Introduction to Oral Health and Dental Products

Welcome back to ADHD, Autism and Chronic Disease Parenting Summit. I'm here with the fantastic Trina Felber, who is the founder of Primal Life Organics.

And we're going to talk all about teeth and cavities today. So thank you so much for being here. Thanks to all. Thanks for mouthing off with me today.

I love it, I love it. So where do you want to start? I mean, there's a lot of, dental products on the market. You know, we're talking about toothpaste or toothbrushes or other things for kids.

A lot of the stuff marketed to kids. So what? What would you say is the big things that are wrong with the dental products on the market today? Or what you be thinking about?

Well, I think the biggest problem is that we're told, you know, as a consumer by this and it's fluoride or it's cavity protection, whether it has fluoride or whatever they're selling it for that it's cavity protection.

You're you're going to be less likely to have cavities. Your kids will. And in reality, what's happening is kids are having more cavities, as they go to the dentist, like, and such little kids getting cavities and so many teeth.

And it's not necessarily just diet, it's the products on the market are actually when you look at the ingredients, they actually cause cavities and gum disease.

And kids can get, you know, inflamed gums as well. So it's it's really sad. But the products that were being sold aren't really doing what they're supposed to be doing. And there's a better way.

What should we be looking for then? What would be the the things that parents should kind of peak, their peak, their eyesight on when they're looking at ingredients or looking to buy something?

Well, let me real quick, let me tell you what happened with me, because this is this may have happened with other ants, especially when they've got little kids.

How Cavities Develop and a Personal Success Story

My daughter was two. At the age of two, she had a molar erupt that had a defect. Something was wrong with this tooth. And my husband was brushing her teeth when he he noticed it and he called me over and he's like, what do you think this is wrong with this?

This tooth, this doesn't look right. And I said, I have no idea. Let's take her to the dentist. So we took her to the dentist. She wasn't complaining of any pain again, she's too so.

But we took her to the dentist. He took one look at that. She. He said that that's a natural cavity. It's a defect. So a cavity, really just a hole. It doesn't matter whether it got there from bacteria invasion or it got there, you know, because when the tooth was being developed.

So it's a cavitation in the, in the tooth on an opening. And he said it's pretty significant. We'll have to put a temporary filling in it because she's two I'm not going to put a regular filling in.

I won't put her through that, will put a temporary filling in it, and the temporary filling will fall out about every 2 or 3 months. And every time the temporary filling falls out, we'll decide if we need to pull the tooth or just put another temporary filling in it, he said.

I fully expect to have to pull the tooth within a year, because every time that filling falls out, we're going to have to go in and just kind of clean that tooth out a little bit more, remove a little bit more of the enamel, and then eventually the tooth is not going to be able.

It won't be about we'll have to pull it. So probably within a year we're going to pull the tooth. And so I was, you know, as a writer saying I knew that there was a connection between the teeth and the organs through the meridian channels.

And so I was a little upset knowing that these connections are legitimate. And it's for the safety of the body. If there's a problem with an organ, your tooth might end up with a toothache or something going on with that tooth to signal you.

Vice versa is true too. You can have something wrong with an organ, or you can have something wrong with a tooth, and the organ will signal you. So you could have like gallbladder attack and no reason the, you know, they you go and they tell you your gallbladder is fine.

So anyway I was leaving. He said, don't worry mom. We put a temporary filling in and now we just hope for the best. And the word hope, the words I hope for the best.

For you parents out there. I'm sure it would trigger something in you just like it triggered in me. You know, when it comes to me, I'll hope for the best for some things, but when it comes to my kids, I'm not hoping for the best for anything.

So I went home. I started doing some research. I found Doctor Weston Price, who was a dentist in the early 1900s. He actually makes a has a baby formula for all you young parents out there that will have little toddlers or little babies, I should say.

But I actually used his, his baby formula. I made his baby formula when I had twins, and I just was back to work and I couldn't produce enough milk. But anyway, he was a dentist.

In the early 1900s, he discovered the link between sugar and cavities. He sat on the Ada. The Ada pretty much buried all his research. He was very invested in natural solutions for oral health.

