



A guide to mouth-body health

Holistic Dentistry Guide



Natural Smiles
BIOLOGICAL & HOLISTIC DENTISTRY



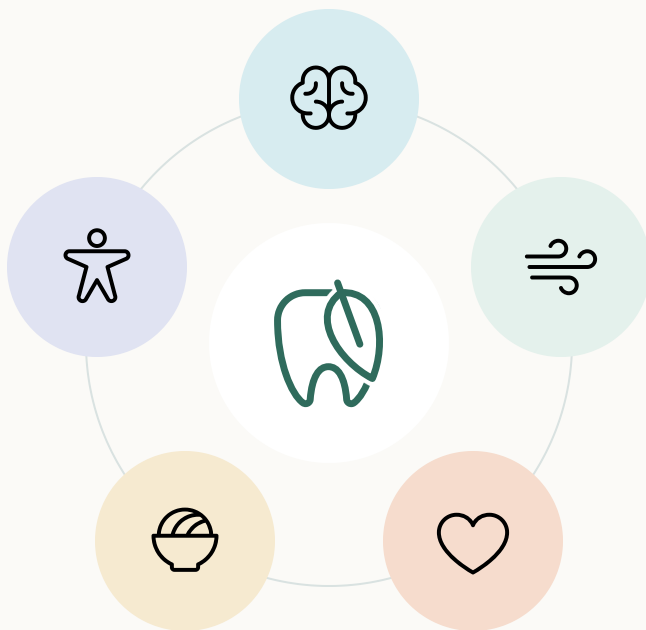
Welcome to Natural Smiles

This guide is for anyone curious about holistic dentistry.

Natural Smiles is a biological and holistic dentistry practice in downtown St. Petersburg, Florida. Dr. Carlo Litano, DMD, has practiced here for more than 20 years.

Dr. Brittany Nalley sees children and families. The team treats the mouth as part of the whole body.

In the pages ahead, you'll learn about five areas that can be connected to oral health: the brain, the airway, the heart, digestion, and the body as a whole. You'll also read about the materials and methods a biological practice chooses, along with how care gets planned at Natural Smiles.



