

A close-up portrait of Dr. Seth Gilson, a man with light brown hair pulled back, blue eyes, and a light beard, smiling warmly. He is wearing a dark grey V-neck shirt.

Dr. Seth Gilson

The Mindful Doctor

Holistic, Biological &
Biomimmetic Dentist



@mindful.doctor

MEDIA & SPEAKING INQUIRIES:

drsgilson@gmail.com

www.mindful.doctor

Seth Gilson D.M.D
@Mindful.Doctor

FIGS

Dentistry is not separate from the body

Dentistry remains one of the most overlooked contributors to systemic inflammation and long-term health.

Yet it is one of the most powerful opportunities for preventive medicine.

Dr. Seth Gilson explores how structural biomechanics, biological compatibility, and oral-systemic health must be integrated into modern healthcare.

His work bridges dentistry, integrative medicine, and forward-thinking clinical innovation.



This is not about treating teeth.
It is about understanding the system.

Dr. Seth Gilson

Speaking & Educational Presentations

Dr. Seth Gilson offers educational presentations, panel discussions, and guest lectures focused on the intersection of dentistry, biology, and systemic health.

His presentations are designed for dental professionals, integrative health practitioners, and audiences interested in the evolving role of oral health in preventive medicine.

Audience Alignment

Dr. Gilson speaks to:

- Dental conferences
- IAOMT & biological dentistry forums
- Integrative medicine summits
- Functional medicine conferences
- Longevity & optimization events
- Healthcare innovation panels



Speaking Topics

- Oral-Systemic Health: Understanding the Connection
- Exploring how oral inflammation and microbiome imbalance influence systemic health and long-term wellness.
- Biomimetic Dentistry & Structural Preservation
- A science-based approach to minimally invasive restorative care that prioritizes long-term structural integrity.
- Biological Compatibility in Restorative Dentistry
- Evaluating materials, toxicity considerations, and systemic implications in modern dental practice.
- From Repair to Prevention
- Rethinking dentistry within integrative and preventive healthcare models.

Format Options

- Continuing education lectures
- Conference breakout sessions
- Panel discussions
- Podcast guest appearances
- Webinars and educational workshops



Why booking Dr. Seth Gilson?

- Bridges dentistry and integrative medicine
- Combines clinical precision with systemic insight
- Offers practical, evidence-informed frameworks
- Communicates complex science clearly and calmly
- Engages audiences beyond traditional dental narratives

Dr. Seth Gilson
The Mindful Doctor

DR. SETH GILSON, D.M.D.

Short Bio

Dr. Seth Gilson is a biological and biomimetic dentist and founder of The Mindful Doctor, a platform advancing oral-systemic health education.

Based in Florida, he practices minimally invasive, structurally precise dentistry grounded in biological compatibility and long-term resilience.

He is an active member of the International Academy of Oral Medicine & Toxicology (IAOMT) and is SMART certified in safe mercury amalgam removal.

Dr. Gilson has advanced training in biomimetic dentistry, focusing on structural preservation and minimally invasive restoration.

Through speaking and media, he explores how dentistry fits within integrative and preventive healthcare.



DR. SETH GILSON, D.M.D.

Full Authority Bio

Dr. Seth Gilson, DMD is a biological and biomimetic dentist committed to elevating the role of dentistry in whole-body health.

His work focuses on structural integrity, microbiome balance, and the systemic implications of oral inflammation.

After earning his Doctor of Dental Medicine degree from Nova Southeastern University, Dr. Gilson pursued advanced training in biomimetic dentistry, emphasizing preservation of natural tooth structure through adhesion-based principles.

He is an active member of the International Academy of Oral Medicine & Toxicology (IAOMT) and SMART certified in safe mercury amalgam removal.

His philosophy integrates biological compatibility, minimally invasive technique, and systems-based thinking.

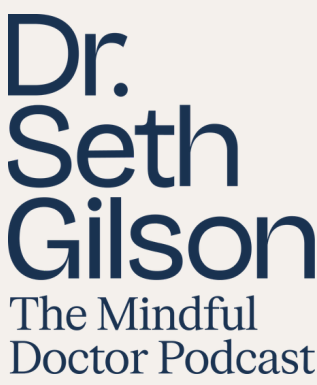
Through clinical practice and media, he contributes to the evolving conversation surrounding integrative healthcare.