And so I just I had a bunch of takeaways from his, his research that I found, and I created what is now known as my dirty malted powder. I started brushing Mia mia's tooth or teeth with our dirty mouth tooth powder.

And I quickly realized through his research that the dentist was right. If I kept brushing with what we were using, we were going to have to pull the tooth within a year.

So my goal was to get that tooth one year and one day, and if I could get it past that one year mark, I did a good job as a mom. And, I made the dirty my tooth powder, brushed your teeth, every day, twice a day with that.

And that tooth fell at the age of 12. So the tooth lasted its full lifespan, ten years. And it had that original temporary filling that was supposed to only last two months.

It lasted ten years. And what I discovered was that that tooth had mineralized minerals down around and over that filling to protect it, because the bacteria was what was going to kill it.

And it protected the bacteria protected in the tooth from the bacteria getting inside the tooth and causing more damage. So that's a little bit of backstory about what natural products can do.

Given given the chance, if you have any, I don't know if you have any comments or questions before I answer your other question. No, I think that's great.

And I mean, I think it's interesting because, you know, and maybe we can talk about a little more later after or even

now. It's it's I think people think that you can't heal a cavity.

And I have definitely seen through the years and working with some natural dental practitioners, I mean, obviously not always that you can, but but definitely for the smaller cavities for little things.

You know, even sometimes for medium, medium type cavities and they can get better. I have seen it. I have seen patients work with practitioners where they went to one and they went to a more holistic one, and they never ended up having to to, you know, fill the cavity or do anything.

It got better on its own. So I guess, you know, you're in that camp where you, you believe and, and you have seen that, that if you change some things and some sometimes it can get better.

I've totally seen that happen. In fact, there's a lot of I don't I can't write these these are customer reviews on my dental products. And I actually have had people that needed root canals and the root canal after they've been using the products and changed.

It's about the environment inside the mouth. If your mouth is acidic, then you're going to be wearing away at the enamel. This goes for kids, this goes for adults.

This goes for everybody. It's the acids in the mouth that wear away at the enamel and then cause gum disease.

Why Mouth Chemistry Matters for Kids and Adults

As you know, as you can imagine, if you put acid on your skin eventually, over time, even if it's a weak acid, eventually, over time, is going to wear down at the tissue.

So that's what's happening in the guns as well. Our mouths are so acidic and that's from diet. It's from the products that we're using on the market. The products are wiping out our good bacteria inside the mouth.

This goes for kids and adults. And then we're susceptible to the harmful bacteria, which causes more acid that the bacteria inside the mouth feeds off the bad bacteria, feeds off the sugars in the diet, creates more acid inside the mouth, the acid works away.

It's like this cycle that just can't stop. You're on the hamster wheel, so we change the environment inside the mouth. For kids and adults, we can change what's happening inside the mouth and I always tell people, if you if you believe that you can heal a broken bone.

And probably most people out there are a lot of people, especially if you're adult, you've either known someone who had a broken bone, or you've yourself has suffered with a broken bone.

And if you believe you can heal a bone, you should believe you can heal a cavity. The only time I tell people, my customers, you know, they asked me, hey, I've got this going on and I can't diagnose, I can't treat anything.

What my advice is, is if there's no pain or tolerable pain and no infection, then you probably have time to try healing it on its own. And that, you know, that's just doesn't matter how deep or, you know, significant that defect is.

You it as long as there's no pain or an infection, you probably could try healing it. You know, if there's pain or infection, then I always recommend doing what your dentist recommends, you know, following his advice.

But the products, you know, on the market, they're they're causing more acid. In fact, there's there's so many harsh ingredients in there. And kids, this is the main thing for parents to know.

Your kids are following this. So, you know, honestly, if it's something that goes inside the mouth and there's a potential to swallow it and even adults, there was a study done about adults and reckless and they were putting triclosan for a while, which is a, a strong antibiotic, basically.

In toothpaste. And what they wanted to know is what is the what is the response or what happens in the gut microbiome to the gut microbiome and what they discovered, they weren't having people.

They didn't even tell people they were testing that. And they had people just brush their teeth like they normally would. Most adults would feel like they don't swallow much or any toothpaste, but what they discovered was the tiny amount that they were swallowing was disrupting the microbiome in the gut, which basically leads to all sorts of gut issues.

