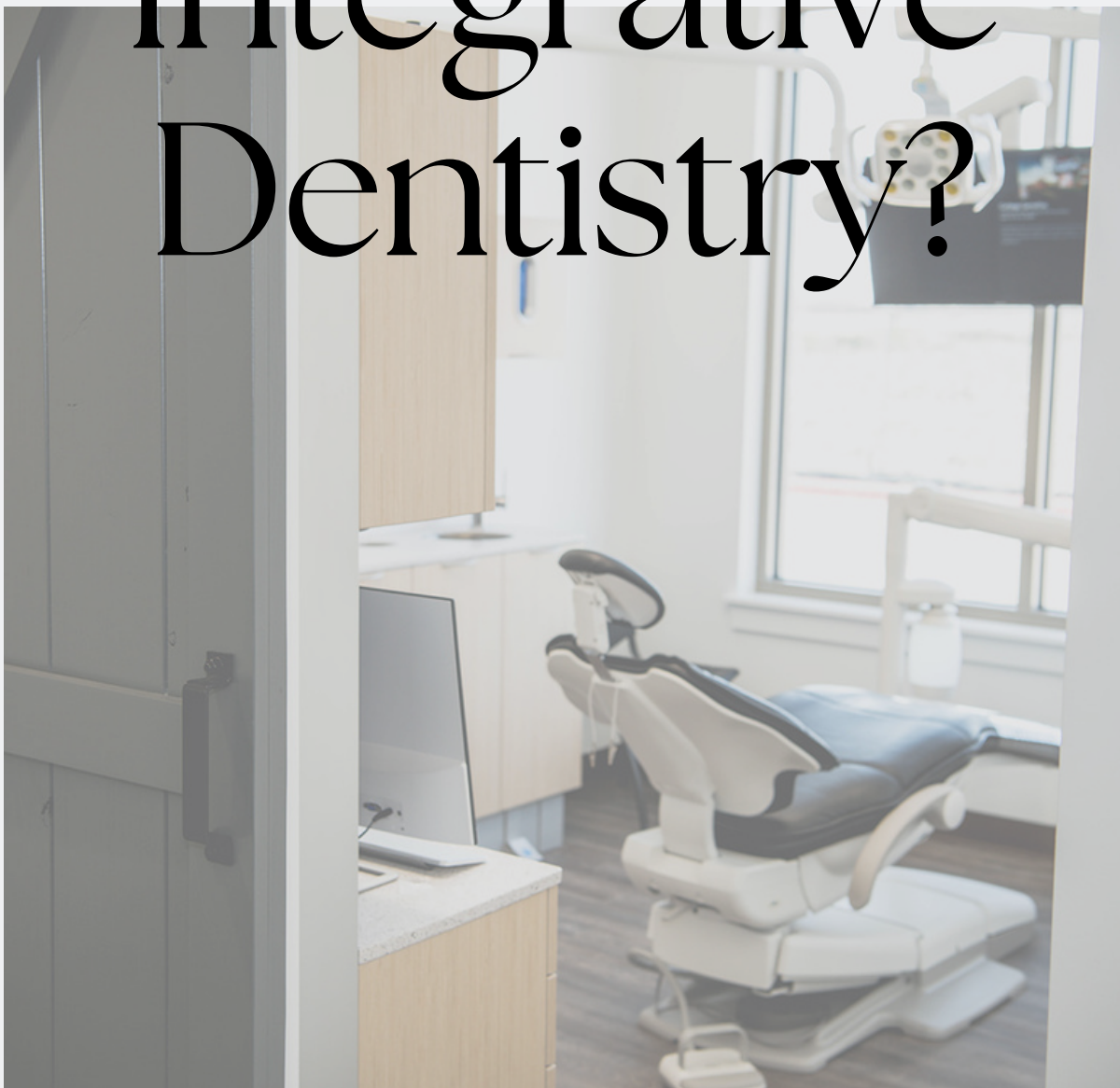


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# Why Choose Integrative Dentistry?



# Health Starts Here

## 01 OVERALL HEALTH

Biological/Integrative dentistry is a revolutionary approach to oral and whole-body health with a focus on conservative, health-forward treatment methods. The “mouth-body connection” refers to the well-established concept that your oral health and overall health are inseparable.

## 02 ORAL MICROBIOME

Similar to the gut microbiome, your mouth is home to a very complex ecosystem. With over 800 known bacterial species and counting, the oral microbome holds a vast array of microbes we aim to nurture and keep in harmony so true health can thrive!