PODCAST & MEDIA

Founder & Host
The Mindful Doctor Podcast

Conversations at the intersection of dentistry, biology, and modern healthcare.



Notable Guests.

- Dr. Mark Burhenne
 - Dr. Michelle Jorgensen
 - Dr. Tyler Panzner
 - Dr. Dave McCarty
 - Dr. Staci Whitman
 - Dr. Joel Kahn
- Dr. Jill Crista

Dr. Tyna Moore

Dr. Catherine Clinton

Dr. Darsh

Dr. Mary Pardee

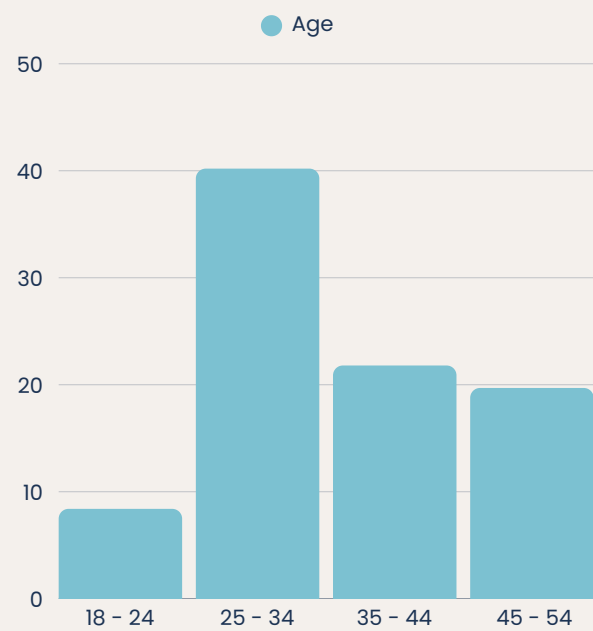
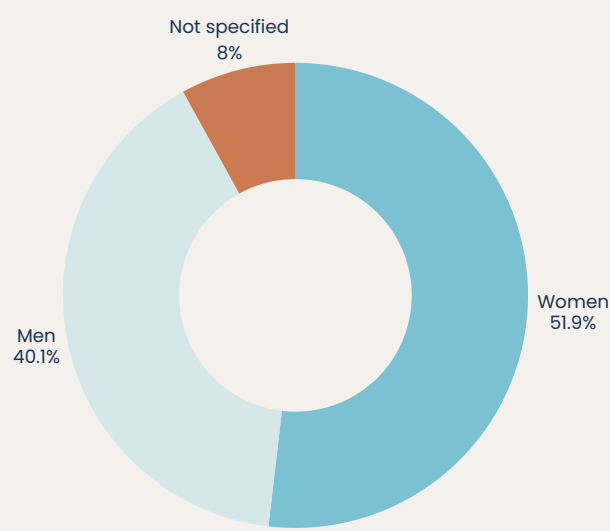
Dr. Christian Gonzalez

Podcast Available on:

Spotify, YouTube, Apple, Amazon

622K+
Views

15K+
Followers



*Across all platforms. Last 90 days
Instagram, TikTok, Facebook, Threads, YouTube, Spotify



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DENTAL PRACTICE

Partner at
OUR HOLISTIC DENTISTRY
Aventura, Florida

The mouth is a window to the body.

Optimal health is impossible when oral conditions are neglected. We're here to support your overall health by helping you achieve a stable and healthy mouth – and to do so in a peaceful, relaxing, and welcoming environment.

Our Holistic Dentistry supports your choice to live a healthier, more natural, and less toxic life. We bridge the gap between conventional clinical dentistry and natural healing modalities.

We promote health and well-being through nutrition, the elimination of toxins, and the nurturing of physical, mental, and energetic balance.

@ourholisticdentistry
www.ourholisticdentist.com

 2925 NE 199th St, Suite 201
Aventura, FL 33180

 (305) 933-3350

 ourholisticdentists@gmail.com



**OUR
HOLISTIC**
DENTISTRY



A Venn diagram consisting of two overlapping circles. The top circle is labeled 'Where Dentistry' and the bottom circle is labeled 'Whole-Body Healing'. The intersection of the two circles is labeled 'Meets'.

Where
Dentistry

Meets

Whole-Body
Healing

Dr. Seth Gilson

The Mindful Doctor