

# Free Your Smile

A roadmap to help you  
navigate the complexities  
of modern dentistry

Dr. Fre  
Dental Surgeon  
(MSC - B.R.A.C.E.)

**Asklepion.Academy**

First Published December 2023.

Copyright 2023 by Asklepion Academy.

<https://asklepion.academy>

All rights reserved. Licensed under CC BY-NC-SA 4.0.

This book or any portion thereof may not be reproduced or used in any manner whatsoever without the express written permission of the publisher except for the use of brief quotations in a book review.

Published by Asklepion Academy

Editor in chief: Caroline Wheeler

Final edit: Sam Blanchard

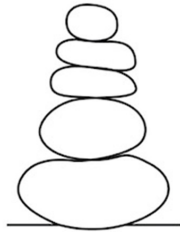
Internal layout: Mahina Marshall

Cover design: Niels Vrijdag

ISBN: 978-0-473-70196-3

*Dedicated to a free and new  
generation of human beings,  
in the hope that you will seek and find.*

*Dedicated to a free and new  
generation of dentists,  
in the hope that you will become  
a BRACED artisan.*





**"If you would be a real seeker after truth,  
you must at least once in your life doubt,  
as far as possible,  
all things."**

*Descartes*



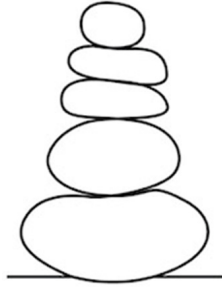
## Foreword by Dr. Caroline Wheeler

The medical and dental trillion dollar industries have, over the years, with persistent and clever marketing, become a new religion that we are all meant to accept and not question. “Trust the Science” has become a way to silence people and stop dialogue and healthy debate.

I was brought up to ask questions using these simple words to help me navigate my way through life - why, what, how and when. Asking these questions took me into the world of science which to me has always been about dialogue and debate and is ever evolving and changing.

I recall many years ago damaging one of my teeth. My dentist tried to fix it several times without success. Eventually she said the only solution she could come up with would be to make a bridge which would result in the tooth on either side being damaged. I was horrified that her solution to fix one tooth would compromise two of my healthy teeth and I shared my concerns with her. She referred me to a highly skilled dentist who sorted out the problem in such a way that it has never given me any trouble again and the remedy did not damage my other teeth. That was a good outcome but unfortunately, I have had other experiences with other dentists which didn't have such a good outcome. If only I had had Fre's book then to help me navigate what sometimes can feel like a minefield of information.

Fre encourages us to keep on asking questions to find the best choices for us.



Throughout this book, Fre uses standing stones as a metaphor to help us navigate on our journey of protecting and caring for our teeth. As a young Dad, every year he would take one of his children walking in the Alps in Switzerland, Austria and Slovakia where they use standing stones to help people find the path.

~

Writing a book on dentistry with enough information to be useful but not too overwhelming was something I did because I really want our community to have this invaluable resource. Dental and medical books can be far too dense and technical for most people and my part was to distill Dr Fre's wisdom down to an easy-to-read format.

My hope is that you find this book to be a helpful guide through what can so often be overwhelming options and that you find the right questions to ask in order to make healthy choices.



# Preface

We live in an era of significant change and shifting consciousness, one full of opportunities. We are at a crossroads where we are being called to live more consciously and to remember that we do have choices. It is important that we take responsibility and control of our health and our well-being and not hand this over to medical “experts”.

After several decades of working in dentistry and holistic healing, it is time for me to share my thoughts, my knowledge and my experience. It’s time for a more humane approach to the art of how to look after your teeth into your nineties and beyond.

For far too long we have given the dental industry free rein to profit from our ignorance and insufficient knowledge. Harmful, traumatic dentistry is still all too often the norm. Certain treatments are often totally unnecessary, and can often be avoided with a little understanding and asking the right questions.

It has to be said that I also see the opposite, where too little has been done especially for ageing teeth where opportunities to prevent dental disease and tooth decay are all too often missed.

I have a passion for preventative health and healing and I want to play my part in making dentistry a better place. This disruptive book, combined with an interactive website was written and developed to help the world of dentistry shift from a 19th and 20th century mechanistic plumbing to a 21st century

healing art. I urge you to refuse outdated therapies and instead to learn how to “bio-hack” your own dental health.