## 03 METAL FREE, METAL SAFE

From corrosion and electrical capability to common triggers for the immune system, metals have no business in the mouth...period. Only biocompatible materials are used in our clinic to ensure continued patient health and wellbeing.

## 04 SURGERY SUPERCHARGED

Combining laser, growth factors/stem cells, and ozone oxygen therapies with minimally invasive techniques, super-charged healing and regeneration is a reality.



## COMMUNICATION

### CONTACT DETAILS

319-359-6700

[office@viosdental.com](mailto:office@viosdental.com)

2345 Landon Rd Suite 300

North Liberty, IA 52317

### OFFICE HOURS

M - Th 8:00am - 4:00pm CST

### WEBSITE

[www.viosdental.com](http://www.viosdental.com)

05

### OZONE THERAPY

An extremely powerful oxidant, O<sub>3</sub> is used routinely with every treatment in our clinic. Utilized in both water and gaseous forms, ozone kills bad microbes at rapid speeds while increasing blood flow, immune function, and regenerative capabilities. In addition, this is done with zero toxic side effects.

06

### FLUORIDE FREE

Being used in mass quantities in conventional dentistry, fluoride has been around for decades. However, numerous published studies have shown extensive negative impacts fluoride has on the body. Robbing Peter to pay Paul is not in our purview.

07

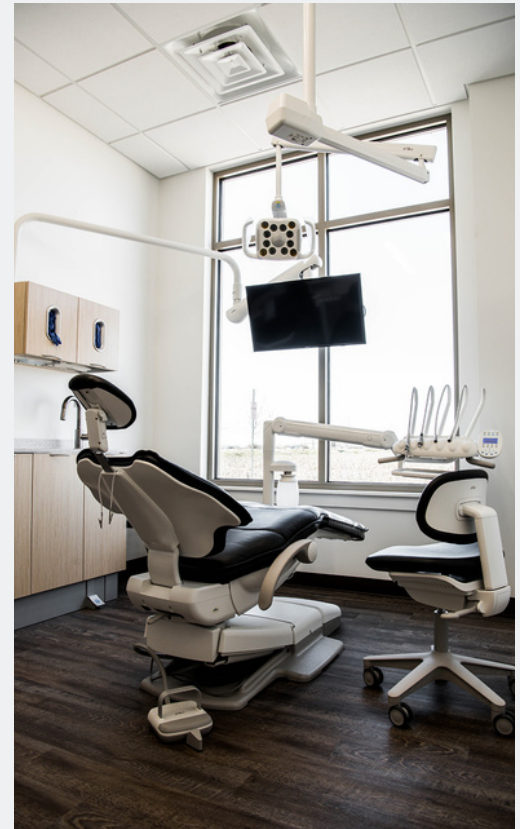
### 3D CONE BEAM DIAGNOSTICS - A STANDARD OF CARE

This three dimensional technology is utilized to see your teeth and bone structures from every angle. It is particularly helpful for analyzing the approximation of vital structures (such as sinuses, nerves, and arteries) to your teeth, assess for hidden infections, and identifying various treatment options for patients. There is no doubt this is standard of care in dentistry today.

08

### ACKNOWLEDGEMENT OF MERIDIANS

The Meridian Tooth Chart is based on acupuncture meridians, pathways of energy that span across interrelated body parts, glands, and tissues. Each tooth is associated with a particular meridian, through which energy flows and shows how integrated our systems truly are.