But for kids, it's even worse because kids will swallow a mouthful of toothpaste. So basically, if you read the ingredients on your toothpaste and it's not food, like if you would look at it and go, I wouldn't eat that dinner, then I wouldn't brush my teeth, I wouldn't put it in my mouth, and I wouldn't put it in my kids mouth because they're chemicals.

They don't belong in our mouth. A lot of those are the things that are put. Toothpaste is the same thing that they put in, like cleaners, like cleaners to clean your floor or clean your car.

So it's it's impeccable. It's a, it's a it's really important not just for oral care or oral health, but also for overall health, because those chemicals disrupt the way your body functions internally as well.

Yeah. And great, great points. And I think just to continue on with that, with that thought. So if parents were going to the store or browsing online, so what, what are some of the things they should be looking for?

I mean, we kind of mentioned this before, but we we went in a big circle with really interesting stuff. So maybe we can go back for two. And now just, you know what what what are the things that parents should be looking for positive and negative.

So you can talk a little bit about your, your products and why you chose what you chose, and then some of the things that you would think that, you know, maybe parents should think a little bit before purchasing something with, with, you know, this or this ingredient.

Well, there's four things really that when I my takeaways from Doctor Weston Price's research, there's four takeaways. So I always tell people like you, if you can brush your mouth with something like especially other like natural brands while they are cleaning your teeth, they're not really doing the four things that need to happen inside your mouth.

So you can you can use it, but it's not really going to promote wellness overall. So you're kind of wasting your money because you can honestly brush with water and do about actually a better job than using the wrong products, because at least you're not disrupting your microbiome.

So those four things would be they have to have it has to be alkaline.

What to Look for in Toothpaste Ingredients

If it's not alkaline, it's not going to be able to kill the bacteria that causes problems because your mouth needs an alkaline environment, because the healthy bacteria that protects you from the other bacteria lives in an alkaline environment.

So your mouth is the start of your gut and your gut need. It's all acidic in your gut, but your mouth must should be, alkaline in order for your saliva or your kid's saliva to function the way it's supposed to.

Your mouth needs to be primarily in an alkaline state because your your saliva is supposed to neutralize acids in the mouth, but the saliva is neutral.

Our ancestors weren't eating the processed foods, and the acidic foods that we eat today. So our saliva isn't alkaline by any means. It's neutral. And if your mouth is acidic or your child's mouth is acidic, then you're going to

end up with cavities like I wouldn't believe, because that's what's wearing away at the enamel that acid is removing cavities or removing the the, minerals from the teeth.

When your mouth is alkaline, the minerals, if there's minerals present, they go back in the teeth and fill in those holes that fill in the pits, and they can re mineralized the teeth.

That's what's supposed to happen all day long. Your saliva has minerals in it. But if your mouth is acidic, those minerals don't go back in. They stay in your saliva, you swallow them or you spit them.

And it's a vicious cycle because the acids are wearing away and more metals are leaving. And so it's a vicious cycle. So during an alkaline environment those minerals will go back in.

Know how do you know if something's alkaline that you're using? I always tell people look for baking soda. It's a very simple ingredient. We use baking and it's safe and it will make the product alkaline.

But the second thing is minerals. I talked about the minerals. The minerals have to be present in the dental product. Otherwise you're not going to be putting minerals back in your teeth.

Our diets are the primary source along with our saliva. So now if your mouth is alkaline, you're brushing with something that's alkaline and you're killing off the bad bacteria supporting that healthy bacteria.

When you salivate all day long, the minerals in your saliva re mineralized your teeth, the minerals in your dental products re mineralized your teeth, and the minerals in the diet, in the vegetables, in the fruits and the things that you're eating will re mineralized your teeth.

So it has to be. Because there's some specific minerals that people should be looking for in the product that you would see. So you know what? Calcium and phos are the primary minerals of the teeth.

And the new ingredient out there that's really, really good is nano hydroxyapatite. But it has to be nano hydroxyapatite, and it has to have the right it has to be the right shape, right size of hydroxyapatite.