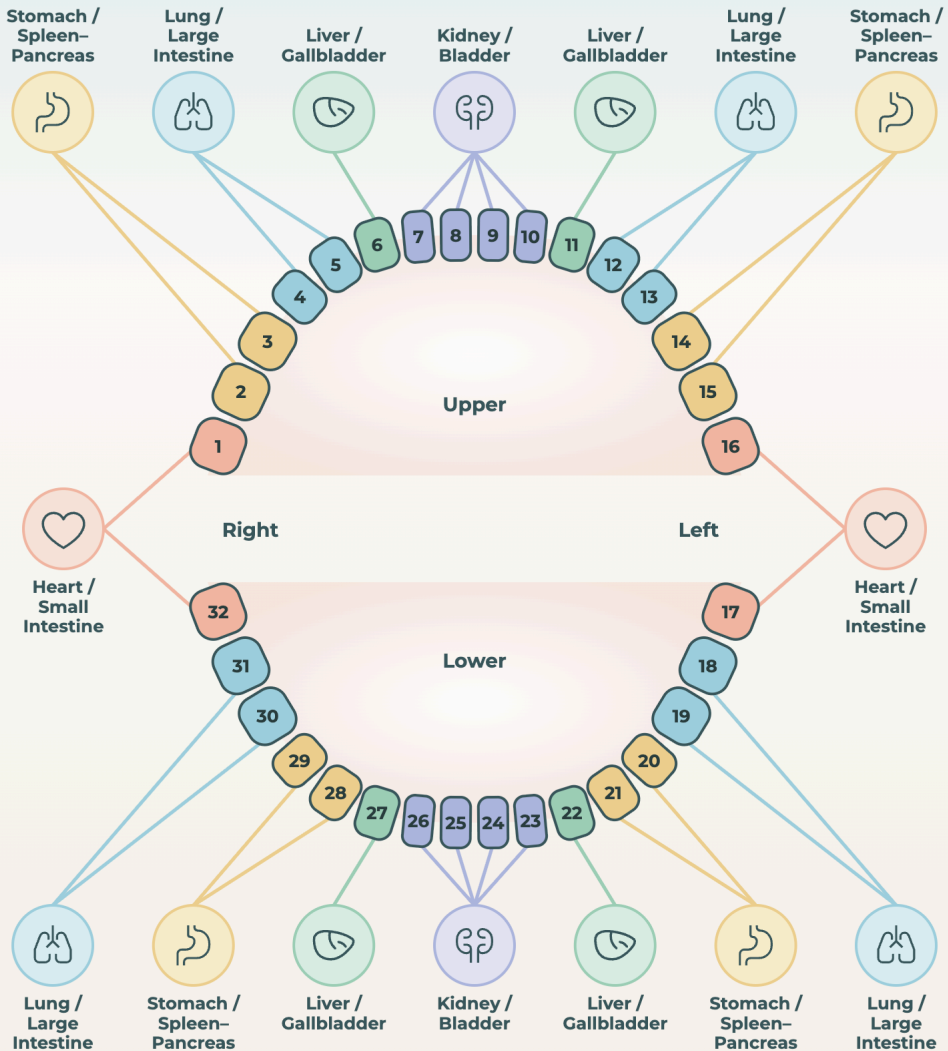
Your Mouth and Your Whole Body

Holistic dentistry starts with a simple idea: the mouth is part of the body as a whole system.

At Natural Smiles, Dr. Litano looks at the mouth within this larger picture before recommending treatment. Five areas of health can be connected to the mouth: the brain, the airway, the heart, digestion, and the body as a whole. The next five pages cover these areas in turn, along with the services at Natural Smiles that relate to them.

Tooth Meridian Chart

Holistic dentistry starts with a simple idea: the mouth is part of the body as a whole system. Right-side teeth list right-side organs; left-side teeth mirror with left-side organs.



Meridian associations are a Traditional Chinese Medicine framework used in biological/holistic dentistry as a reference for whole-body care. Not a medical diagnosis.



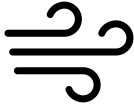
The Brain and Your Mouth

Focus, mood, and sleep can be connected to the health of your mouth.

At Natural Smiles, new patients start with a full health history, so Dr. Litano can see the broader picture before planning care. For patients with old amalgam fillings, the practice offers safe removal under the SMART protocol.

Zirconia implants and BPA-free ceramic composite fillings are metal-free. Fluoride-free cleanings are also available. These choices do not promise changes in focus, mood, or sleep.





The Airway and Your Mouth

Breathing, oxygen, and energy can be connected to the health of your airway.

A 3D CBCT scan at Natural Smiles gives Dr. Litano a view of the airway alongside the teeth and jaw, as part of planning care. The practice also screens for signs of sleep apnea.

When signs appear, Dr. Litano refers patients to a physician for diagnosis, since that diagnosis belongs to medicine. For patients who need airway support, Natural Smiles offers custom oral appliances, including night guards and palate expansion devices, planned alongside a physician.



The Heart and Your Mouth

Circulation and overall health can be connected to the condition of your mouth and gums.

Platelet-rich fibrin, known as PRF, and ozone are used during healing after certain procedures at Natural Smiles.



Digestion and Your Mouth

Nutrient absorption and gut health can be connected to how well you chew and how healthy your mouth is.

At Natural Smiles, diet and healing coaching helps patients consider food choices that support healing after dental procedures. Before some surgeries, the practice may test Vitamin D levels as part of planning care around a patient's broader health.



Posture, Growth and Immune Health

Posture, growth and immune health can be connected to the mouth.

At Natural Smiles, this idea shapes how we approach care from the first visit. We begin with a full health history that covers your whole health before any treatment starts.

This gives us a fuller picture of you as a patient. Children in our practice see Dr. Brittany Nalley, who also sees families. Dr. Litano practices biological dentistry in St. Petersburg and is on the board of the Holistic Dental Association.



Materials We Choose



Natural Smiles places metal-free zirconia ceramic implants from Swiss Dental Solutions. Zirconia is a ceramic material with no metal in it.



Fillings are made from BPA-free ceramic composite, with no mercury added.



For patients with old mercury fillings, we offer safe removal under the SMART protocol.



Cleanings and sealants at our practice are fluoride-free.



We also offer biocompatibility testing.

Planning Your Care



Your first visit starts with a full health history. We use this information to plan your care from the beginning.



A 3D CBCT scan follows, giving us a detailed view of your teeth and jaw. This scan guides how we plan treatment.



Dr. Litano trained in the Swiss BioHealth Protocol in Kreuzlingen, Switzerland, and brings this training into care at Natural Smiles.



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