

How to Find the Right Dentist

Basic guidelines:

1. The dentist should at least be knowledgeable in the minimum protocol listed below as well as have equipment necessary to carry out the safe protocol.
2. He/she should be a member of at least one of the associations related to safe mercury handling.
3. He/she should not place any amalgam or non – precious metal crowns or fillings.
4. He/she should never be controversial over the issue of mercury, fluoride, or root canals (all 3 are harmful).
5. He/she should always respect the thoughts, knowledge, and desires of you, the patient.

Questions I would ask the dentist to find out what type of dentist they are:

- Do you place amalgam fillings?
- What do you think of fluoride?
- What do you think of root canals? (You want them to do extractions only, they can than use a Marilyn bridge or traditional bridge or ceramic implant or zirconia.)
- Do you cross the midline in a single appointment? (No crossing the midline on same visit.)
- Recommended parts of removal process are to use a non-latex dental dam (nitrile is best), medical grade O2, and high volume water/suction.
 - Heap/charcoal filtration and negative ion generator are nice as well.

Look at this article: <http://www.ncbi.nlm.nih.gov/pubmed/16804512/>

A great resource is the IAOMT website. www.IAOMT.org <http://iaomt.org/basics/>