A lot of brands are putting micro hydroxyapatite, which is larger than nano and micro, isn't large enough. Those pits and holes in your teeth are teeny teeny, tiny, tiny and micro is not small enough, so you'll be brushing and spitting hydroxyapatite back in the sink.

So nano hydroxyapatite is a must. But unfortunately, that's not a requirement to be on a brand label. So many people just put hydroxyapatite in. You don't know if you're buying nano or micro.

I do use nano. There's one brand that is recognized, that is safe because they use the correct shape and their correct size, and that's fluid, no loss.

So if you're using a brand, you can email their support team and ask them what brand of nano hydroxyapatite they're using. It should be fluid Nova. That is the only brand I will use because theirs is deemed safe and the correct size and shape.

And by the way, if you're using the wrong shape and I can't remember which shape is correct, there's rods, there's, circles, there's, nano hydroxyl. But if you're using the shake shape, it can actually cause DNA damage.

So it's not something to just laugh about or go, oh, it's no big deal. So just being careful about that. And that's something consumers don't know because how would you know that brands don't market that kind of stuff?

It's hard to get that information out there. The other thing is your teeth have more than just calcium and fasten them. They have other minerals like manganese and magnesium and silica, and it's a lock and key.

When you lose a manganese iron pearl, you have to replace it with a manganese, or that whole will be there until

you do so. Brands that put only nano only the hydroxyapatite and or calcium carbonate.

The other thing that is being put in there, missing out on all the other minerals that are in your teeth. So what I tell people to look for, what I use in my products is a blend of three different clays.

I use bentonite, French green and kaolin. Mine are food grade. A lot of brands don't even use food grade, which means when you swallow, that might not be pure and there could be some contaminants or other things in the clay, but a food grade clay is going to be the safe alternative for And a lot of people do.

Bentonite clay detoxes, cleanses internally, which I've done in the past. But you have to use food grade, so I use food grade. I use a blend of clay. The clays have all of the minerals there.

They're a little alkaline. So it's going to help with the alkalinity. They're going to clean. Your teeth are really good at cleaning the teeth. And they're going to re mineralized your teeth because they have every iron, every mineral iron that your teeth need.

So I use nano hydroxyapatite, I use a blend of through clays. And I also use baking soda. And then so that covers the minerals content. So we got the alkalinity, the mineral content.

Your you also need to, have your teeth, have your tissues have to be cleansed, like our tissues in our mouth are exposed to things including heavy metals.

I believe that that's a good portal of entry for heavy metals to enter our body, especially during flossing and brushing, when you end up with a little bit of bleeding.

Because when you when you just when you bleed, you open the portal of entry or a pathway, a door was opened and toxins or bacteria can enter directly into the bloodstream.

Because your gum tissue is extremely vascular and that blood goes straight to your lungs, then to your heart, which is why heart disease is directly linked to oral health.

So plaque in the mouth is directly linked to the plaque inside inside the the heart. So making sure that your gum tissue is healthy, and and detox the, the tissue doesn't have heavy metals and, and all of those contaminants.

What I recommend is clay. This is why I love clay because clay is a binder. Again, a lot of times clay is taken internally to bind to, not just toxins but other things when, ingested to get rid of them.

Because once clay binds to something, it pulls it out. So when you're brushing or your child is brushing, think about these heavy metals. Get get into the gum tissue.

You know, this is just a way that your body stores things. And when you're brushing twice a day with a clay based toothpaste or tooth powder, that clay is going to bind to it, pull it out.

And even if your child swallows it, clay has an ionic bond that is so strong that that that toxin, it will be held to that clay all the way through and eliminated in the urine or the faces, the feces and, from the GI tract.

So, those are the things to look for, has to be alkaline, has to have minerals present, has to detox the tissues of the mouth and cleanse the tissues.

And those are so it's simple baking soda and clay. I use essential oils, artificial color, artificial sweeteners are horrible for for not just your mouth because they support the wrong bacteria.

They're more acidic by nature, but they're also not healthy to be ingested either. And then fluoride. Fluoride has the warning. The reason a lot of times here, I didn't.

I says, until recently, the reason hotels when you go into a hotel and they don't have toothpaste, they'll have other things. But they don't have toothpaste on the counter is because they have fluoride, and fluoride is considered a drug.