This book is a treasure map for basic but clever, preventative, evidence-based strategies to keep your teeth healthy forever with minimal procedures, minimal cost and minimal interventions.

I could not have written this book without the support and contributions from my tribe of integrative medical doctors who have encouraged me to bridge the extensive gap between the medical and dental worlds.



*Dr. Fre with a stone balancing project in Cinque Terre, Italy*

# Table of Contents

<b>Chapter 0 Be the Fool: Ask questions</b>	<b>1</b>
<b>Chapter 1 Ageing</b>	<b>5</b>
BRACE Dentistry	5
Blue Zones	6
Bio-Hacking	8
The oral microbiome, the new biology	9
Mouth breathing	12
Chapter 1 in a nutshell	14
<b>Chapter 2 Tooth Brushing</b>	<b>16</b>
Why do we brush our teeth?	16
The Biofilm	18
Stains	18
When should we brush our teeth and how often?	19
How to brush our teeth	20
Cleaning between the teeth	23
Wood sticks	23
Dental floss	24
Checklist Chapter 2	25
<b>Chapter 3 Toothpaste</b>	<b>26</b>
Whitening	26
The Triclosan Marina disaster	27
Commercial chemical brews	28
Toothpaste and marketing	33
Make your own toothpaste or tooth powder	35
<b>Chapter 4 Decay is caused by sugar</b>	<b>37</b>
The two hour Bio-hack fast	39

Sugar with acid	40
ACIDITY of beverages	42
Diet and no brushing	43
Chapter 4 in a nutshell	44
<b>Chapter 5 How your diet affects your teeth</b>	<b>45</b>
Sugar propaganda machine	47
Healthy Diet Mindfulness	48
Investing in good food is investing in yourself	49
Chapter 5 in a nutshell	50
<b>Chapter 6 How toxic is your dentist?</b>	<b>51</b>
Composite fillings and bonding	54
Safety of composites	56
Nanoparticles	58
Polymers	59
Bonding materials	59
Chapter 6 in a nutshell	61
<b>Chapter 7 Fluoride and 75 million other chemicals</b>	<b>62</b>
Magnesium does work	65
Why is fluoridation so bad?	65
Chapter 7 in a nutshell	68
<b>Chapter 8 Gum Disease</b>	<b>69</b>
How to test for gum disease	70
Gums don't bleed normally	71
Two week cure	72
Smoking	72
Professional help	72
Stressed?	75
Chapter 8 in a nutshell	77
<b>Chapter 9 Fear of Dentists</b>	<b>79</b>
Pain has many triggers	84
Pain as a signal	86
The psychology of dental pain	87

Chapter 9 in a nutshell	88
<b>Chapter 10 Cosmetic Dentistry</b>	<b>90</b>
Dental artistic imaging	90
Porcelain veneers	91
Composite veneers	92
List of questions to ask	93
Chapter 10 in a nutshell	94
<b>Chapter 11 Grinding teeth</b>	<b>95</b>
Check your tooth wear	96
Clenching	97
Chapter 11 in a nutshell	99
<b>Chapter 12 Tooth wear</b>	<b>100</b>
Pain	101
Treatment Options	101
Before Treatment	103
Jaw Test part one: Centric Balance	103
Jaw Test part two: Canine Prevention	104
Jaw Test part three: Fremitus	105
Massage	106
Jaw Self Massage Ritual (before going to sleep)	107
Chapter 12 in a nutshell	108
<b>Chapter 13 When it really goes wrong</b>	<b>109</b>
Crooked teeth	109
Many gaps (missing teeth)	111
Gum disease (periodontitis)	112
Tooth wear due to ageing and grinding	113
Toothache due to decay	114
Trauma	115
Saving (for) your teeth	117
Chapter 13 in a nutshell	119
<b>Chapter 14 Crowns, caps and bridges</b>	<b>121</b>
History	121

