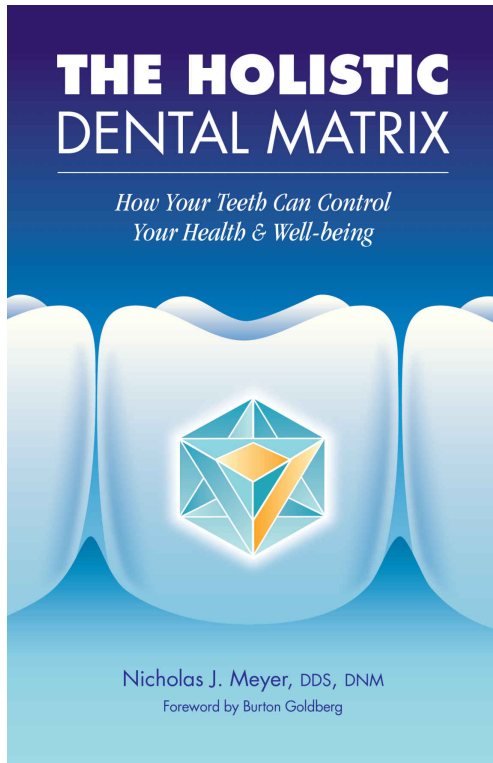


BOOK REVIEW

By Leo Cashman



The Holistic Dental Matrix – How Your Teeth Can Control Your Health & Well-being

By Nicholas J. Meyer, D.D.S., D.N.M. (ISBN 15:46560416; Millennium Management; 2016, paperback, 293 pages; \$24.99)

Have you ever wondered what it would be like to sit down with an experienced holistic dentist and be able to ask every question you can think of on dental and health issues? Reading Doctor Nicholas Meyer's new book, *The Holistic Dental Matrix – How Your Teeth Can Control Your Health & Well-being*, is almost as good as that because he is a veteran, well-regarded holistic dentist who has taken the time to write a book that shares his thinking on every aspect of dentistry and its health impacts. The author shares with us his discovery that you cannot simply treat the symptoms of your dental condition, you actually have to trace down the symptoms in order to find the real problem.

Dr. Meyer, who practices dentistry in Scottsdale, Arizona, helps us to easily find what we are looking for by providing, in the beginning of the book, a chart of issues or symptoms directing us to the chapter(s) in the book where those symptoms are addressed. This six-page chart is what he calls a "holistic dental matrix." With this "matrix," a reader can go from his/her health questions and concerns to the best holistic dental thinking and solutions that this fine book has to offer.

Doctor Meyer's writing is somewhat informal; and, despite the technical nature of the many subjects, it is quickly understandable to the average health-oriented reader/patient. In addition to the comprehensive holistic dental matrix found at the front of the book, there is also a five-page index at the back of the book that lists various body systems, organs, and symptoms, giving the chapter(s) in which each one is discussed.

A full range of dental-health topics is discussed in addition to the all-important topics of dental mercury, fluoride, and root canals (which all present serious health hazards). There are chapters covering TMJ (jaw point) disorders, periodontal (gum) infection, cone-beam scanning and other testing and diagnostic devices, airway obstruction and sleep apnea, jawbone disorders, ozone therapy, and lasers as used in dentistry. Everyone should find at least one of these dental topics of interest and usefulness to them personally.

The Holistic Dental Matrix's tone is positive and hopeful as the author discusses not only the many dental problems that patients can have, but also the many benefits and solutions that holistic dentistry can provide. The book is sprinkled with many patient stories that make the discussion seem more genuine and vivid. For readers ranging from new patients to professional colleagues in dentistry or healthcare, this book provides the best current overview of holistic dentistry and what advantages it has to offer us today.

An earlier version of this article appeared in the magazine Dental Truth in March 2018. The reviewer, Leo Cashman, is the executive director of the non-profit group DAMS, or Dental Amalgam Mercury Solutions, which publishes that magazine. Its website is www.amalgam.org. The book The Holistic Dental Matrix is available from DAMS, which can be contacted at 651-644-4572.