

The financial aspect of your dental treatment and detoxification

The initial dental assessments:

Basic holistic dental examination - €240.00 Includes X-rays, electro-galvanic test, Occlusal check, B.T.M. urine/saliva laboratory test, Scale and Polish, basic treatment plan.

Comprehensive holistic examination - €355.00 Includes X-rays, electro-galvanic test, TMJ check, B.T.M. urine/saliva laboratory test, Photographs Study models, Scale and polish, Comprehensive treatment plan

Autonomic response testing:

New Patient A.R.T. test in preparation for mercury amalgam removal €240.00 Includes protocol discussion with nutritionist and foodplan (Phase 1 and 2)

Comprehensive A.R.T. test for Chelation of Heavy Metals after mercury filling removal €240 Includes protocol discussion with nutritionist and food plan (Phase 2 and 3)

Follow - up A.R.T. assessments (Phase 4) €180.00

Detox protocol coaching with nutritionist €125.00 (4 x weekly sessions, either in person or by Skype)

Cost of supplements are not included

Average cost for filling replacements

Dental Fillings Small - 125.00 Medium 135.00 Large 165.00

IAOMT safety protocol 95.00

Crowns range from 700.00-880.00

Onlays range from 420.00-450.00

Our practice is a fee-for-service private practice. Fees are due at the time of treatment. We accept cash, laser, all major credit cards and cheque. The ISHSKO Centre offers payment plans for treatment over €1000.00. Payments can be made by paying 30% on first appointment and the remainder over 3 -6-8 months by standing order. by prior approval. Standing Order agreements need to be in place prior to dental treatment commences.

Hours of Operation

Day	Hours
Monday	9:00am - 5:30pm
Tuesday	9:00am - 5:30pm
Wednesday	9:00am - 5:30pm
Thursday	9:00am - 5:30pm
Friday	9:00am - 5:30pm
Saturday	9:00am - 3:00pm
Sunday	Closed

ISHSKO CENTRE

00353 (0) 98 26200

Barrack Yard
Westport
County Mayo

www.mercuryfreedentistry.eu



ISHSKO CENTRE

Dentistry With Your Whole Health In Mind

www.ishskocentre.com

Are You contemplating to have your mercury fillings replaced with biocompatible restorations?



Are you contemplating to have your mercury fillings replaced at the ISHSKO CENTRE?

You have come to the right place. The Ishsko centre is Ireland's only dedicated integrative health centre that combines biological dentistry with detoxification therapies and diagnostics.

All replacements of your mercury fillings are performed under the IAOMT approved safety protocol.

Not only do we offer a safe environment to do so, we also are conscious about what your fillings are replaced with. All composites (white fillings) are biocompatible and bisphenol free.

All crowns and bridges and removable dentures are metal free and do not incur oral galvanism.

Having your mercury fillings replaced in itself does not cure the body, however is a great and very important step towards optimum health and longevity. It is nevertheless a serious undertaking that needs to be planned carefully. Mercury sensitivity or toxicity is not dose dependent but host dependent. Some people have many mercury fillings and are in good health, some have only one mercury filling and are suffering severely.

It depends on the epigenetic gene expression, emotional and mental status, structural efficiency, the health of the gut, nutritional deficiencies to name a few. The body needs to eliminate toxins on a continuous basis, and mercury outgassed from the fillings accumulates elsewhere in the body.

This can impair your ability to excrete toxins in a lesser or greater degree. How this effects you is depending on many factors, which need to be understood prior to the dental treatment.

The materials used to replace the mercury restorations are biocompatible and the composites used are BPA free.

Mercury toxicity is not dose dependent but host dependent!

Sensitivity to heavy metals in the body is an accumulative problem. Mercury interferes with protein function and displaces beneficial minerals, and can diminish the functioning of our Autonomic Nervous System (your "Inner Doctor").

The ISHSKO CENTRE has a team approach to heavy metal detoxification and offers diagnostics and therapies to support the body and mind prior, during and after mercury filling replacement.

Important aspects to Safe Mercury Filling replacement

- 1.Your current and historical general health status
- 2.The number of, size and location of the mercury fillings and the time they have been in your mouth
- 3.The battery effect of the metal restorations(oral galvanism)
- 4.Your body's ability to eliminate heavy metals

What can hinder a successful heavy metal detoxification

- 1.Exposure to geopathic stress and electromagnetic pollution (EMF)
- 2.Dehydration
- 3.Deficiencies : high quality proteins, vitamins, minerals and Essential Fatty Acids
- 4.Digestive problems like constipation, IBS, food sensitivities
- 5.Faulty gene expression (Epigenetics)
- 6.Chronic stress
- 7.Unresolved Trauma (emotional, mental)
- 8.Structural misalignments (jaw, neck and backproblems)
- 9.Scar Tissue
- 10.Chronic infections

The 5 active phases of a successful heavy metal detoxification

- 1.Getting Ready – optimising your diet, removing causes for inflammation and preparing the organs for detoxification
- 2.Removal of contamination (remove toxins from the house/work space, filter your water, remove the mercury fillings)
- 3.Offloading of the stored body burden of toxins in the extra cellular matrix, cell wall
- 4.Cleaning up the intra cellular space
- 5.Repair

Becoming a patient at the ISHSKO CENTRE

Prior to your first visit, it is important to know your current and historical health status. You will be sent our registration forms and health questionnaires. Our "How in the health are you?" questionnaire is a vital aspect in getting to know your body's needs, strengths and weaknesses. From this questionnaire we can advise you on the appropriate assessments as required. If you are in good health, our basis holistic assessment may suffice, and our general detoxification protocol would prepare and protect you during the dental procedures to come. A Saliva/ Urine Test will be needed to assess the body's current health status. (B.T.M. test) If you have health challenges it would be appropriate to schedule both a dental and a body assessment (B.T.M. and Autonomic Response Testing or A.R.T.), so the initial 2 active phases of the detoxification are designed for your specific needs.

Once we have received and evaluated your paperwork, our receptionist will contact you and discuss our recommendations and how you would like to proceed.