

## Ozone used in Dentistry

### **Ozone - One of the greatest advances in dentistry today!**

Ozone is one of the greatest oxidizers in Nature. Ozone is formed when high energy electricity comes in contact with normal oxygen. It converts the Oxygen to a very unstable, highly reactive form of Oxygen we will call Activated Oxygen. When the cell walls of bacteria, fungi or the structure of viruses are exposed to this activated oxygen, it breaks apart their molecular structure destroying them within seconds. It is the safest anti-bacterial modalities we can use.

It also breaks apart the organism's by-products and toxic waste. Without the toxic products from these organisms, the body is better able to heal itself. In the process of the unstable activated oxygen reverting back to a more stable molecule, there is a signaling to 'jump-start' the bodies anti-oxidants, increase the immune systems defenses, and increase red blood cells ability to deliver oxygen to the tissues affected.

Ozonated oils like olive oil help mediate the same healing effects as activated oxygen and can be used as a salve for any cuts and sores in the mouth or on the skin. Fever blisters or cold sores heal faster, and in over 25% of the cases of cold sores that normally reoccur, they never come back. Ozonated water kills bacteria and breaks down the volatile sulfur compounds that cause bad breath.

Bacteria that cause cavities are so small that a million of them fit on the head of a pin. Applying ozone to the teeth, either individually or in an entire arch using a custom fit tray, can kill the bacteria that cause cavities. Doing this at regular checkups has the potential to literally stop cavities. If this works as the research indicates, it is one of the least expensive ways to prevent dental disease.

Our office uses ozone in oil, water, and as a gas to prevent bacteria from gaining a foothold to cause cavities and reduce periodontal disease risks in our patients.