



THE BI  DENTIST WAY™

YOUR GUIDE TO DENTAL HEALTH SOVEREIGNTY

# It's time to be free of dental disease.

## How to use this guide

This guide was created to empower you with a fundamental understanding of your mouth and your dental health choices. You can use this information to keep your mouth healthy and/or find a dentist who can help you restore your mouth to vitality. This guide is for informational purposes only and is not medical advice.

## The BioDentist Way™

The BioDentist Way™ is an approach to oral healthcare and dentistry that supports people in freeing themselves from dental disease. Our approach recognizes the connections between the mouth, gut, and the rest of the body in coherence with biology and other natural sciences. The BioDentist Way™ has been cultivated by Dr. John Augspurger through decades of practice at the forefront of biological dentistry.

## It's simple

Though there are many intricate details, the foundational structure of The BioDentist Way™ is simple:



**Recognize  
causes of  
dental disease**



**Safely  
remove all  
hazards**



**Restore oral  
conditions  
biologically**

“In order to treat it differently,  
you have to see it differently”

**Dr. Thomas Rau MD**

Medical Director BioMed Center Sonnenberg  
Mentor of The BioDentist Way™

## Part 1



**Recognize  
causes of  
dental disease**

To be free of dental disease, we must look beyond symptoms to understand root causes. This is the most important step in the process and also the most challenging. To understand dental disease, we must zoom out from the mouth and recognize how all disease is connected. Then we can zoom back in to apply our understanding to what's unique about dental care. Trust that this process is worth the effort. When we secure our understanding in the bedrock of biological principles, we have a platform stable and strong enough to build lasting vitality in our mouths and beyond! Let's begin...



## Conditions matter

### All life on earth is biological

Biology is the science of studying living organisms and their vital processes. Biology reveals that all living organisms have certain biological, chemical, and physical characteristics in common. The patterns shared by all life allow us to predict how life will respond under various conditions.

From the micro, to the macro, to the mouth, we can understand these characteristics and allow them to direct our approach to healing and flourishing.





“Change the conditions or the conditions will change you”

**Allyson Baker**

Co-Founder of The Human Universal Health Institute  
Mentor of The BioDentist Way™

### Characteristics of infections

Different conditions favor different types of life forms. Infections are clear examples of where our biology is struggling and pathogenic lifeforms are finding success. In human tissues, we can recognize that all infections share these environmental traits.

#### Hypoxic



Hypoxic describes a lack of oxygen. Many pathogens (microbes which are hostile to human cells), thrive in low oxygen environments. Hypoxic environments allow these pathogens to proliferate more rapidly.

#### Stagnant



Stagnation describes an absence of flow and movement. The fluid systems of our biology, such as our blood and lymphatic tissues, carry our immune response and deliver vital nutrients. When tissues are stagnant, pathogens again take over.

#### Acidic



Our blood must remain in a narrow alkaline range to sustain human life. While acidity is needed in certain digestion processes, excess acidity in our bodies levies a tax on our biology and encourages pathogens to thrive.



# Understanding healthy terrain

## Characteristics of vital human tissue

In contrast to the three conditions that foster disease (hypoxia, stagnation, and acidity), their opposites foster healthy human tissues in the mouth and the body.

### Oxygen Rich



A well oxygenated environment supports beneficial microbes and human cells. Oxygen also helps destroy and breakdown pathogens. In biological dentistry, ozone is often used to boost oxygenation.

### Flow



Fluid flow fosters vital conditions. Healing a tooth or a mouth often requires the removal of static tissues, creating blood circulation, and supporting lymph flow. Biological dental techniques, therapeutic treatments, even breathing practices and exercise can work wonders.

### Alkaline



Protecting the naturally alkaline environments of your body (like our blood) allows healthy microbes and human cells to thrive. Dietary changes, clinical treatments, and detoxification protocols are essential tools in this domain.



