

Healthy smiles that radiate from within

Wellness and health, the state of well-being and consciousness are closely connected to our self-confidence, physical appearance, nutritional awareness and mental balance. Teeth play a vital part in this balance of outer and inner health.

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Beauty is more than meets the eye; it is always connected to a person's overall health and emotional aspects. The belief that well-being and harmony is more than aesthetics has inspired the Swiss dentist Jürgen Noack to focus on an integrative way of practicing medicine. According to him, holistic dentistry is a form of healing, which considers the entirety of a person – body, mind, spirit, and emotions – in the quest for optimal health and wellness.

The dental practice 'Zentrum für Integrale Zahnmedizin AG' (Center for Integrative Dentistry) is located in the small and idyllic town of Schüpfen, Switzerland, about 20km from the Swiss capital of Bern. Here, patients are treated not only medically, but also in terms of their mind and soul through Eastern-inspired philosophies of holistic healing. "Wellness in dentistry is often perceived as simply brilliantly white bleached teeth, a complete denture and white fillings or crowns, but mind and soul remain largely ignored," states Jürgen Noack.

Professional expertise

With more than 24 years of experience as a dentist and doctor, and more than 10 years of practicing holistic medicine, Jürgen Noack is an expert in his field. Together with a small team of dentists,

trauma therapists and dental assistants, and equipped with modern technology, he strives to heal patients differently. When asked about his inspiration, he says: "I realised that I can't heal people with a simple textbook medicine approach, I just 'repair' them. Life experience, far-Eastern philosophy and Taoism made me realise that there must be more between heaven and Earth, than is known by textbook medicine."

The primary goal of holistic medicine practice is to gain a proper balance in life. Consequently, the contrast of this philosophically-informed approach to traditional medical treatments and dentistry is that holistic health professionals treat their patients more entirely and consider all health factors more inclusively. Jürgen Noack, the founder of the Center for Integrative Dentistry, explains: "To achieve inner health, it is not sufficient to only improve the external health or change. Both aspects must be taken into account for a stable and long-term outcome."

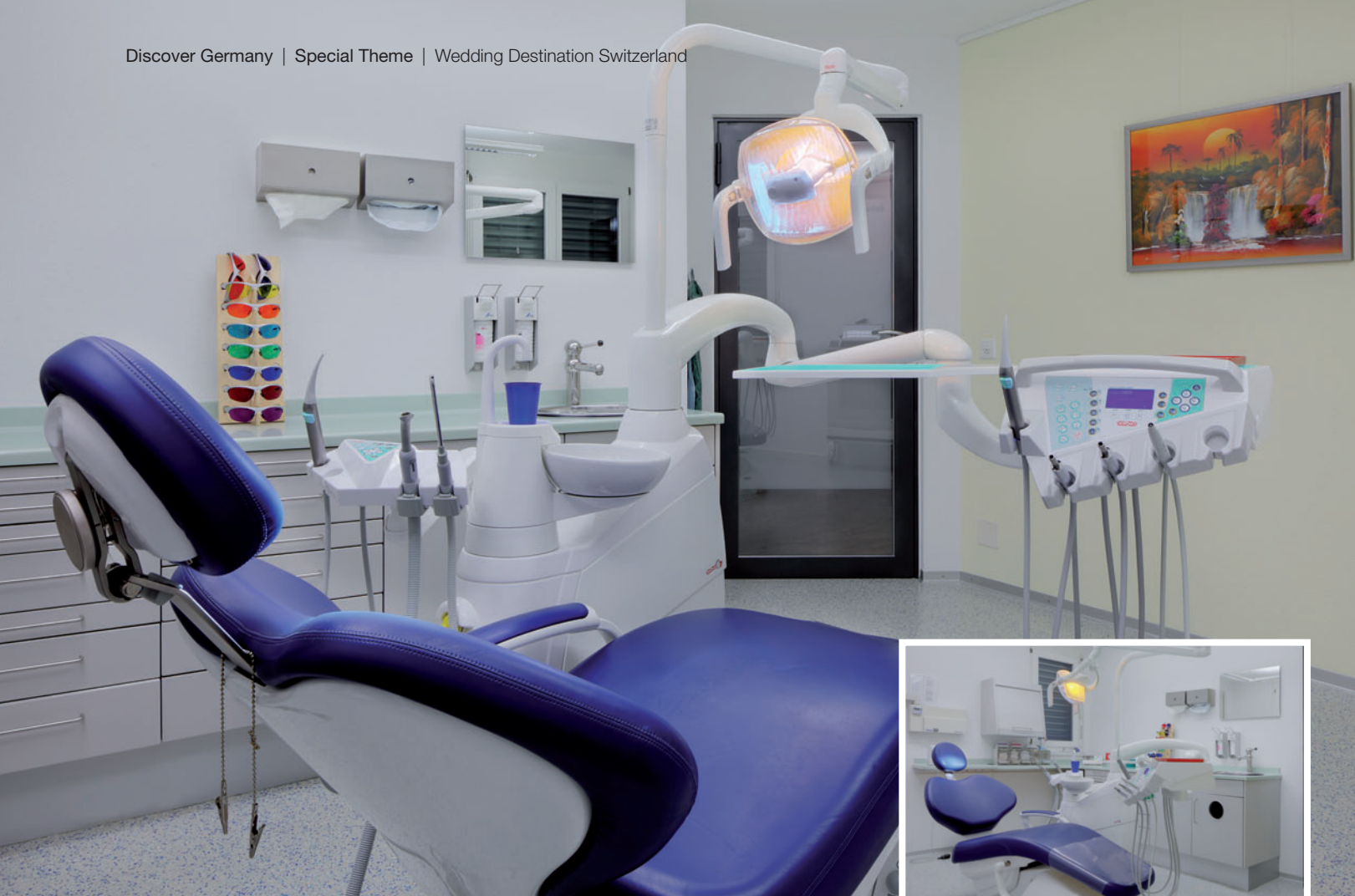
The Swiss dentist explains that external beauty can often be reached easily with a little effort through brushing teeth, bleaching, and pale, white crowns but these methods are not enough to accomplish total health. Without nourishing a healthy



