



# SWISS BIOLOGIC DENTISTRY



*Dr. Amelia, DMD*

Our mission is simple:  
Do everything possible to  
improve your oral health in  
the most natural and bio-  
compatible way possible!

***Elevate  
Your Oral  
Health!***



# WHAT EXACTLY IS HOLISTIC, OR BIOLOGICAL DENTISTRY?

Traditional dentistry looks at just the tooth to diagnose issues; we look at **everything**. We look at nutrition, diet, health habits, breathing, and of course your teeth. Dental issues are more complex than some traditional dentists understand. It takes a biological/holistic dentist to connect the dots so that the patient understands what caused the dental issue and that they have knowledge on how to prevent future issues.

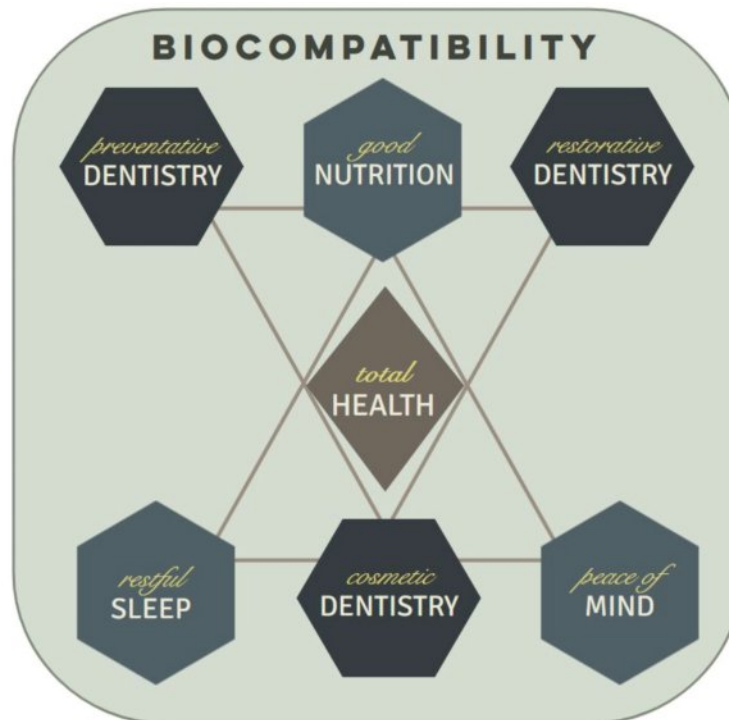
## SWISS BIOLOGIC DENTISTRY

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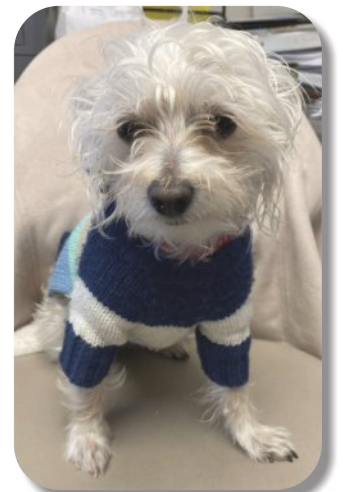
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licensed general dentist*



Total oral health is found at the intersection of great habits and great dentistry. We help you achieve optimal oral health by working on your dental issues as a whole, not individually. Our staff is trained to be a resource so feel free to bring your questions!

### L. Henderson ★★★★★

"This is without a doubt the best dentist I have ever been to. They are truly professional, knowledgeable and kind-hearted. They worked up a great plan for treatment and I especially love how they are so transparent and explain everything to me before they do it. They don't just jump in and when you are a skittish patient this is probably the most important factor for success in my opinion. Sally is for sure the icing on the cake and makes me want to go back."



**Good Girl, Sally!**

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## BIOLOGIC TAKEAWAYS

- Treats the Whole Person
- Uses the Safest Materials
- Bio-Compatibility Testing
- Minimally Invasive Dental Techniques
- Saves the most tooth structure
- Procedures are never rushed
- Mercury Safe
- Provides Alternatives to Root Canals
- Lowest Radiation Levels
- Uses Natural Body Elements for Healing
- Seeks to Educate Patients
- Employs Technology Wisely
- Promotes Natural Healing
- Dentist is Open Minded about Your Concerns
- Minimal X-rays
- Patient Centered Care

These are the basic takeaways of what makes us different. Learn much more on our website at: [swissbiologic.com](http://swissbiologic.com)



Welcome to Swiss Biologic Dentistry! If you're new to biologic dentistry, I look forward to getting to know you; and, I'm sure you want to get to know me better too. And if you are a regular, you can also get to know me better! I grew up in Tucson,

where I attended the University of Arizona (Bear down!). After college, I received my doctorate in dentistry in 2011 from the University of Pennsylvania, an Ivy League institution and top 10 dental school in the world (go Quakers!). A decade in dentistry; where did the time go!