# The wildcard of toxins

## Understanding toxins

Toxins are substances that cause harm or death in our biology. Modern industries expose humans to vast amounts of toxins regularly and citizens are not protected. To this day, the American Dental Association endorses use of mercury fillings despite ample evidence of mercury's harmful effects on our nervous system.

Biological medicine has been at the forefront of understanding the effects of various toxins on our biology. There are two main types of toxins to recognize with respect to our health.

### Endogenous toxins

Toxins produced within the body



#### Examples

- Gases produced by pathogenic bacteria
  - Methyl mercaptan
  - Hydrogen sulfide
- Carbon dioxide from your physiology

### Exogenous toxins

Toxins that come from outside the body



#### Examples

- Mercury and other heavy metals
- Plastics
- Pesticides used in inorganic farming
- Carbon dioxide from car exhaust



“The mouth is a really big deal”

**Dr. John Augspurger**  
Creator of The BioDentist Way™

### Reconnecting the mouth and body

Now that we've established some basics of biological medicine, the first thing to recognize when addressing your oral health is that your mouth is intimately connected with your entire body. Scientific evidence has proven a strong link between oral health and deadly diseases including heart disease, stroke, respiratory infections, pancreatic cancer, diabetes, and nutritional problems. We'll explore this in greater detail in the pages to come.



### Your window and gateway to health

Your mouth offers you the best view of your health, allowing you to look inside yourself. It is also a point of vulnerability. Remember that a gateway serves to keep things out just as much as it does to allow things inside.

### Recognize the importance of the mouth

The mouth is a primary structure in all multicellular animals. In humans, it develops just four weeks after fertilization, placing it quite literally at the forefront of our biology. We use our mouths to take in the air, water, and food we need to survive. Our feelings, wisdom, and laughter also emanate from this portal. Every mouth is like a unique instrument, responsible for expressing our individual voice to the world.

All these reasons and more are why we revere the mouth, and why it is imperative that we keep it healthy.



# Applying The BioDentist Way™

## Examining through the biological lense

Biological dental treatment begins with a thorough examination. Every patient's health journey is unique and requires unique guidance. The information gathered at this step orients the patient and the doctor to the starting point of their journey together. Here are the tools a good biological dentist will employ.



