

# **Dental Materials: The Best Choices**

## **Recommended Biocompatible Dental Materials**

Please remember – every dental material that is used in your mouth is of critical importance and must be carefully chosen. You (and your immune system) will be exposed to these dental materials 24/7 nonstop – continuously via your mouth. If a material tests even slightly poorly, it can negatively impact your body's health over time. NOTE: Identifying nontoxic bonding agents is equally important as dental restoratives.

Although the following list appears very small, very few materials are able to meet our minimum standards for truly biocompatible dental materials which do not impede ideal cellular resonance for human beings. The following materials do not need to be allergy-tested because they are nontoxic; we have thoroughly tested them to be sure they do not impede the cellular resonance of the human body. Note: Certain dental materials may test toxic in their “wet” or pre-formed state, but once they have hardened (and outgassed) they may then test OK. Therefore, testing dental materials must be done in their final state.

After testing hundreds of people over many years, we have found the following dental materials have proven to be reliably biocompatible for most people and are all part of the **Quantum Dental Health System** (as taught by Dr. Marshall and Dr. Aguilera). These materials are used in the dental offices of Dr. Randy Aguilera in Austin, TX and in Orange County, CA. (To contact his office for further details, call: 888-793-7339)

### **For Onlays, Inlays, Crowns**

#### **a) Ceramics and Resin Ceramic Hybrids**

Luminisse Ceramic (LFC - low-fusing ceramic)

Vitablock (LFC; milled on Cerec milling unit, a chairside dental CAD/CAM restorative system)

MZ100 (LFC ceramic/resin hybrid - needed when extensive tooth structure is missing; milled on Cerec milling unit)

Cristobal+ (ceramic/resin hybrid)

Degussa Ceramic (LFC; its trade name is Ducera Gold -- a confusing name since it contains no gold)

#### **b) Composites**

Esthet-X

### **For Bridges**

Solidex with Ribbond (ceramic/resin hybrid)

Cristobal+ with Ribbond (ceramic/resin hybrid)

Cercon (ceramic)

### **For Dentures**

(Avoid pink dyes in the denture base material which typically contain cadmium, a toxic metal.)

Dentsply Lucitone 199 (for base material of denture)

Valplast (for unilateral partials or full dentures)

### **For Implants**

We firmly recommend against using titanium implants which can create significant metallic and electrical distress.

We are currently investigating the best implants (for missing teeth); we are especially looking at low-fusing ceramic dental implants which are biocompatible with the human body.

### **Dental Bonding System** (Needed for use with ceramic restorations or composites as listed above)

Se Clearfil (A strong bonding system)

RelyX ARC (Do not use its accompanying etch, prime and bond; use Se Clearfil)

\*RelyX-Unicem (Has slightly stronger bond; contains all four agents together: etch, prime, bond, adhesive; do not need Se Clearfil) \*Preferred System

### **Disinfection Methods** (needed before bonding dental materials to the tooth structure)

Research shows that the use of hydrogen peroxide (typically used in dentistry) is *not* adequate – yielding only about 40% disinfection at best. For disinfection after dental procedures, we recommend that you go to a dentist who uses dental lasers (3 key types of dental lasers: Diode, Nd-Yag, Erbium) which yields 99.9% disinfection.

