Do

- Ask for Biomimetic Restorations.
- If you want to replace a missing tooth, look into Zirconia implants.
- Talk to a dentist that understands these things and make a plan for your dental revision.