3D IMAGING



2D IMAGING



PHOTOS



GUM ANALYSIS



PULP VITALITY TESTING



AIRWAY EXAM



TONGUE ANALYSIS



METAL AND FILLING HISTORY



BITE ANALYSIS



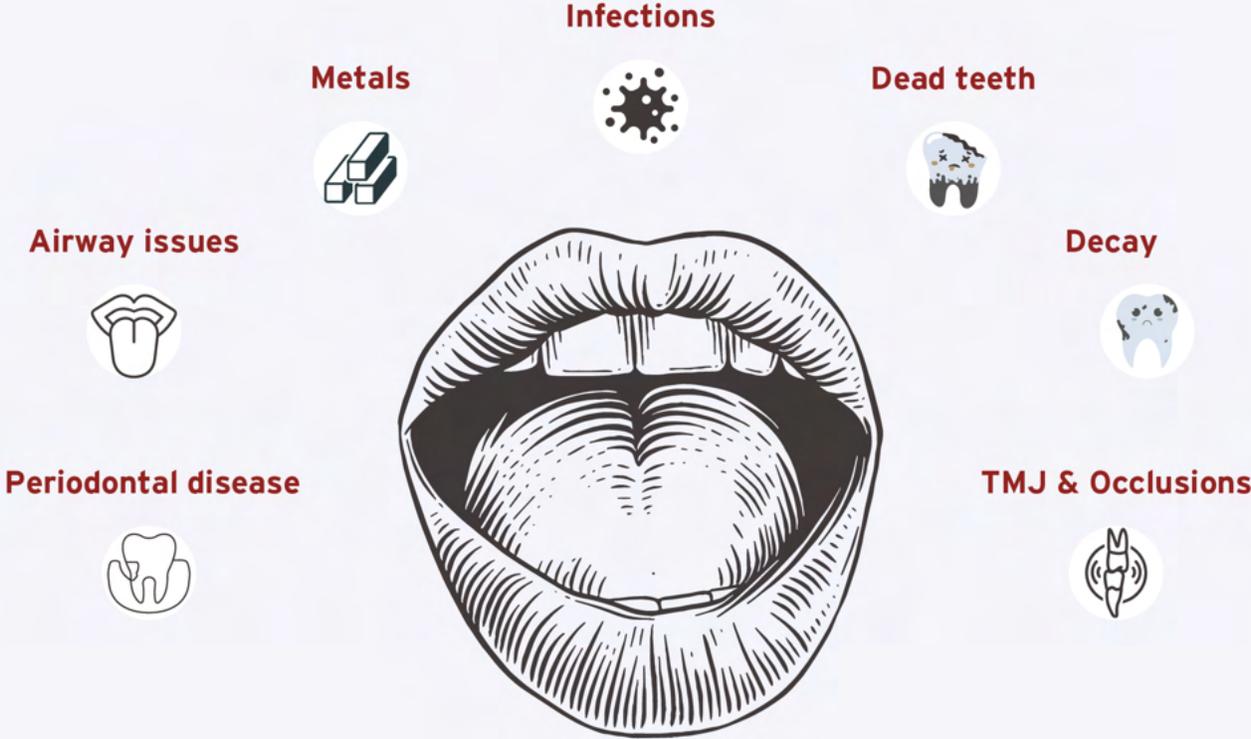
DIALOGUE



# Identifying interferences in the mouth

## What to look for in your mouth

So what are we looking for exactly? Dental interferences. These are any and all obstructions to the natural and optimal functioning of our biology. The main categories are below.



**“If it’s metal or dead, it’s out of your head”**

**Dr. John Augspurger**  
Creator of The BioDentist Way™

## Part 2



**Safely  
remove all  
hazards**

Once we understand our biological terrain and identify all the risks in our mouths, we can make informed choices. Building a strategy to restore a mouth to optimal conditions becomes quite straightforward at this point. The first thing to do is remove anything that will inhibit dental health.



# The beginning of the end of dental disease



## Metals & Mercury Removal

Biological Dentistry removes these fillings in a safe and effective way, minimizing risks of re-exposure. This is a huge step forward for a patient's health because mercury is one of the most toxic substances on our planet. Removing mercury safely and according to biological protocols is essential to long term health outcomes.



## Old Crowns & Fillings

More often than not, old crowns & fillings have decay hidden underneath them. We refer to pulp vitality testing for proper diagnosis. All crowns with pulpitis ought to be removed.



## Provisional Phase

Patients that have had a lot of restorative dentistry (fillings & crowns), often need a provisional phase before surgical procedures. This allows healing to occur as the body prepares for any surgical interventions. This also gives patients time to adjust to their new bite. It is not advised to move forward with permanent restorations until the teeth and body have had time to heal.



Safely  
remove all  
hazards

## Turning things around

### Tooth extractions and cavitation surgery

Perhaps the biggest day in the journey of a biological dental patient is the day they have all the death removed from their mouth. Cavitations, root canal teeth, and other dead teeth create a heavy tax on our biology. When this burden is removed, transformations can begin to take place.



#### Dead Teeth & Root Canals

Root canal teeth are dead tissues that harbor harmful bacteria out of sight and out of reach of antibiotics, leading to a wide array of chronic health conditions.



#### Cavitations

Stagnant, acidic, and anaerobic conditions in former extraction sites can create a breeding ground for pathogens. It is essential to surgically eliminate these jawbone infections and create new conditions conducive for healthy bone marrow growth.



