
PRACTITIONER SPOTLIGHT



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EMBRACING ENDOBIOGENY: A DENTIST'S JOURNEY TO HEALING

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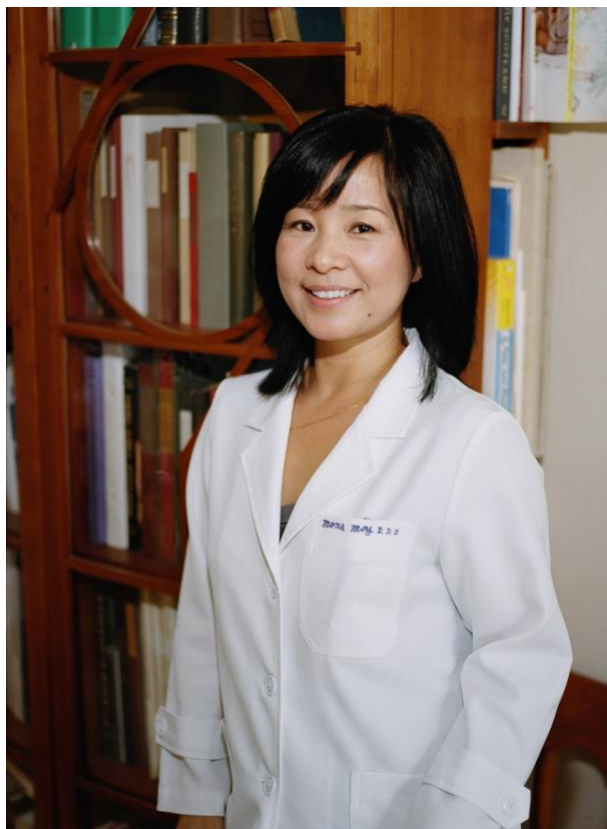
TELL US ABOUT YOURSELF

I am a general dentist. I graduated from South Korea Dental University with advanced post-graduate training at Arthur Dugoni Dental School (formerly known as the University of Pacific Dental school). Over the last 30 years, I've explored many aspects of dentistry and healing modalities. After doing cosmetic, restorative, implant and full mouth rehabilitation type of dentistry, I started doing orthodontics with ALF appliances under the training of Derek Nordstrom. Now I am only doing ALF orthodontics and TMJ treatments as well as sleep apnea and airway focused treatments. I am also a board-certified naturopathic doctor and a biological

dentist. In addition, I am trained in the theory of Endobiogeny by Dr. Hedayat, with whom I've studied for nearly 10 years.

HOW DID YOU FIRST LEARN ABOUT ENDOBIOGENY?

I first learned about Endobiogeny when I was at the cranial osteopathy academy. Some osteopaths were using tinctures for themselves from Endobiogenic consultations. That piqued my curiosity. They actually wouldn't tell me much about the tinctures, where they got them or Endobiogeny—and that made me even more determined to find out what this "Endobiogeny" was. Later, I had an intuition that Endobiogeny is something I would like to use for myself. I



remember calling Dr. Hedayat and asking, “Can I take your fellowship as a dentist?” And he said, “Why not?” I joined the fellowship program in 2014 and started opening up my eyes to this truly wholistic medicine and never looked back. It was like love at first sight. I first started to treat myself when I was going through brutal menopausal symptoms followed by my daughter who was suffering with severe eczema at the same time.

HOW HAS ENDOBIOGENY CHANGED OR DEEPENED YOUR PRACTICE?

As my daughter and I got healthier through Endobiogeny, I wanted to help my patients by using the principles of clinical endobiogeny. For dental patients, when they present with symptoms of the mouth, head and neck region, there are also many other signs of whole-body dysfunctions that accompany it. I’ve found that (mechanical) structure, (physiologic) function, biology and the emotional aspects of the patient all need to be addressed. Learning Endobiogeny is like learning

philosophy: it requires full presence of the practitioner and attention to details in patient care. I had to develop myself during the time of practicing; working on self-care was also important as well as developing heart. It has been a tough road but I see when I apply Endobiogeny philosophy and dentistry together, the benefit to my patients is greater.

WHAT ASPECTS OF ENDOBIOGENY DO YOU FIND MOST HELPFUL IN YOUR PRACTICE?

Since I am a dentist, I am not allowed to treat other issues other than those related to dentistry, thanks to this specialization of medicine, recognizing patterns, advising life-style changes and nutrition has been great. Now I have a logical explanation of why my patients must make certain changes. The BOF (biology of functions) has been helpful to track the progress of patients and motivating them to continue with their treatments. The Materia Medica is helpful, but I still need to know more about the treatments.

IN WHAT WAYS HAS ENDOBIOGENY CHANGED YOU OR YOUR UNDERSTANDING OF LIFE?

Learning Endobiogeny made me grow and develop my inner nature physician. In Korea, all dentists begin their training with physicians in basic physiology and pathophysiology. As a result, Korean dentists have a well-rounded education, never dissociating oral from systemic health. For me, endobiogeny is almost a spiritual study! It can feel abstract or complex in its concept, but I have a strong affinity for that type of complexity.

WHAT MIGHT YOU RECOMMEND TO THOSE CONTEMPLATING OR JUST STARTING THEIR JOURNEY IN ENDOBIOGENY?

I urge other practitioners who are interested in helping others as well as themselves to start thinking about learning Endobiogeny; even basic principles can be a huge benefit. For example, dentists get this amazing book by Dr. Hedayat, *The Theory of Endobiogeny*. They can join the learning forum at www.learnendobiogeny.com to ask Dr. Hedayat questions. These options were not available when I started and Dr Hedayat spent an enormous amount of time and effort to help us to learn more.

WHAT WOULD YOU LIKE TO SEE DEVELOP IN ENDOBIOGENY?

I would love to see Endobiogeny as an integral part of Medicine. Various types of teachings can be available: for the beginners, for the patients, for the advanced practitioners. Perhaps more of us could be prepared to teach basic concepts? I have watched, for many years of my practice, new concepts and teachings come and go. Sometimes, when patients demand the service, the doctors follow. More and more public education is going to elicit the interests among doctors, just like what



Functional Medicine has done. People are searching. They are getting tired of the conventional medicine way of treatment. More researchers and public speakers are needed for public recognition of Endobiogeny. *