

# Getting Your Health Back On Track

One of the most frequent questions I get when new patients join my practice is “Where do I start to get healthy?” My answer typically is “You take the first step, however small that may be.”

As a functional medicine-trained practitioner, I look at the root causes of what’s impairing your body’s normal function and then devise a game plan to restore your body’s innate healing potential. So rather than giving you bandaid solutions, I’d love for you to start thinking about the following:

## **When Your Dental Check ups are always Normal**

Have your dental check ups always been normal– yet your mouth, bite, jaws do not feel normal? It’s important to understand that “normal” is just an average of the population, not what’s “optimal” for you. So, beyond what the conventional dental exams say... What do you feel is not optimal?

## **Lifestyle Changes To Address Lifestyle Diseases**

A lot of people are looking for the “magic bullet” to fix their condition – whether it’s crooked teeth, bad breath, bleeding gums. But for lifestyle-driven diseases, the fix is lifestyle changes. So reflect on where your lifestyle is sabotaging your dental health.

## **How Your Environment Influences Your Health**

Many times, it could be things in your immediate environment (toxic dental products, poor diet) that can contribute to chronic wellness issues. Compile an inventory of items to review.

## **The Corrosive Nature Of Stress & Chronic Inflammation**

Inflammation is a useful response after an acute injury. But when it turns into a persistent state of inflammation, it is often the silent driver behind many diseases and the major cause of accelerated aging. How are you addressing physiological + mental stress?



### **Could Stealth Infections Be To Blame?**

One of the often-overlooked causes of low energy and chronic wellness issues are stealth infections (aggressive bacteria in the gums, infected root canal treated teeth, chronic sinus infections) that usually go undetected by conventional practitioners. Have you been tested?

### **Optimizing Metabolism & Energy**

When your mitochondria (your body's energy generators) are not functioning optimally, it's no wonder that you're constantly fatigued. Nutrient deficiencies, as well as impaired detoxification pathways, could be to blame – so you may need to evaluate mitochondrial status. Did you know we can see during your mouth exam if there are nutritional deficiencies?

### **What To Look For In A Doctor**

At Whole Health Dentistry, we believe that health is not just the absence of disease, but a state of profound wellness and resilience. As such, we feel it's important to optimize dental health and prioritize prevention – rather than just fixing what's obviously broken. Do you feel adequately supported by your current dental provider to tackle your chronic wellness challenges?



## Your Next Steps

As you make your way through my mini-course, jot down any questions that come up for you. Sometimes it's general questions, but oftentimes, it's very specific questions pertaining to your situation that deserve a more in-depth conversation.

Unlike conventional dental health practitioners, we practice what's referred to as functional medicine – looking to identify the root causes for the symptoms you're experiencing, and then crafting a tailored solution perfect for you.

To figure out whether partnering with our team at Whole Health Dentistry is your best next move, please schedule a complimentary, no-fee discovery call: [Click here to schedule your phone consult](#)

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# About Eniko Loud, MD

Since I began practicing dentistry, I believed that excellent oral health is the gateway to overall health. I am committed to providing you with the highest standard of traditional, integrative and functional dentistry. I strive to provide personalized services that empower you not only to attain optimal oral health but also the health of your body, mind, and spirit.

By offering you an individualized patient-centered, science-based approach and getting a detailed understanding of your genetic, biochemical, and lifestyle factors, together we will be able to address the underlying cause of any dental disease and promote your optimal wellness.



I have a conservative approach toward restorative dentistry and believe in preventative care. My nationality is Hungarian, and I received a DDS from the University of Oradea in Romania in 1999. In 2002 I moved to the USA and in 2006, I obtained my DMD from Case Western Reserve University School of Dental Medicine. In addition, I completed an AEGD residency obtaining extensive experience in full-mouth rehabilitation and my mastership degree in implant dentistry.

I obtained my Functional Medicine certification in order to provide you with the above-described well-rounded care making me one of three Functional Dental practices in the United States.

When not in the office, I love spending time with my husband and my two Vizsla dogs. I practice yoga and enjoy hiking and being outdoors. In 2019 I started Spartan Racing. A Spartan Race is an obstacle race of varying distances from 3 miles to a marathon distance. I believe in challenging myself and achieving goals in my personal life as well as in my professional life.