#### Non-biological Materials

Titanium implants that are demonstrating corrosion and/or infection ought to be replaced with more biocompatible materials.

# Free the mouth

## Part 3



**Restore oral  
conditions  
biologically**

Removing the disease from our mouth is only half the battle. In order to prevent conditions of disease from returning, we need to support our biology in healing correctly, and use only the best materials possible when reconstructing a mouth.



## Solutions that last

### Placing implants

In a majority of cases dental implants are the safest and most effective way to restore the cosmetic and functional use of your mouth, and more importantly, the health of your mouth.

Apart from being known as one of the most reliable and durable dental treatments, dental implants have the ability to protect and heal bone in the jaw and protecting adjacent teeth from harm.

### Zirconia



The most inert and biologically compatible material currently available other than living tissue. Zirconia is classified as a ceramic and is the only choice for a biological dentist.

### Platelet Rich Fibrin



There's nothing better than the patient's own platelets as a graft material. It provides very important growth factors, clotting mechanisms, and has zero-risk of rejection. We never leave an open wound in the jawbone.



# Regeneration

## Tools for life

Surgical procedures invariably create wounds. The point is to leave wounds in ideal conditions. Regeneration is a process of activating upbuilding forces in the teeth and jawbones so that the body can heal naturally.

This is a stage where we see radical health improvements. Patients often report little to no pain or swelling, and are often amazed and transformed by how they feel. This is the critical juncture between biological medicine and dentistry, and where we can employ natural remedies and modalities.



### Ozone Injections

Customized prolozone injections to upregulate the healing forces.



### Homeopathics

Energy remedies specifically designed to improve conditions at the quantum physics level. We typically use drainage remedies and remedies designed to “steer” inflammation.



### Photobiomodulation (biostim) with Laser

Using light energy to increase mitochondrial energy production.



# Preparation and recovery

## More tools for life

The body cannot heal in a sympathetic state. The recovery stage is critical and focuses on inducing and maintaining a parasympathetic state where healing can readily occur. Preparing a body for surgical interventions also requires support in order to optimize the surgical outcomes. Biological dentists know that both preparation and recovery need to be taken seriously.



### Cold face masks (hypothermia)

Cold application not only helps with pain and tenderness, but it can also help manage swelling, inflammation, bruising, and bleeding post-surgery.



### Pulsed Electromagnetic Field Therapy

PEMF therapy uses Earth's natural electromagnetic frequencies to stimulate and harmonize cells for optimal healing and function. PEMF initiates a powerful parasympathetic response.



### Red Light Therapy

Red light therapy not only brings healing to the skin but it also impacts the body at a cellular level. This powerful modality helps stimulate new cell growth, improves blood circulation, enhances immune function, encourages mitochondria to produce more ATP, and reduces overall healing time.



Restore oral  
conditions  
biologically



### IV Infusion Therapy

IV Infusions support the recovery process by upregulating the immune system and providing the body with more resources to heal and repair. IV Ozone therapy is especially powerful for killing pathogens and enhancing immune function. High dose vitamin C is key in cases of mercury removal, as it neutralizes the free radical damage caused by mercury exposure and increases mercury urinary excretion. Other ingredients like magnesium, L-tartrine, calcium, zinc, and B-vitamins can be administered to further support the body in healing and repairing. Additionally, IV Therapy provides the option to administer antibiotics through the IV, bypassing and sparing the gut from microbiome disruption.



### Colon Hydrotherapy

Colon hydrotherapy is useful both pre- and post- surgical, as it opens up one of the body's largest detoxification pathways: the large intestine. It is extremely important for the colon to be functioning properly during dental treatment so toxins can be removed efficiently and all other organs of detoxification (liver, kidneys, lymph, and cells) can also work smoothly.



### Other Vitality Modalities

Every patient is unique and their age, overall health status, and complexity of case will determine what other vitality modalities are recommended by the vitality team. Vibration therapy, Infrared Sauna sessions, Halotherapy (Himalayan Salt Cave), and Ozone Steam Sauna are examples of such modalities.