Biomimetic dentistry	122
Magnification	123
Check alternatives	125
Chapter 14 in a nutshell	125
<b>Chapter 15 Less is more</b>	<b>127</b>
How to decide whether it's worth keeping a tooth?	129
New minimal invasive technique	130
Chapter 15 in a nutshell	131
<b>Chapter 16 Root canals - are they safe?</b>	<b>132</b>
Is your root canal tooth painful?	135
The big questions though are:	137
How often should you have a dental check?	140
Chapter 16 in a nutshell	141
<b>Chapter 17 Biomimetic Treatment</b>	<b>142</b>
Biomimetic treatment	144
Orthodox root canal treatment	146
Check Choice	146
<b>Chapter 18 Implants</b>	<b>147</b>
Implant surgery (Stage 1)	149
Sculpting the gum (Stage 2)	150
Abutment tooth implant (Stage 3)	150
Materials	152
Zirconia	154
Checklist Implants	155
Chapter 18 in a nutshell	156
<b>Chapter 19 Back to basics</b>	<b>157</b>
Digital Dentistry	158
Corporate Chain Dentistry	159
Artisan BRACE Dentistry	160
Less is more	162
Loss of dental skill	163
How to select an artisan dentist	164

<b>Chapter 20 Inflammation</b>	<b>165</b>
Contagion?	166
Dental terrain	168
Know Your Customer	169
Chapter 20 in a nutshell	170
<b>Chapter 21 Time to enquire</b>	<b>171</b>
History of fear propaganda	173
My rabbit hole	174
First stay Free, then stay safe	175
Safety of pharmaceuticals	176
Natural Immunity dead?	177
Chapter 21 in a nutshell	179
<b>Chapter 22 Transition to healing dentistry</b>	<b>180</b>
Healing using microbes	181
We are bug-interconnected	182
Vitamin C as a replacement antibiotic	183
Finding real food	184
Stop fighting	185
Chapter 22 in a nutshell	186
<b>Chapter 23 Ground Zero</b>	<b>187</b>
Grounding	188
Regenerative farming	189
Connect the dots	191
Weeding will save the world	192
Chapter 23 in a nutshell	193
<b>Chapter 24 The source</b>	<b>194</b>
Feel the healing	196
Safety first? NO, make safety third: First stay free. Second be creative. Then stay safe.	216
Arohanui	199
<b>Acknowledgements</b>	<b>201</b>
<b>WARNING AND DISCLAIMER</b>	<b>202</b>





# Chapter 0



## Be the Fool: Ask questions

*The Fool is the first card in the Tarot deck. However, even though it is first, it is not number one. It is zero. Zero is nothing rather than something. It is the vast, open emptiness from which everything arises and into which everything dissolves. The fool represents the hero's journey – taking chances, leaping into the unknown, following one's inner truth, trusting oneself and embracing life's experiences with the spirit of adventure and curiosity.*

For me, dentistry is not evolving quickly enough into a healing art. Much of it is still very mechanical and more destructive than necessary.

Traditional dental methods often use bio-toxic materials which have not been adequately tested and are not fit for human use. The use of harsh disinfectants and antibiotics is still all too common. Meanwhile, preventative care, pro-microbiome thinking and evidence-based healing are all rare.

I also often see no vision, no plan and no strategies. Instead, I see many profit-oriented therapies and I hear much grief.

So why are too many dentists so conservative?

Why are so few willing to move on from the our draconian standard of dental care?

As in any profession, initial training at dental school gives one the basics. To develop this into a healing art it is important to view one's basic training for what it is and that is a foundation - from which to continue training throughout one's career with many post graduate courses.

These days however, I don't see many young dentists that have a desire to expand their horizons and to think outside the square and who have the passion that is needed to transform their skills into an art. This not only means that many dentists are not aware of what is possible but also it means that soon, there will not be enough available expertise to support an ever-growing ageing population who want to keep their teeth as long as possible.

Please note that I am not criticising anyone, for dentistry is an extremely demanding job. It is a combination of medical and dental knowledge, manual surgical skills, artistry, psychology and skills in management and information technology.

The important thing for you to know in looking for a good dentist, is that dentists are all very different and all have very different skill sets. Whilst all dentists have a basic training in almost all dental procedures, every dentist will have a different level of skill depending on experience and training. Just because someone is a specialist this doesn't actually mean that they are good at what they do. What it means is that they have

attended a course and passed the exams in order to call themselves a specialist.