While I was taught traditional dentistry from some of the best in the country, I felt something was missing from the bigger picture of oral health. And thankfully six years ago, I was offered the associate job at Integrative Dental Associates, one of Phoenix's best biological dental practices. It was here that the final pieces fell into place and the light bulb went off: True oral health requires looking at the body as a whole!

To more thoroughly understand whole body dental health, I am constantly expanding my knowledge and skill-set through continuing education courses and clinics. I've worked at the SDS clinics in Switzerland and Costa Rica, and other top clinics in Mexico, New Orleans, Miami, Chicago, to name just a few. I will go anywhere in the world that helps me help you because the learning journey never ends!



## NUTRITION AND HEALTHY HABITS

Oral health is in your hands most of the time. That means cutting down on the sugar and processed carbs; and, eating healthy food and keeping a healthy gut and oral biome. Now, don't forget to brush, floss, and come in for regular cleanings! if you do have a dental issue, don't wait and hope it goes away. Call us so we can help. That's kind of our thing!

## OUR COZY OFFICE!

We know that a trip to the dentist's office can be intimidating. So, to help you relax, we designed our waiting room to be as cozy as can be. We have taken great care to make your whole visit as pleasant as possible. The less stress you are under, the better your dental results will be! If we can improve anything, please let us know.



Services provided by an Arizona licensed general dentist

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# CERAMIC IMPLANTS



The best biocompatibility and bone integration

## What Makes Ceramic Implants Better?

**Functionality:** Implants allow for the maximum amount of normal biting and chewing force you can achieve from a restorative process. Upon integration, the implant is practically fused to your jaw bone. That process is called osseointegration since bone has literally grown around the implant to hold it in place.

**Longevity:** Current ceramic technology has come a long ways and current ceramic implants can last many decades. In fact, they often have longer lifespans than the crowns!

**Aesthetics:** Ceramic implants are essentially tooth colored even though they aren't specifically lab created for a particular shade. Metal implants are dark grey, and you can often see the metal ring at the gum line. This is especially true the older you get as your gums recede more and more.

**Bio-compatibility:** This is a metal free office. All implanted metals corrode when in contact with biological fluids releasing metal ions into the implant tissue thereby stimulating the immune system to trigger toxic, inflammatory, or allergic reactions with both local and systemic manifestations.

### Our Implants



We only use 100% metal-free ceramic implants. Ceramic implants are the closest approximate to natural tooth roots in terms of aesthetics and function. You never have to worry about metal showing while you smile here! They are very well tolerated, are completely free of metallic corrosion, and conduct neither electricity nor heat.



## Immediate Implants

Our office is one of the very few in the Valley that offers same day implant placements. If you need an extraction and implant, most offices perform these procedures separately. That increases your costs, pain, and wait times. Our Swiss-based immediate implant placement protocols are on the cutting edge in the implant world.

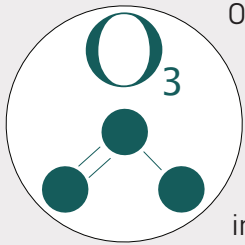
The protocols get you healing faster while providing superior bone integration over other two-step procedures. It's never been easier to get implants!

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**[swissbiologic.com](https://www.swissbiologic.com)**

## Our Implant Procedure

We only use 100% metal-free ceramic zirconia implants and we can usually perform the procedure in one visit. If you are getting an extraction and implant, the procedure begins with the extraction of the tooth, then a blood draw to extract **Platelet Rich Fibrin** (PRF), perhaps a small amount of **graft material** from your body is placed into the implant site, and some **ozone therapy**. The implant is placed, sutured up, and the healing process begins. After about six months, the bone will integrate around the implant site and the crown and abutment will be ready to be placed. A little time, a couple of visits, and voila, a new tooth!

