

Q & A

Safe Dental Materials Selection

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A: Sensitivity varies from person to person, so it is difficult to make a specific recommendation. The best way to check compatibility is to have biocompatibility testing done and research the dental materials for safety concerns.

Biocompatibility testing may be done to determine allergy and toxicity reactions for the assorted crowns, cements, filling materials, anesthetics, and other materials used in dentistry.

Clifford Consulting and Research offers the Clifford Materials Reactivity Testing (CMRT), which is a laboratory screening process used to help identify existing sensitivity problems to various chemical groups and families of compounds in an individual patient. The test reports on over 7100 trade-named products and 89 chemical groups and families. More information may be obtained (nfi) at:

<http://www.ccrilab.com/>
or by calling (719)550-0008.

VEGA bio-dermal testing is a biocompatibility testing method first used in Chinese medicine which uses a VEGA machine. The VEGA machine is connected by a wire to a hand-held electrical probe which the physician presses against the individual acupoint of interest while

the patient holds a brass tube in one hand, permitting a completed electrical circuit to occur when the metal-tipped probe touches the acupoint. Micro voltage electrical information is communicated to the VEGA Machine and displayed on a readout device or computer. A metallic platform for placing the material being tested is also attached. This information provides a reading of the electrical energy generated.

If both tests show that a material is acceptable, you can then try holding some in your hand, placing it in your mouth, and inhaling it to see if there is any detectable "toxic" effect to you beyond those basic reactivity tests. Place some of the material on your night stand while you sleep to determine how well tolerated the substance is in your immediate environment..

Finally, take the list of acceptable materials and research each of them. Looking for any red warning flags, such as materials or brands which have been shown to have contaminants. Then select the needed materials from the potential list with your dentist.

A good holistic dentist should be very familiar with these procedures and insist upon testing before beginning any work once you alert him/her to your medical condition.

A resource for holistic dentists may be found at:

<http://mcs-america.org/dentistlist.pdf>

