

## **Integrative Medical and Dental Practitioners**

### **1. Alternative, Integrative, and Functional Medicine Doctors**

These physicians have usually received post-graduate training in some or most of the causative factors for dementia. They usually have a “holistic perspective,” meaning they look at the body as a whole instead of as a collection of discrete individual parts. Doctors who complete certification through the Institute for Functional Medicine have extensive training in seeing the body as a set of systems, and cross-reference clinical, intake, and observational information to identify likely causes of symptoms.

### **2. Naturopathic Doctors**

Naturopathic medicine focuses on holistic and proactive prevention, and strives to use natural treatments first. Naturopathic doctors are trained in both traditional and alternative medicine and are licensed only in certain states. However, a doctor with another medical license, such as acupuncture, may practice naturopathic medicine in a state that doesn’t license naturopaths.

### **3. Homeopathic Doctors**

In the US, to practice as a homeopathic doctor, one must receive extensive homeopathic training and be a licensed healthcare professional. Homeopathy is a form of treatment that involves giving the patient minute amounts of what they are sensitive to in order to evoke a proper immune or healing response from the entire body system. Homeopathic doctors are highly regarded in parts of Europe, especially England and Germany.

### **4. Chiropractors**

Chiropractors are best known for treating the body’s skeletal system, but many have ventured into nutrition and other forms of alternative medicine and do heavy metal testing and other treatments.

### **5. Osteopaths**

Osteopaths are medical professionals who have the same privileges and pharmacological training as MDs. They may use hands-on techniques to help alleviate pain, restore motion, and support the body’s own ability to heal.

### **6. Dentists Specializing in Sleep Medicine**

A small number of dentists specialize in dental sleep medicine, which treats airway constriction and obstruction. Such obstructions cause oxygen deprivation (hypoxia) and disrupt sleep architecture, which interrupts natural detoxification processes that are imperative for healthy brain function.

### **7. Dentists Specializing in Mercury Removal**

These practitioners are also referred to as “mercury-safe,” which means they are trained in protocols to safely remove silver (mercury) amalgam fillings. Protocols involve the use of a rubber dam, protective clothing, highspeed suction, and independent air supply for the patient. Be aware that a mercury-free dentist is not necessarily trained in safe mercury removal.

## **8. Doctors Specializing in Environmental Medicine**

These practitioners are able to address some of the newer types of toxins such as mold, glyphosate, and herbicides, pesticides and insecticides. This is a developing field, and you may want to look at the American Academy of Environmental Medicine's (aaemonline.org) directory to find a physician. Doctors are listed by state and region but not specialty areas, so you will have to go to the practitioner's website or contact them directly for more information.

## **9. Other Practitioners**

Other practitioners who can help address causes of memory loss include but are not limited to health coaches, stress-reduction therapists, fitness trainers, and psychotherapists who treat trauma. We encourage you to do an online search for qualified practitioners in your area, and to discuss your concerns and goals with anyone you are considering working with.

If you have questions or need help, please email us at [info@sharpagain.org](mailto:info@sharpagain.org).

*Updated 03/2021*