Jürgen Noack



Gabrielle Z'Graggen



mind and soul wellness, the body is not able to function sustainably. Therefore, discomfort often persists despite beautification. Metaphorically speaking, teeth reflect a mirror image of a person's soul.

Helping Patients Holistically

The Center for Integrative Dentistry AG offers a new solution to old problems: by combining approaches of holistic dentistry with a special trauma resolution, which again highlights that the physical and emotional aspects of a person's wellbeing are interconnected. Tensions and pain in patients' teeth, which cause frequent discomfort and can lead to trauma, are resolved. Spa treatments are offered and possible trauma will be reviewed in conjunction with the desired treatments, oral hygiene, teeth whitening, and more. These diagnostic steps are then followed by the actual treatment and rehabilitation of a patient's teeth.

The Center also provides a customised plan of treatment for people who are professionally challenged and short on time (managers, executives, self-employed). Individual schedules are created to accommodate all of the patients' needs.

Influenced by Eastern Philosophy

Holistic medicine practitioners like Jürgen Noack believe that the whole person is made up of interdependent parts and if one part is not working properly, all the other parts will be affected. In this way, if people have imbalances (physical, emotional, or spiritual) in their lives, it can negatively affect their overall health. For each tooth, there also is a mental correspondence; sudden cold sensitivities, abrupt changes in tooth positioning, unexpected pain, show us the way to the soul and its impact on all of our wellbeing. Even the past is reflected by the position of the teeth, but also by their non-position or absence.



Traditional Chinese medicine says that teeth have a connection to every organ via the meridians. According to these Eastern teachings, each tooth has an energetic relationship to the inner organs. This knowledge has been shared for thousands of years and influences people from every culture of the world. This energetic relationship between our organism and the physical results from applying acupuncture are widely known and scientifically proven. This Eastern philosophy and the belief to study and pursue a Naturopathic approach with patients are an integral part of Jürgen Noack's work and practice. With his non-linear practice of dentistry, he addresses the limits of the traditional approach that treats only the symptoms and not the source of body imbalances.

Treating Trauma

Noack works closely together with trauma therapist Gabrielle Z'Graggen. "Trauma means standstill on three levels: Body (cir-

culation), mind (thoughts) and soul (feelings). The dentist (me) brings back the body. Trauma therapy deals with the realisation and identification of mind and soul," Noack explains. "For an integral therapy and the recovery of the patient and his pain and trauma-free dental therapy," he explains, "body, mind and soul should be in tune, before a treatment is started. In particular in the field of surgery, a lot of unnecessary pain is spared."

Symbiosis of All Ways of Life

In Switzerland, there is only a small minority of dentists who work holistically. The critique that their methods are unscientific can be dismissed by the results they achieve and the self-confidence they instil in people. In fact, more and more patients are turning to a holistic practitioner because conventional medicine has not healed them. It is common that after the holistic treatment of a problematic tooth, other discomforts and health complaints such as

heart rhythm disorders, joint swelling, sleeping trouble, headache or migraine, disappear.

Lastly, Jürgen Noack emphasizes: "In most cases, conventional medicine does not consider the mental and spiritual backgrounds and the causes of a disease. This in fact often leads back to the origins of your problem. Only the identification of body, mind and soul, any mental and generation-related traumas and your respective consideration in dental therapy leads ultimately to the real integral approach and thus to the symbiosis of all ways of life."

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