So two hotels won't offer fluoride toothpaste. Why they don't offer non fluoride I don't know. But fluorides a neurotoxin. And it also decreases testosterone levels in both men and women.

And think about little boys and little girls as they're developing and what's happening when they're swallowing their fluoride toothpaste. So, I'm a big proponent that you don't need fluoride.

Fluoride is not supposed to be in your body. It is a foreign object. The only reason babies are born with fluoride in their body is because mom had fluoride in her fluoride in her body during pregnancy, and the baby will, obviously have fluoride in their body when they're born, but fluoride isn't supposed to be in your body, and it's not a part of your teeth or your tooth.

It's not meant in there. And in fact, the research initially that showed fluoride hardens the teeth. As they continued to do that research, they discovered that that was not true.

Fluoride did not help harden the teeth, but they buried that research so that you wouldn't find out. Yeah, fluorides, a whole other topic we could probably talk about for another whole hour.

And I agree, I, I'm not a big fan of fluoride anymore. I mean, you used to be like, oh, that's just what you do. And then I think the more that you research it, the more that you have questions.

And I think, you know, almost without a doubt at this point, you know, we don't need any extra fluoride in our toothpaste. If anything, we get more than enough in our water.

And that's even questionable whether it should be in there at this point. Probably leaning closer towards not being in there. And I think one day it will be out of water.

But but either way, you know, I think going with something like a hydroxyapatite makes a lot of sense at this point. And we'll leave we'll leave the fluoride at that for now maybe.

Well, I need to have another discussion. Totally. Just on fluoride. Probably for the side. Okay. Well, we'll leave it there. So, but, I mean, that was super helpful.

Very practical advice.

Fluoride Concerns and Better Alternatives

I think that most people don't really think about their tooth products, especially toothpaste, in any sort of detail like you just mentioned it, but it does make a lot of sense that we we really should.

And so usually I like to finish with, just discussing very actionable steps for today or this week. So what what would be your recommendation to parents in terms of something that they should do to improve their children's oral health or resiliency?

And maybe that's just to read the labels and think about the ingredients for what they're buying for their products or something like that. But I'm curious what what you would leave people with in terms of, you know, something to do today or this week for their kids health?

Well, you know what the main thing is? You know, especially for parents, you know, you're you're trying so hard, you're doing the best that you can. And learning, the more that you learn, the better that you're better decisions you're going to be able to make for you and your family.

And don't beat yourself up on the the decisions that you made. So maybe you're using a fluoride toothpaste, maybe you're using, a said and and listening to me or like, oh my gosh, I'm poisoning my child.

Don't feel bad about that. You didn't know better. But now that you do know better or you've heard this information, you can digest it and figure out what you do want to use.

I can tell you what's really super exciting as a mom. You know, my kids went to the dentist. They go, you know, twice a year. And they went right before school started this year.

And our dentist, of course, he knows what I do. I've been making dental products since my daughter was, when she was, what, two years old? And she's now 15 and I have twin boys, identical boys that are 13.

And between the three of them they have zero cavities. Other than that original tooth that I had and that it was a natural defect. They have zero cavities between the three of them, have no plaque buildup, and they have no problems with their guns.

And when they went to the dentist this time, the dentist said, your mom is going to put me out of business, which is the wrong attitude for a dentist to have truly and instead of saying that, he should be like, I need to talk to your mom.

But that's unfortunately the way our dentists think. It's a drill and bill, and they don't think that they should be like they don't believe that children should not have cavities because otherwise my that dentist would be selling my products to every and every parent would probably buy them if they heard my story about my daughter and how we don't have cavities.

So, you know, do your research. You know, obviously, you know, my products are available. We sell, online. I what I recommend on as far as my products go for parents and children under the age of 12 tend to do better with my bubble gum flavor.

It's made with normal and natural flavors. Essential oils. They're they're essential oils. They're like flour and fruity essential oils. And it tastes like fruity bubble gum.

So if you're older, you'll remember bubblicious. So it's kind of like that flavor, but sweetened with monk fruit. Not xylitol and not stevia and not erythritol.