# Assess Yourself

## 1 Do you have metal crowns or fillings?

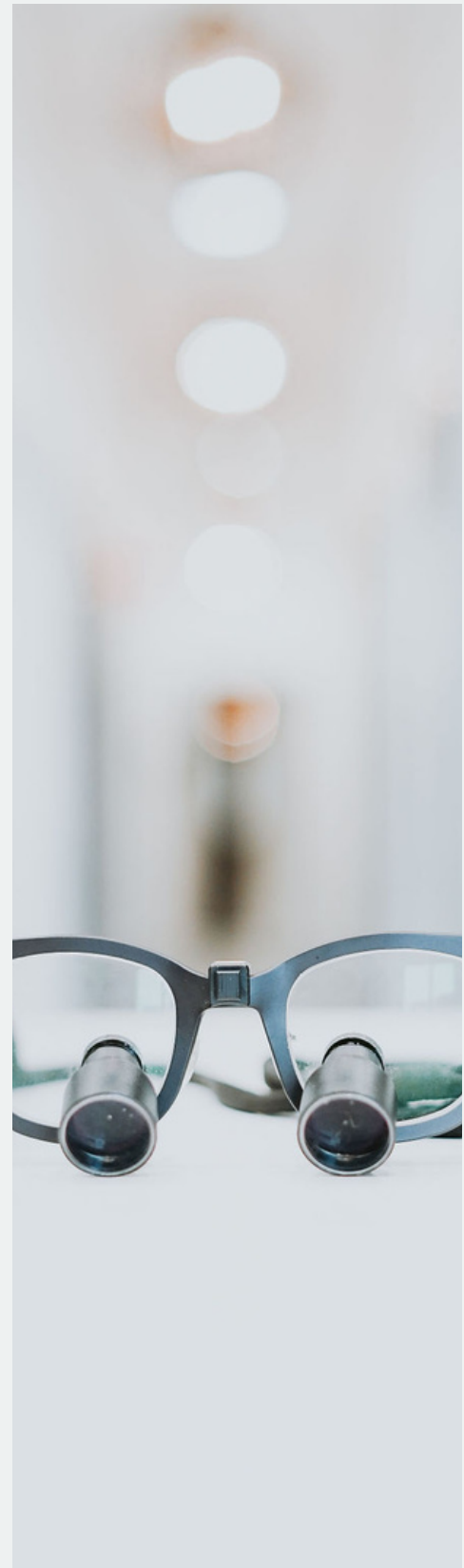
All dental amalgam restorations contain approximately 50% mercury, and research has consistently shown these fillings emit this mercury 24/7. This constant exposure accumulates within the individual and can cause significant health challenges. Metal-based crowns can also present a challenge due to corrosion, galvanic properties, and heavy metals.

## 2 Do you have any root canals?

In the medical world, it is universally accepted that no other medical discipline tolerates dead body parts being left in the body. This should include teeth, but it doesn't. Root canal teeth can present a burden to an individual in many cases, and routinely are a source of hidden infection.

## 3 Have you had a titanium implant placed?

Titanium implants are not pure titanium, rather they contain a variety of metals. Corrosion of the parts and pieces composing the implant-crown complex have shown to release metal particles into the body, triggering a strong immune challenge for the body to deal with 24/7.





## 4 Do you have any chipped, broken, or worn down teeth?

Nature has designed teeth to last a lifetime. Chipped, worn, and broken teeth can be signs of clenching, grinding, poor nutrition/lifestyle, and sleep-disordered breathing. Restoring back to what nature intended can have dramatic health benefits.

## 5 Do you snore? Do you wake up rested?

Sleep is arguably the most important health parameter. If you struggle with sleep-disordered breathing, your body fights for oxygen every night, causing a cascade of ill-health effects and your mouth may be to blame!



## 6 Are you constantly being diagnosed with cavities?

There are many reasons dental decay develops, and fluoride is not the solution. From gut imbalances and deficient mineral status, to an imbalanced microbiome or poor dentistry...the solution has to be customized.



## 7 Does anything hurt?

Pain is the body's way of saying something is wrong. But just because there is no pain does not mean health has been achieved. In dentistry, being proactive almost always saves you time, money, and health.

# Cody Kriegel

## DDS



Dr. Cody Kriegel is a board-certified integrative biological dentist and the founder of Corridor Dental. As an expert in ceramic implantology and naturopathic medicine, Dr. Kriegel has worked with thousands of deserving patients internationally to achieve optimal health with unique, tailored, biological dental treatments.

As the only accredited Biological Dentist in Iowa, Dr. Kriegel's philosophy centers around a non-toxic, minimally-invasive, biocompatible approach to dentistry.

A dedicated physician committed to education, Dr. Kriegel completed a fellowship in the ICOI (International College of Oral Implantology), has an upcoming fellowship in the IAOMT (International Academy of Oral Medicine and Toxicology), and has over 400 hours of continuing education on holistic health.

With nearly a decade in practice, Dr. Kriegel can help any patient see the impact of their oral condition on a systemic level and empower them on their journey to optimal health.

Every Biological Dentist is unique in the way they practice. This PDF will introduce you to the general philosophies of biological dentistry and the way I choose to practice and serve my patients.

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A handwritten signature in black ink, appearing to read 'Cody T. Kriegel'. The signature is fluid and cursive, with a long horizontal stroke at the end.

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“...80% of all chronic illnesses originate between the scalp and the shoulder girdle.”

- DR. DIETRICH KLINGHARDT

