

Thomas J. Lokensgard, DDS, NMD, ABAHP

My Story

I have always held a special fascination in the sciences. In grade school, I entered the school science fair and came away with a blue ribbon for my project, "The Human Body". This passion led me into a career in dentistry and oral medicine. As far back as I can remember there were 3 things I always wondered about as a young boy:

What does it look like at the bottom of a lake?

What does it look like inside the human body?

How does the body work?

As I grew older, I had the opportunity to satisfy my first two curiosities, and as of this writing, I remain engaged in working on the third. I was trained and certified in rescue and advanced Scuba- diving in the mid-1990's and have since seen the bottom of quite a few lakes, including the Great Lakes where I very nearly lost my life at 70 feet at the bow of the Maderia shipwreck, on a diving expedition.

As a pathology autopsy assistant at Fairview-Southdale Hospital in Edina, Minnesota, I have experienced quite a few autopsies and head posts with some very brilliant pathologists. Check off goal number 2.

Figuring out how God's Grand Design is put together remains's a passion and a calling, and I will be working on this one, for the rest of my life.....

My Early Education

In 1974, I received a BA degree (Cum Laude) from *Concordia College* in Moorhead, Minnesota, majoring in Biology with a special emphasis in Biochemistry and Physiology. While attending College, I worked as an autopsy assistant for a pathology group at Fairview-Southdale Hospital in Edina Minnesota, where I lived during two of my college years.

After being accepted into the Endocrinology program at *Colorado State College*, I opted to enter Dentistry at the *University of Minnesota*, and graduated in 1979 with a DDS degree. A month later (in 1980), I started my dental career in Park Rapids, Minnesota with an emphasis in Cosmetic Restorative Dentistry and Orthopedic Orthodontics.

Over the years my interest and knowledge base deepened in Orthodontic and Cranio-Facial procedures in dentistry, as I took hundreds of additional hours in CDE credits to advance my career.

So, How Did I Begin My Work in Holistic Dentistry?

In the early 1990's, I began to see there was something missing in traditional medicine and dentistry.

Believing there was a connection between nutrition and wellness I began questioning the inherent logic of prescribing pharmaceuticals for every symptom that came along. As I continued treating my patients and expanding my education, it became increasingly clear there was a proven connection between nutrition and optimal health.

At that time clinicians, it seemed to me, had not made the connection between optimal health and nutrition. This further began my journey into, "What does nutrition have to do with it?"

I began focusing on nutritional, probiotic, glyco-nutrient, enzyme, and endocrine therapies, and I joined the *American Nutraceutical Association* in 2001. What I noticed was a body of new scientific information that completely supported this new rationale. When a Harvard Medical Study in 2000 connected silent inflammation to periodontitis and heart disease, the link was complete.

The One Trip that Changed Everything For Me

I made a trip to Nashville after joining the ANA and discovered a group of MD's, DDS's, and DC's that were plugged into a nutritional- medical model that was fascinating. I immediately bought in and it changed my life.

A month later, as I was attending a nutritional seminar when the speaker said something very powerful. He said, "*There is a battle being waged, but it's not against your doctor or the medical establishment. The battle is being waged in the GROCERY STORE.*" It hit me that the piece that was lacking in the medical puzzle was nutritionally-based yet medically-missing.

I thought about this for years and have finally concluded that this speaker was correct. This was well before I'd ever heard of GMO foods or really understood much about nutrition. So fast forward a bit.

After I sold my dentistry practice in Minnesota, I spent three years pursuing my *Naturopathic Medical Degree* (NMD), from *Clayton College of Natural Health* in Birmingham, Alabama, graduating with highest honors. I then joined the *American Academy of Anti-Aging Medicine* (A4M), pursued board certification and fellowship status which really tied it all together for me. Since that time my passion has only grown. My ***Life-Rejuvenation Program*** and its content is the fruit of that passion. Visit: [Life Rejuvenation Systems](#) for more information.

My Later Training & Experience

In 2003, with training in Botox and Dermal Fillers, I entered the field of cosmetic facial aesthetics and started *Oro Med Aesthetics*.

With over 30 years of clinical experience and with memberships in numerous organizations, I continue my quest for the answer to the third question on a daily basis.

A native of Bloomington, Minnesota, my wife and I moved to Franklin, Tennessee in 2008. We have six children and 11 grandchildren.

We've truly been blessed.

~Dr. Thom

Education and Credentials

- Concordia College, B.A., 1974, Cum Laude, Biology and Chemistry
- University of Minnesota School of Dentistry, 1979, DDS
- Clayton College of Natural Healing, 2007, NMD

Special training:

- Orthodontics, Cranio-facial and Oral-Facial Orthopedics, IAO
- Cosmetic Restorative Dentistry
- Diplomate, American Academy of Anti-Aging Medicine, ABAAHP

- Fellow, American Academy of Anti-Aging Medicine
- Restylane and Botox training, Mesna Plastic Surgery, Edina, Minnesota
- Radiesse Training, Dr. Christopher Tolan, Plastic Surgery
- Nutrition Training
- Hormone Optimization
- Neurochemistry
- Advanced and Rescue certified Scuba Diver (PADI)

Memberships

- American Academy of Anti Aging Medicine, A4M
- American Academy of Ozonotherapy, AAOT
- Dental Amalgam Mercury Solutions, DAMS
- Holistic Dental Association, HDA
- International Association of Orthodontics, IAO
- International Academy of Oral Medicine and Toxicology, IAOMT
- International Academy of Biological and Dental Medicine (IABDM)
- Price-Pottenger Nutritional Foundation, PPNF
- Weston A. Price Foundation, WAPF

BSA Eagle Board of Review, District Committee, Scout Master,
Pine Region District