None of those other ones. It's actually sweetened with monk fruit, which is not even a sweetener. It's an antioxidant. So you're actually putting antioxidants in their mouth, and it comes in a powder and a paste and, you know, either or is fine.

My paste is not made with water. It's made with colloidal silver. So colloidal silver. And what I love about colloidal silver and most parents love this too, is that the colloidal silver acts vibrationally to kill.

Bacteria doesn't have to come in contact with bacteria, actually, which is great for children because we all know how little ones brush. They don't necessarily brush really well.

Practical Tips for Parents and Product Recommendations

They just kind of chew on their toothbrush when you're not watching, not doing it for them. So the toothpaste is a winner for a lot of parents. I also make a, this is really important for parents, especially parents that have autistic children or children that have sensory overload.

Or they're very sensitive to, to taste. I make a natural tooth powder so it has no flavor whatsoever. This has been a lifesaver for a lot of parents who struggled to get their child to brush their teeth, because what they don't realize is the toothpaste, the foaming mine don't foam.

The foaming inside the mouth is, very uncomfortable for kids that have a high sensory or a very low sensory threshold. And foaming is bothersome, but also the taste, the flavor, the spiciness of toothpaste and the sweetness bothers them, but they don't know. That's what's bother them, bothering them.

So they can't tell you. And there's no toothpaste on the market that doesn't have a flavor, because we're all brainwashed into believing it has to have a part to make our mouth feel good.

So I make a natural with nothing. It doesn't taste like anything, and it's been a lifesaver for so many parents that have autistic children, and other kids that have sensory problems because they don't have to ask them to brush their teeth.

They don't. I'm going to have to beg them. The kids absolutely love brushing their teeth. So, bubble gum, any kids over the age of 12 typically do okay with the peppermint and the spearmint if they if that's what they want.

But under the age of 12, I start them with the bubble gum flavor or the natural. If they have problems with taste and flavors. Oh well, thank you. I mean, thank you for for sharing all this.

And this is really interesting stuff. I'm going to definitely give all this a try because I think that like, you know, a lot of this stuff I didn't know, but a lot of stuff I actually did not know.

And so I think it's really why, you know, I like to do these, these kind of events and have discussions with, you know, really intelligent people such as yourself because you know, even as a doctor, it's like it's kind of a joke in medicine, but it's like, yeah, we don't learn that much about the teeth.

It's like I go to the dentist and it's true. And we really don't learn very much at all about it. And mostly what you learn is kind of on your own. And yet it's such an important part of the digestive system and, you know, part of you.

So I really, really appreciate you being here, sharing your wisdom. And maybe, you know, before we go, you can just tell people where to find you, where to find more information about, your, your company and all the stuff that you do.

Yeah, absolutely. Primal life, organic. Scott is the website and everything is found there. As far as the products go. You can follow on Instagram primal life.

Org and on, Facebook. It's Primal Life Organics. You can follow me as well. I do a lot of education outside of the company. Trina Felber, just my name.

I'm also for any parents out there that are practitioners, hot, like a wellness type practitioner. And it doesn't matter what kind of practitioner, health coaches, chiropractor or whatever I am going to be launching.

And this I think is going to be a game changer. I'm going to be launching a done for you or a wellness program that you it's going to be a program that you can use in your with your clients or patients in your practice.

And all you have to do is introduce them to the concept. And to me and the company. And then I have a whole webinar where it's educational that the practitioner just emails them the webinar for the education, kind of like what we talked about today.

And then, the links to purchase. I usually start people out on a dental detox kit, and then the practitioner is going to get a bunch of educational emails, a lot of support from me, and I take over the oral wellness education, because if we don't address what's going on inside the mouth, even for children, if we don't address what's going on inside the mouth, it's directly linked to all internal health issues related to the inflammatory processes that happen.

So that's one of the things that I'm launching, if anyone's interested in that. It's not launched yet. But you can email H. P. for health practitioner at Primal Life Organics.

Com, and we'll get you information as soon as gram launches. And I'm super excited about that because that is going to be a game changer. I think. That's awesome.

Well, I'm excited to to check that out. Well, thanks again for for being a part of this. Thank you for sharing all that wonderful information. Super interesting, very practical.

And I really appreciate and thank you for everyone for tuning in and joining us.