There are specialists called endodontists who specialise in root canals. Orthodontists in braces. Prosthodontists in fixed or removable appliances for replacing teeth and periodontists who are gum specialists. However, there is much more to dentistry than doing a course and getting the qualification and a title. There is much more to dentistry than purely mechanistic approaches. What about the art of dentistry? What about the importance of the oral microbiome?

If you were to choose a hairdresser to cut your hair, you might find someone with the right training, perhaps they trained at a certain college, or you might choose someone who your friend or colleague recommended, or you've seen first hand that they are a good cutter. It's the same with dentistry. You want to choose a dentist who not only has done the training but also has the experience and skill to do the work well.

In Holland, where I worked as a dentist for twenty five years, we were encouraged to attend post graduate courses regularly and to see our basic dental training as the foundation from which to grow. I am grateful for all the training and courses that I have done throughout the years for it's been through this enquiry that I have developed my practice of dentistry from a Mr Fix it model to an art.

I like to think of the process of change in dentistry as a ladder with ten rungs — those on step two or three simply cannot see the horizon because the wall is too high. Only those who climb up to the eighth, ninth or

tenth step can see the view beyond the wall that was blocking their vision.

Learning to prevent tooth loss is not just about regular brushing and avoiding sweets. It is also about how to choose a good holistic professional to support you with the right prevention and how to choose optimal treatment when and if needed. It is also essential to remember the important link between one's health and one's dental health.

I hope this book will be helpful for both patients - as we all are at some stage - and for my open-minded colleagues who are ready to think outside the square.

# Chapter 1



## Ageing

*"Every smile makes you a day younger"*

Chinese proverb

Ageing is not a disease and tooth decay and losing one's teeth is not inevitable as long as we look after both our health and our teeth. For most of us we also need to reach out for professional help to achieve this.

### **BRACE Dentistry**

Something unique about teeth is that teeth are the only tissue in the human body that can only minimally regenerate themselves. Other cells in our body like skin cells have a regeneration cycle of forty days and liver cells regenerate in three hundred days. Even if two thirds of the liver cells have been lost, the liver can regenerate itself.

Of course, it is very unfortunate that teeth can not do the same for they undergo much wear through use and ageing. A unique approach is required to preserve

and protect our teeth. This is where prevention comes in but there is more than prevention and this is what I call BRACE Dentistry.

This is a newly created term which stands for **Balanced, Regenerative, Artisan, Compassionate** and **Ecological Dentistry**. It involves minimal intervention, restoring teeth to a better balanced harmony that prevents wear and is essential for keeping one's teeth as healthy as possible for as long as possible.



## **Blue Zones**

There are several places on earth where people not only live but they also thrive into their nineties and beyond. Dan Buettner from the National Geographic researched these places and called them the “Blue Zones.”

He found that in each of these areas there were similarities or keys for good health.

Although dental health was not part of his research, I see many of the conclusions of his studies to be similar to what I experience in the older population who continue to have healthy teeth. Through this book, I will guide you step by step, drawing on the outcomes of this fascinating research to promote the lifestyle that helps us all to grow old gracefully with healthy teeth in a healthy body.

It is important to take a few minutes to talk about how far the medical and dental industry has moved

away from a focus on promoting health to a focus on managing disease and the repercussions of this.

Since 2015 healthcare has been the world's most profitable industry. This industry is becoming extremely dominant which is not a desirable situation. Since the early 1900s, this industry has pushed a non-holistic health view that mainly serves shareholders. We are now at a time in history when we no longer have any improvement in our overall health. Despite all the advances in medicine, healthy old age seems to increasingly be a thing of the past. We can see this by looking at world statistics : life expectancy in most countries is no longer rising. In fact, since 2014, in most countries of the world, life expectancy has declined with no sign of rebound.

Financial optimisation of healthcare has become so common that the industry doesn't even try to hide it. In an April 2018 report, investment bank Goldman Sachs asked : "Is curing patients a sustainable business model?" The report acknowledged that investing in a chronic disease epidemic is profitable but only when you invest in modalities sustaining that disease and not in ones that would cure or prevent illness. An even better business model is vaccination: add the healthy part of the population to your market, invent as many variants as possible, create some fear and bingo!