### Ozone Therapy



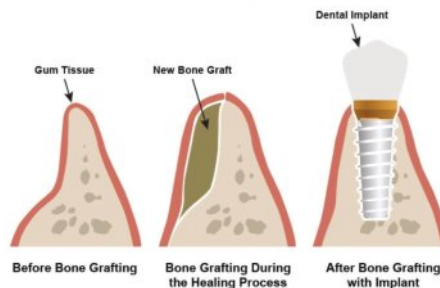
Ozone is a powerful oxidant. Bacteria, viruses, fungi and parasites have little or no antioxidant enzymes in their cell membranes.

Without this protection, ozone oxidizes (burns a hole through) the cell membrane causing it to rupture, resulting in cell death. Healthy cells have antioxidant enzymes in their cell membranes and are not harmed by therapeutic levels of ozone. Water treatment research in Europe has demonstrated that ONE MOLECULE OF OZONE has the oxidizing power of more than 3000 molecules of chlorine.

### 90 Years of Ozone Therapy

Did you know Ozone Therapy has been around since the 30's? Ozone started being used in Germany for dental procedures by Dr. E.A. Fisch over 90 years ago!

### Bone Grafting



The ideal bone grafting material is your own bone. In most cases we will harvest small amounts of bone from the extraction site. This bone is then mixed with the patient's **PRF** (Platelet Rich Fibrinogen), obtained from a blood draw. This is then placed back in the extraction site. Using the healing properties from your own body is the best way to avoid foreign materials and get the best results!

PRF

Platelet-rich Fibrin (PRF) is applied to a surgical wound to induce rapid hemostasis and accelerate the healing process. Because PRF is rich in platelets, there is a high concentration of hemostatic and growth factors delivered directly to the wound. The activated platelets initiate the coagulation cascade to stop capillary bleeding and seal any disruptions in the lymphatic system.

### - J. Biel Sutton ★★★★★

"I have nothing except good things to say about Swiss Biologic Dentistry. I have been a patient there for many years and I would not go to any other dentist. Dr. Amelia, and Dr. Butler before her, are exceptional and caring professionals. My hygienist, is thorough and gentle. I get excellent, preventive treatment there. And when I do need some work, they are careful to ensure that the materials they use do not cause me any allergic reactions. Their entire staff is friendly and welcoming -- particularly important in a dentist's office, where fear often overcomes the bravest of us, for some reason. When I go to my appointments, I may feel a bit apprehensive, but I know I'll be taken care of in the best way possible."

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## Optimizing jaw and airway development

### Modern Ortho Changes Everything

Orthodontics has moved far beyond braces. The goals of orthodontics these days is more than just straight teeth, it is about changing the structure of how you eat and how you breathe.



The best part is that if you can change the way you or your child eats and breathes, through what we like to call '**Biologic Ortho**', the teeth become straight almost automatically.

To get the best results of our Biologic Ortho program, we often end up using a range of different appliances customized to you or your child's situation. That level of customization is critical in providing the highest level results and the most natural of results. Every person is unique, and so are our treatments.

Additionally, we are very happy to introduce our high capacity digital scanner. We have almost completely eliminated the need for those goopy impressions which can be incredibly uncomfortable.

We also offer other orthodontics to address issues like sleep apnea, clenching and grinding, and minor cosmetic adjustments.

**Each Patient has their own unique path to success!**



We use multiple orthodontic methods to achieve your goals! We use the following systems:

**myobrace®**  
STRAIGHT TEETH THE NATURAL WAY

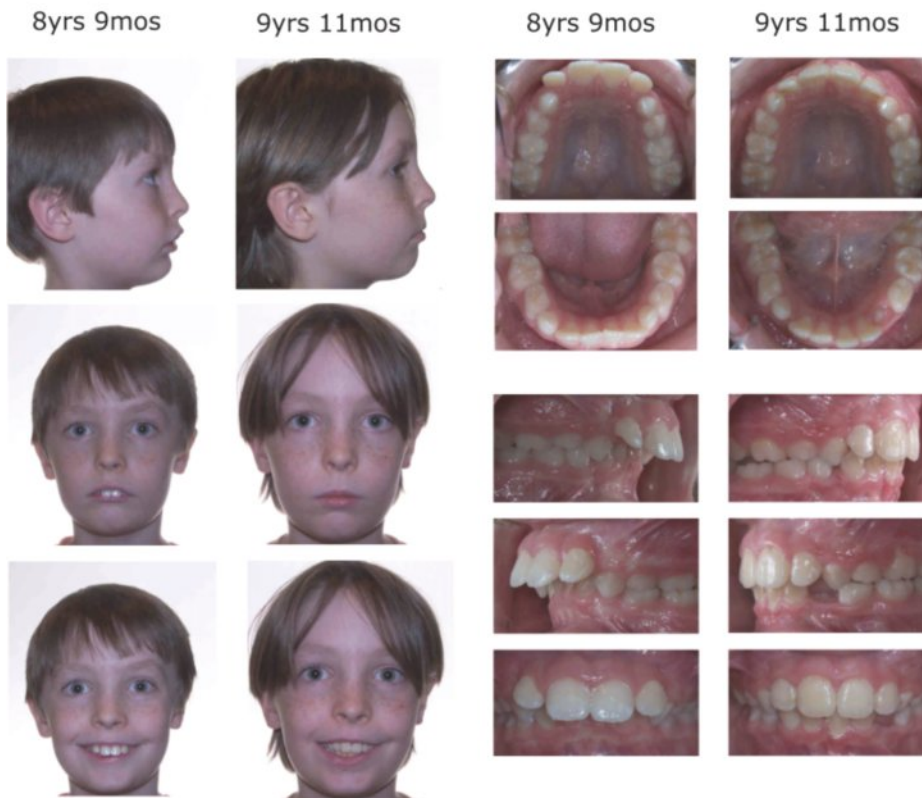
**healthystart™**

**EXPANDERS**

Most of our ortho appliances are removable and do not need to be worn all-day.

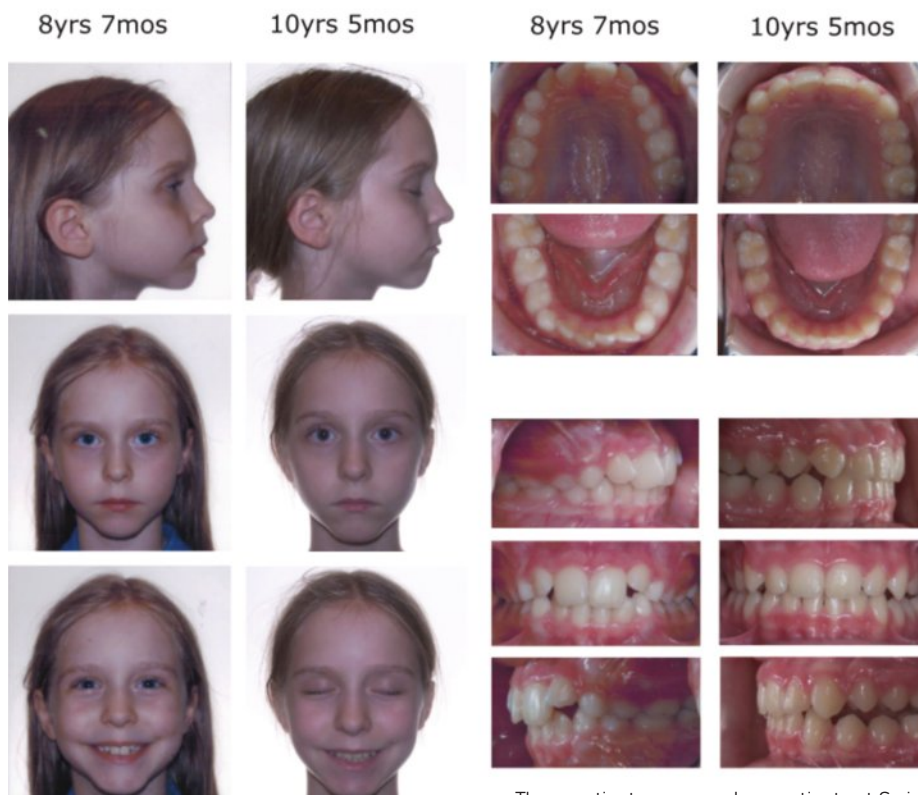
However, the patient does need to comply with our office's instructions on how long each day the appliance should be worn.

## CASE STUDY: Male child's extreme overjet



**A**t the beginning of treatment, patient experienced severe overjet on the maxillary arch and crowding on the mandibular arch. Patient was very compliant with treatment and was able to complete treatment in 14 months.

## CASE STUDY: Female child w/ early crowding



**P**atient experienced moderate crowding with corresponding airway obstruction. Myobrace treatment was successful with minor post treatment myobrace usage needed to maintain space. Usage to be phased out entirely within 12 months.

