

DENTAL X-RAY DETOX PROTOCOL

First, let's be clear on a couple of points to put this into perspective...

1. The potential problem with dental X-rays is that they can expose us to small amounts of ionizing radiation, and cumulative and unnecessary exposures can, over time, cause potential damage to human cells. This is why every dental office should be following ALARA (as low as reasonably achievable) principles as the standard of care.
2. Dental X-rays (especially newer digital technology) expose us to significantly less ionizing radiation than some of the other medical/dental technologies out there. It is important to know that we are exposed to numerous other sources of radiation every day, far exceeding a few dental X-rays. And remember, without X-rays we cannot properly diagnose issues EARLY, the entire principle behind preventative and functional dentistry. Medical and dental X-rays account for only 18% of our annual radiation, with 82% coming from background radiation daily. The ground we walk on, the air we breathe, the food we eat, and the water we drink all emit low levels of radiation.

Here is a great chart to help give perspective.

3. Dentists cannot effectively diagnose a patient's health without occasional X-rays. They show us: cavities, cysts, abscesses and infections, extra teeth, missing teeth, tumors, deviated septums, blocked sinuses, TMJ issues, crowding or misalignments, impacted teeth, cancers, and more. It is essential to understand that the visual exam is a really small part of a dental exam and we need X-rays to completely understand our patient's health and to practice preventative and functional dentistry.

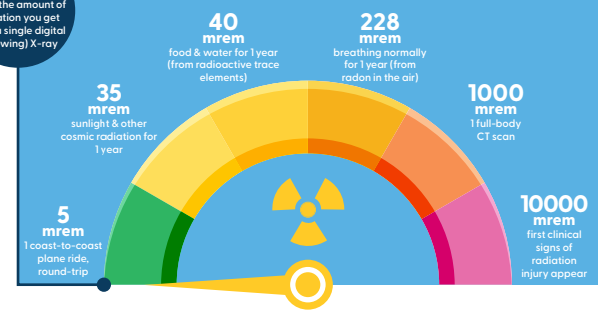
That being said, being mindful of exposures is essential. Your dental team should always be open to discussing the reasons for prescribing X-rays and work with families on minimizing exposures as much as possible, while still offering optimal patient care.

0.1 mrem
this is the amount of radiation you get from a single digital (bitewing) X-ray

RADIATION FACTS

- Dentists use X-rays to safely and effectively diagnose and treat problems of the teeth, gums, and jaw. Although X-rays do give off radiation, the amount is minimal.
- Radiation exposure is typically measured in units called millirem (mrem).
- Each year, the average person receives about 620 mrem of radiation from all natural and man-made sources combined.

COMPARE THAT TO:



What can we do to mitigate radiation risks?

When living tissues are exposed to X-rays, the result is a big hit of oxidative stress, or what we call 'free radical damage, and, as many of us know, the 'fix' for free radical damage is antioxidants.

Food sources for radiation-protecting antioxidants and phytonutrients:

Richly-colored berries, like blueberries, raspberries, blackberries and cranberries, prunes and goji berries, pecans, cilantro, tomatoes, leafy greens and kale, broccoli, squash, organic miso and fermented soy, clove, ginger, cinnamon, black and green tea, reishii, garlic, and turmeric.

Other things to consider are: chlorophyll, sea vegetables and sea moss, apple pectin powder, Vit E, and binders.



PMID: 14745664 PMID: 22291721 PMID: 20334518 PMID: 23908555 PMID: 15532701 PMID: 3059375

Before Exposure to X-Rays (3-7 days prior):

1. Optimize your antioxidant levels by loading up on below foods.
2. Consider vitamin C supplementation.
3. Consider taking homeopathy (Cadmium sulphuricum 30c or X-Ray 30c) 1 hour before exposure.