### Deep Sleep

Deep sleep is a phase of sleep that is most essential to healing. During this phase, blood flow increases, bringing more oxygen and nutrients required for regeneration. Sleep is also a time when more white blood cells can be produced in order to keep the immune system strong. Encouraging patients to sleep in a cool dark room, getting to bed early, and sleeping as much as possible following surgery is important.



### Meditation & Affirmation

The body and the mind are interconnected, meaning the mental and emotional state of a patient will have a profound impact on their healing and recovery. Practices like meditation and affirmations can create a coherent state between the body, mind, and heart that bolsters healing and effective recovery.

# The spectrum of dentistry



## Choosing a dentist

When deciding who will support your mouth, it's important to consider the differences between traditional dentistry, biological dentistry, and practitioners that fall somewhere in between.

A traditional approach to dentistry harms patients because it is blind to toxins and biology, however the right biological dentist can be hard to come by. Most biological practitioners are specialized in one way or another, and very few have accumulated significant experience in this emergent approach.

Let's look at some key differences to help you discern between different strata of practitioners.

KEY FEATURE	Traditional	Non toxic	Biological
 REMOVES PLAQUE BUILD UP	✓	✓	✓
 FILLS CAVITIES	✓	✓	✓
 RECOGNIZES KNOWN TOXINS LIKE MERCURY AND FLUORIDE	✗	✓	✓
 RECOGNIZES OTHER METALS AS TOXIC IN THE MOUTH	✗	✓	✓
 RESTORES MOUTH USING ONLY BIOCOMPATIBLE MATERIAL	✗	✓	✓
 2D XRAYS IN DIAGNOSIS	✓	✓	✓
 3D CONE BEAM IMAGING IN DIAGNOSIS	✗	—	✓
 RECOGNIZES TEETH AS LIVING, VITAL ORGANS	✗	—	✓
 HAS PROTOCOLS TO HEAL TEETH AND KEEP THEM VITAL	✗	—	✓
 RECOGNIZES ALL DEAD TISSUE, INCLUDING TEETH, AS TOXIC	✗	—	✓
 RECOGNIZES ROOT CANALS & JAWBONE CAVITATIONS AS DEAD	✗	—	✓
 RECOGNIZES ENTIRE DIGESTIVE TRACT AS CONNECTED	✗	—	✓
 INFORMED ON AIRWAY & SLEEP	✗	—	✓
 INVOLVES WHOLE BODY IN TREATMENT PLAN	✗	—	✓



# The Impact of Dental Care

The conditions of your mouth impact the health of your body. When there is dead, decaying, or toxic matter in your mouth, it leaches into the bloodstream and can manifest in other seemingly unrelated chronic illnesses. You can eat a “perfect” diet, do detoxes, and live in alignment with nature, but if there is an interference in your mouth, you are missing a huge piece of the puzzle.