This is the world we now live in, with only one major religion left and that is financial optimisation for multinationals.

I frequently ask myself what I can do to change this paradigm. My own answer is "be the change you want to see in the world."

Firstly I take care of myself and my health - for self-care is essential. I consciously choose to stop polluting my body and instead I eat a nutrient dense, mainly vegetarian organic diet. I grow quite a lot of my own food - have chooks for their eggs and two ponies for their manure. I do yoga and walk about an hour every day and connect with nature. I choose to work part-time to find the right work-life balance and I nurture myself with family, friends and tribe who share the same positive and spiritual energy. I have also found passion in my work developing and promoting the art of dentistry and I help others on their healing journeys.

### **Bio-Hacking**

The trendy new way of self-healing is called biohacking, which means manipulating your brain and body to optimise performance outside the realm of traditional medicine.

Dave Asprey, one of the biohacking community's founders, says this self-healing is "the art and science of changing the environment around you and inside you so you have full control over your own biology." Asprey changed his life, as conventional food had made him sick and overweight before he was even thirty. His current quest is to find new and unconventional ways to help him live until at least one hundred and eighty years old. His first advice is to remove refined sugar from your diet.

According to Asprey, our orthodox medical system is holding back on truly developing measures to combat ageing. This is because the conventional allopathic medical system only focuses on disease and the FDA (US Food & Drug Administration) doesn't approve of



little that can help positive ageing.

There is an increasing discrepancy between the reality of chronically diseased survival based on processed food, and medical industry's combined efforts... and most people's desire to thrive without medical intervention; in other words - preventative medicine.

The focus of this book is to integrate maximum prevention and minimal medical/dental intervention.

I long for a new and disruptive holistic dental plan for the populace - one that does not cost a fortune and rewards prevention, addresses wear and toxins and leads to positive ageing.



## **The oral microbiome, the new biology**

Dentists are mainly trained to fill teeth and assess gums but the mouth is so much more than a set of teeth embedded in gums. Like most healthcare practitioners, many dentists are still living in an ancient, reductionistic mechanical world. They have little knowledge about the mind-dazzling complexity of the oral galaxy where every tooth and every bit of tissue has its own micro world, colonised by thousands of different species of bacteria, fungi and viruses that communicate and interact with our body's cells.

This fascinating new galaxy that we are now unravelling is what we call the "oral microbiome." It is a gateway into the ever more complex universe of our digestive

tract. The microbiome has been rediscovered as the new biology in health and healing.

The mouth alone harbours an estimated ten percent of our total human microbiome. Currently, the oral microbiome has around six hundred species of bacteria (and rising every day) and about a hundred yeast organisms. The complexity is mind-boggling, and it becomes even more fascinating every year. In 2000, a new galaxy was discovered called the “virome.”

While researching for this book, whilst I already knew a lot about the complexity of the oral microbiome, I was surprised to learn how much bigger it was than I had ever imagined and the vast diversity of microorganisms shaping it.

From this database, we learn that viruses represent the most abundant life forms on the planet. Virome research carried out in January 2021 revealed 18,373 cultivated (lab-created) viruses and 2,314,329 uncultivated (natural) viral genomes. At least 20,000 different virus species have been discovered in a healthy mouth microbiome. This is our oral “virome.”

However, we have perhaps only discovered about five per cent of all existing viruses. Possibly the particles we now call viruses are playing a totally different and more positive role in health than most believe at the moment.

The fascinating emerging science of the microbiome combined with ancient knowledge of natural healing and optimising nutrition and nutrients is creating a new health paradigm.



Let's explore this oral microbiome in more detail.

What makes up a healthy microbiome and what happens when we upset the delicate balance of this ?

When we study a healthy microbiome we see diversity in balance. Generally, the more diverse your microbiome the healthier you are. At long last, in the world of microbiome research we are looking at healthy people's microbiomes instead of diseased people.

It is clear that it is essential to maintain a healthy microbiome and avoid anything that disrupts this healthy balance.

