

What does it mean to be a Holistic Dentist? also known as biologic, mercury free, and whole person dentist

Holistic dentistry is an alternative approach to dentistry that believes your oral health is absolutely interconnected to your overall health. It focuses on using biocompatible (non-toxic) restorative materials, eliminating infections, and promoting optimal teeth / jaw / head / neck structural relationships. The focus of a true Holistic Dentist such as Dr. Fotek is to identify areas of oral disease and structural dysfunction that may be negatively impacting the health and wellbeing of the patient. As a rule, she will then use for the least invasive, least traumatic, and least toxic means of diagnosis and treatment.

True holistic care supports the body's natural abilities of self-healing and regeneration.



Dr. Ilona Fotek can be described as:

- Not Using Amalgam / Mercury Fillings
- Knowing and Practicing Proper Mercury Removal
- Considering Heavy Metal Issues (Electrical / Toxic)
- Multi-disciplinary (Integrated) Healthcare Professional
- Offering Nutritional / Preventative Therapies
- Minimizing chemicals in dental treatments
- Utilizing safe materials and implementing material testing
- Fluoride free
- Implementing Ozone