These patients were, and are patients at Swiss Biologic Dentistry. Each patient's guardian has given permission to SBD to use these images to show their child's results. Any reproduction of these patient's images is strictly prohibited.

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# RESTORATIONS



Least invasive procedures first

## Biologic Restorations are Better

Our restorative processes integrate the best biological dental practices including the use of sedative fillings, silver nitrate, platelet rich fibrin (PRF), and ozone. We are extremely conscientious about doing our best to keep as much of your original tooth structure as possible. Nothing is better than your original teeth and every dentist should go out of their way to try and save as many teeth as possible. Unfortunately, most dentists work on volume and aren't as interested as our office is in saving your tooth structure.

But, there does come a time when more invasive procedures are necessary. It happens. And when it does, we make sure that the materials that go in your mouth are as biocompatible as possible and look as close to the original tooth as possible.

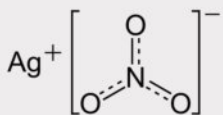
Also, we are sensitive to your biocompatibility needs. We can have a lab run tests on what materials you may have an allergic reaction to. We can also replace metal restorations with ceramic. Let us know if you have any concerns about the metal that may already be in your mouth. This is a metal-free office, so we place zero metal anything.



## Our Restorative Procedures

- PORCELAIN CROWNS
- PORCELAIN ONLAYS
- CERAMIC FILLINGS
- SEDATIVE FILLINGS
- METAL IMPLANT REMOVAL
- METAL CROWN REMOVAL

### Silver Nitrate



Silver Nitrate's application on the cavity site does not cure the cavity, per se, but it does arrest the growth of the bacteria that causes the cavity and gives the body time to repair the tooth naturally. Most people are not aware that the body can actually heal cavities on its own. This usually works for smaller cavities, but we will also try on larger ones as well to halt as much decay as possible. We believe that where the body can heal itself, it should be given an opportunity to do so. Silver nitrate works quite often, but not always, and in those cases, we will proceed with a filling.

VISIT OUR WEBSITE TO LEARN MORE AT  
**[swissbiologic.com](https://www.swissbiologic.com)**



# MERCURY REMOVAL



Remove toxic metals from your mouth

## Our (S.M.A.R.T.) Mercury Removal Process

**S.M.A.R.T. = Safe Mercury Amalgam Removal Technique:**

- Patients are given chlorella, an adsorbent to rinse and swallow before the procedure;
- Protective wear, including gowns, face shields, head and hair coverings, are worn by all Dental staff and the Patient to prevent any contamination on the skin or clothing;
- Respiratory grade masks, rated to capture mercury, are worn by the dentist and all dental personnel in the room;
- The Patient receives external oxygen delivered via a nasal mask preventing the inhalation of any mercury vapor or amalgam particulate during the procedure;
- To prevent swallowing of mercury particulate, a dental dam appliance, with additional suction, is placed in the patient's mouth;
- To reduce the amount of mercury vapor and particulate released, the amalgam is sectioned into chunks and removed in as large of pieces as possible. An electric drill hand-piece is turned to a low speed to reduce heat and keep ambient mercury levels as low as possible;
- Once the removal process is complete, the patient's mouth is flushed with water and then rinsed out with chlorella again;
- Patients are enrolled in a multi-phase regime of liposomal vitamins. Liposomal vitamins have a higher absorbency than traditional vitamins, second only to IV vitamin delivery.



Actual in-office mercury removal

### What is an Amalgam Filling?

A mercury filling is the traditional filling that has been used by dentists since the 19th Century. Also called an amalgam filling, a mercury filling consists of about 50% mercury. Silver, tin, copper and other metals make up the other 50%. Modern composites are superior in every way.

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## Open airways lead to better sleep

### I Should See My Dentist About My Sleep Issues?

YES! Getting a good night's rest is critical to long term health and if you are having difficulty falling asleep or getting good, restful sleep, we may be able to help. One of the most important aspects of sleeping involves getting sufficient air while you sleep. We have a range of appliances that actually change the airway passages, allowing for [maximal air intake](#). A couple of our appliances have orthodontic applications as well, but opening up the air passages remains a critical component.

If you are having sleeping issues and you think it may be related to breathing issues, you should contact us right away. You may also want to get a sleep test performed to make sure you do not have more serious issues.



#### Appliances vs. CPAP Machine

If you have ever had to try and sleep with a CPAP machine, you know how hard it is to fall asleep with that massive face mask attached to you. An appliance is a far less intrusive way to achieve similar results. For severe cases, a CPAP machine may be mandatory, but if you are not at that stage yet, you should definitely try an appliance.