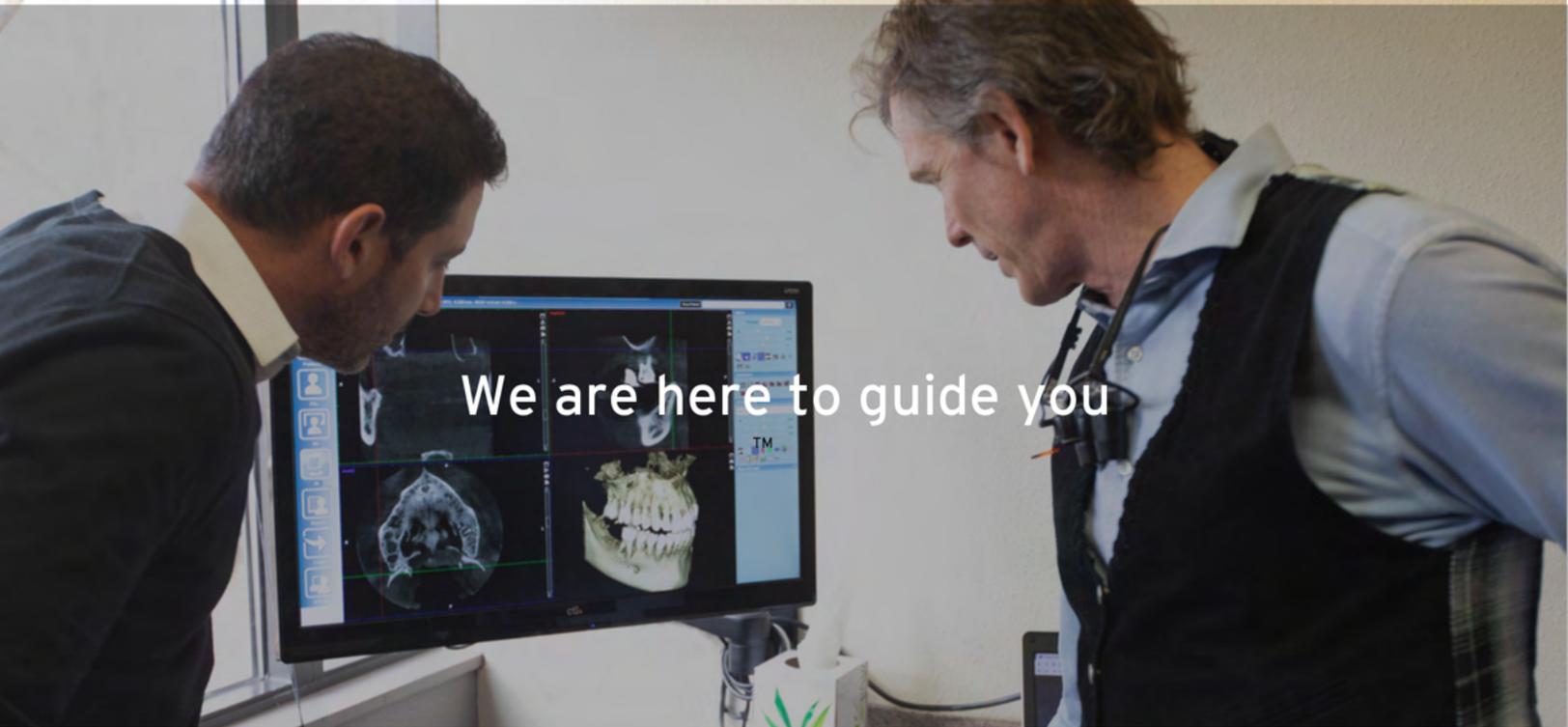
## Root Canals, Metal Fillings, and Cavitations are Linked to...

### Conditions:

- Cancer
- Heart Disease
- Alzheimer's and Dementia
- Arthritis
- Diabetes
- Autoimmune conditions
- IBS and IBD
- Crohn's
- Fibromyalgia
- Depression
- Musculoskeletal diseases

### Symptoms:

- Sinus congestion/infections
- Insomnia
- Fatigue
- Weight gain/loss
- Skin rashes
- Acne
- Brain fog
- Joint pain
- Constipation/diarrhea
- Hair loss
- Inflammation
- Swollen lymph nodes
- Sick often



We are here to guide you

We hope this guide has inspired you and empowered you to begin directing your own dental care.

Remember that your biology is incredible and thrives under the right conditions. It is up to you to create those conditions in your mouth and body in order to experience your vitality.

If you have questions about your dental health, how to care for your mouth, or if you are seeking services from a dentist trained in The BioDentist Way™ please don't hesitate to contact us.

Our purpose is to support you into a position where you no longer need our support. We love our work!

Thank you!

Dr. John Augspurger  
The BioDentist Way™ Team

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