Antibiotics damage our microbiomes. Since the discovery of penicillin the medical, dental and veterinary worlds have heavily relied on the use of antibiotics, prescribing them far too frequently with the unfortunate increase in antibiotic resistance and the creation of "superbugs" – bacteria that are no longer affected by any antibiotic that we throw at them.

For many people when they get a mild to moderate inflammation ( infection - See chapter 20 ) in their mouth they visit their dentist or doctor and are usually prescribed an antibiotic. The problem is that just one course of antibiotics will decrease the good gut bacteria by twenty five to fifty percent. This will take a minimum of one month to restore. Meanwhile, your nutrient absorption is highly compromised due to lack of bacteria. This, of course, is not at all helpful when

you are trying to heal. Most people are already very low in essential minerals and vitamins and antibiotics make this worse.

Ten to fifteen percent of all antibiotic prescriptions are prescribed by dentists, despite no study showing that they are of any value in dentistry. In fact it's quite the opposite. Now that you know this, if you ever have a minor (perhaps even painful) inflammation without significant swelling and without a high temperature (above 38 C), I encourage you to avoid antibiotics and instead take a more holistic approach. The majority of people can clear such an inflammation using high dose vitamin C, adequate zinc, optimising nutrition and nutrients and prioritising sleep. There are numerous studies showing the antioxidant boosting effect of oral and intravenous vitamin C. For most of my patients with active inflammation, I recommend two grams of oral vitamin C three times a day with meals. Many recent studies confirm that we have a far higher risk of illness, including oral inflammation, when our vitamin D and zinc levels are low. Taking these supplements when you have inflammation will boost your immune system far more than old-fashioned antibiotics. Turmeric (curcumin) will boost the immune system even further and also reduce pain.



## **Mouth breathing**

Mouth breathing is another way of adversely affecting the balance of our oral microbiome.

The mouth can dry out from both mouth breathing and from many medications. This results in a reduction of saliva with all its healing properties and negatively affects the microbiome. All of this can lead to decay and gum disease. It is essential therefore to reduce mouth breathing and ensure you clear your nasal passage in order that you breathe through your nose to avoid problems with a dry mouth. Steaming can help with a blocked nose and breathing exercises through yoga or Buteyko can also help.

When we breathe we are designed to take air into our lungs through our nostrils. However when we mouth-breathe this dries out our mouth and our microbiome and certain bacteria and microorganisms can no longer survive in such a dry environment. Mouth breathing is far more common than most people might think. If your nasal passages are congested due to a cold, hayfever or a milk allergy for example or you mouth breathe at night due to nasal congestion or sleep apnoea then your mouth will dry out. It's important to add here that approximately fifty per cent of all pharmaceuticals have the unwelcome side effect of saliva reduction and hence dry out the mouth also. A dry mouth can then lead to tooth decay and/or gum disease.



## **Snoring**

Waking up with a dry mouth is normal as most salivary glands reduce production during sleep. This will usually be worse when you are a mouth breather. If you are a

mouth breather and / or you snore it may be worth having a look at the Buteyko breathing method. It is easier to change your breathing patterns than using bite-destroying anti-snoring devices. Most of these devices will alter your bite (occlusion), often resulting in a dis-harmonic and unbalanced bite.

If all that fails, especially if snoring turns into apnoea, then it can become a severe health problem. One recently discovered option for apnoea is wearing a neck brace during sleep. It supports the lower jaw and can reduce snoring. A good non-toxic solution also might be a CPAP ventilator. Historically, mouth devices have not been very comfortable but they have improved tremendously, especially with new nose pillow systems ( two soft inserts that go into your nose that is used with the CPAP machine ).

## **Chapter 1 in a nutshell**

- There is a new type of dentistry evolving called BRACE dentistry
- There is proof that we can grow old and stay healthy
- Bio-hacking is the new trend to do your own work and keep a healthy balance
- We have to let go of the “machine view” of biology
- The new biology is holistic while defusing the “germs are bad” theory
- We have to replace the word “infection” with “inflammation”

- We can now see how we can live healthy lives with all germs
- We live in balance with a galaxy of microorganisms called the microbiome, part of which is the virome.