Post X-Ray Actions (3-7 days after):

1. Continue with antioxidant-rich foods. Eat the rainbow of organic fruits and vegetables.
2. Consider a Bentonite Clay and/or Epsom salt bath after exposures.
3. Activated charcoal binders can help, but many children have a hard time taking them as they mostly come in capsule form. You could open a capsule to add water or a smoothie or try Cell Core's Carboxy Powder.
4. Grounding (walking barefoot on the earth).
5. Consider taking homeopathy (Cadmium sulphuricum 30c or X-Ray 30c) as soon after exposure as possible and every 8 hours for the next 24-48 hrs.

BLOOM
kids dentistry

FAVORITE DETOX SUPPLEMENTS

Vitamin D

Supports immune response and minimizes the potential for an adverse reaction. Studies have shown better vaccine effectiveness in children with adequate levels of vitamin D compared to children with low levels.



Glutathione

Supports the body's phase 1 and 2 detoxification pathways. Helps to chelate toxins along with optimize methylation, which helps eliminate the toxin from the body.



Homeopathy

Supports the body's own healing response from the potential for an adverse reaction. If an adverse reaction were to occur, these three homeopathic remedies are the most commonly recommended.



Vitamin A

Supports immune response and aids in optimizing vaccination effectiveness. Acts as an adjuvant, and has been shown to enhance both cellular and humoral immune responses in animals and humans.



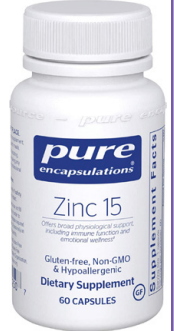
Vitamin C

Supports immune response and aids in detoxification by neutralizing free radicals.



Zinc

Supports immune response and aids in detoxification by helping remove heavy metals from the body.



Prenatal

Provides a woman with the essential nutrients before, during, and after the baby. To not only support the baby's needs, but to also support Mama's needs! Prenatals include nutrients that can be passed through breastmilk to aid in immune and detox support for babies including B vitamins, Folate, Magnesium and more!

NDF Plus

Removes toxic metals, including aluminum. It is a gentle detoxifying formula for sensitive individuals. Made of a combination of chlorella, cilantro, mushrooms, probiotic strains, and other herbs.



NDF Liver Life

Supports the liver, our biggest filtration system, to ensure it is working well. If the liver is working well, it will do a better job removing vaccine toxins and their byproducts to reduce adverse reactions. Made of a combination of mushrooms and herbs.



Children 2-5 months

Child takes:

- Vit D3: 1000IU/25mcg
- Glutathione: 50mg
- Homeopathic Combo: 1 pellet each of Thuja 30c, Sulphur 30c, Silicea 30c

Breastfeeding mom takes:

- Vit A: 20000IU/6000mcg
- Vit C: 1000mg twice daily
- Zinc: 25-30mg
- Prenatal

Children 6-12 months

Child takes:

- Vit D3: 1000IU/25mcg
- Glutathione: 50mg
- Homeopathic Combo: 1 pellet each of Thuja 30c, Sulphur 30c, Silicea 30c
- Vit A: 5000IU/1500mcg
- Zinc: 5-8mg

Breastfeeding mom takes:

- Vit C: 1000mg twice daily
- Zinc: 25-30mg
- Prenatal

Children 12 months +

Child takes:

- Vit D3: 2000IU/50mcg
- Glutathione: 100-250mg
- Homeopathic Combo: 1 pellet each of Thuja 30c, Sulphur 30c, Silicea 30c
- Vit A: 10000IU/3000mcg
- Zinc: 15-25mg
- Vit C: 500-1500mg

Add On

For aluminum containing vaccines (DTaP, Hib, PCV, Hep. B, Hep. A)

NDF Plus:

- 10lb or less: 1-2 drops 3x daily
- 11-15lbs: 3-4 drops 3x daily
- 15-25lbs: 5-6 drops 3x daily
- 25-40lbs: 7-8 drops 3x daily

NDF Plus:

- 10lb or less: 1-2 drops 3x daily
- 11-15lbs: 3-4 drops 3x daily
- 15-25lbs: 5-7 drops 3x daily
- 25-40lbs: 8-10 drops 3x daily

For MMR Increase Vitamin A:

- 20000IU/6000mcg

BLOOM
kids dentistry