#### GOOD SLEEP HABITS

- **Go to bed around the same time regularly;**
- **Do not drink caffeinated beverages after 2pm;**
- **Try to avoid watching TV and looking at your phone at least an hour before bed;**
- **Make sure your mattress is still good;**
- **Cool your room down;**
- **Try to relax before bed, and avoid thinking about tomorrow's worries;**
- **Avoid having LED lights in your bedroom.**

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## Comprehensive hygiene and health protocols

### Why It Is Important To Maintain Regular Cleanings:

Regular cleanings are an essential part of good oral health for two major reasons: 1) dental cleanings by our hygienists are far more thorough and comprehensive than anything you can do at home, and 2) issues with your teeth can be spotted earlier with less invasive procedures available.

First, it is important to understand why and how our hygienists incorporate our holistic practices. One of the most important things our office gives to hygienists is time. Most offices only give their hygienists 45 minutes to set up, perform the cleaning, and the clean-up for the next patient. Our hygienists have more than an hour to devote to each patient. This means a more thorough, deeper cleaning, every, single, time.

Another key difference is our use of ozone, iodine, and essential oils. While our hygienists still use the same hygiene tools that have proven effective at traditional offices, we go further. Our ozone and laser treatment get to the bacteria that live between the gums and your teeth. That's the spot you want to clean most. Other offices just don't get to it. And again, that may also be because we give our hygienists more time.

The third thing is training. Our hygienists are trained to identify and help our dentists diagnose issues using our holistic techniques. Ultimately, it is always the dentists call on what treatment is necessary, but it is always good to have a second set of eyes.

*Services provided by an Arizona licensed dental hygienist*



### Periodontal Disease

Did you know that nearly 50% of all Americans suffer from either moderate or severe periodontal disease?

<https://www.perio.org/consumer/cdc-study.htm>

Untreated periodontal disease can cause permanent bone loss in your teeth, bad breath, and the bacteria can enter the bloodstream and cause respiratory issues, rheumatoid arthritis, strokes, heart disease, and other serious ailments. The body is complex, and diseases in the mouth can have far reaching consequences.

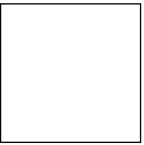
<https://www.mayoclinic.org/diseases-conditions/periodontitis/symptoms-causes/syc-20354473>

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## WHY "SWISS" BIOLOGIC DENTISTRY?



When we started this practice, we thought of what we should call ourselves. We were originally called Integrative Dental Associates, one of the first holistic offices in town, but we found out that almost everyone we talked to didn't know what "integrative" meant. So we thought about the roots of Biological Dentistry and about what we cared about. We thought about Dr. Amelia's roots and about what kind of service we strive to achieve.

And then it came to us. Dr. Amelia's family is from Switzerland (Neuchâtel) and the leader of biological dentistry is from Switzerland, so as an homage to our roots, we landed on Swiss Biologic Dentistry. We aim to bring the precision, professionalism, and practices from the leaders of dentistry in Switzerland to everyone here, in the United States.

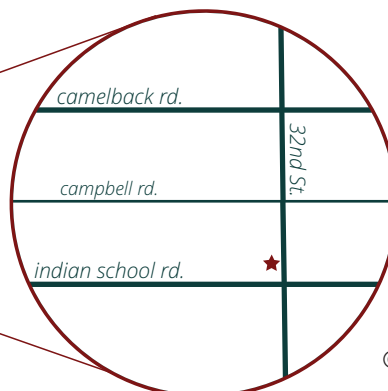
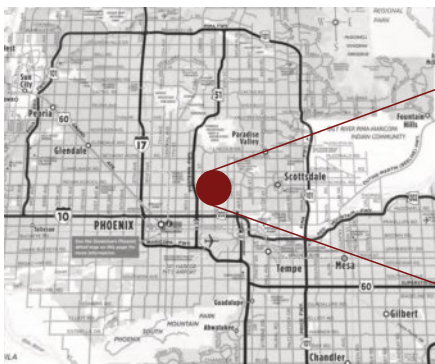
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And, it never hurts to think of the cool mountains in the middle of July out here in Phoenix! Welcome to our practice and welcome to your new dental home!

*Dr. Amelia*

[www.swissbiologic.com](http://www.swissbiologic.com)



**Conveniently located at:  
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