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Introduction and Holistic Dentistry Partnership

Welcome to this episode of the Mycotoxins and Chronic Illness Summit. I'm so happy to have with me today, Doctor Ali Reza Nanopore. Hi there. I so we met more than a decade ago when I was working at Doctor Clean Arts Clinic, and he was as well.

And, now that I'm not working there anymore, it's been more than a decade, and I've been at Gordon Medical for the past six years. We invited Doctor Pennebaker to come work with us and our patients, because I understand that we need a conscious dentist on board when we're working with people who have a multitude of infections, including dental.

And so we're going to talk about that today. Our our holistic work together. So, Doctor Pennebaker, welcome. I'm so happy to have you here. Yeah. Thank you so much.

Thank you so much for having me. I think what you're doing to begin with, Doctor Pia, is so needed, and I hope this will be one of many other podcasts to come.

So for us to be able to truly raise awareness on so many of our patients that have spent countless years and hundreds of thousands of dollars going from one doctor to another, where they truly needed a conscious stand to such as eye conscious, natural path such as you.

For advanced medical clinics such as the Gordon Medical Clinic in San Rafael. If you don't mind, I'm just going to jump into it, if that's okay with you.

First, I want to wish everyone a happy New Year. It was this morning. So happy New Year, everyone. Second, I wanted to thank all my mentors, all my mentors throughout my years of education that allowed me to sit on their shoulders and be able to see a little bit further than them.

Why Chronic Dental Issues Affect Whole-Body Health

After years, decades of studying, I have came to the conclusion that unless we have multiple practitioners that are all in sync together, all on the same ship, we would never be able to truly help our patients who are dealing with multiple, multiple chronic issues.

So really early, I realized in dental school that I was not going to be that truly that type of a dentist, and I wanted to be more involved in my patients health care.

With that said, tooth decay, gum disease, clenching, grinding, infections of the jaw root canals. In my opinion, they all have one thing in common. They're all chronic issues on the immune system.

We know that as we're sitting here right now, we're talking our immune system is dealing with over 6000 different types of cancer cells. So the last thing you want is had a chronic issue within your system that is burdening your immune system.

So that's kind of where my scope comes from. With that said, I'm seeing a lot of patients. And of course, as I advanced in my education, I've somehow attracted much more compromise, more difficult patients.

And what I'm seeing over and over again is that these people actually can travel the world from one doctor to another. Gone to multiple different therapies anywhere from key nation to pacification, where there's been hitting infections in the jaw or some sort of a lymphatic issue, or creating a sexual disharmony that has caused them oxygenation issues.

So I spent ample time not only on the phone, but giving lectures to medical doctors, functional medical doctors and these natural acupuncture chiropractors of the importance of dentistry in conjunction with their medical health.

It's quite rare, I would say, within the past five years, for me to see a patient without working closely with their medical doctor or naturopathy, doctor, etc., etc.

and I usually know within the first few minutes talking to these other doctors if they get it or if they don't get it, and if they don't get it. Sure, I'd be more than happy to spend more time with them go through that learning curve.

But of course, I always tell my patients, you know, your doctor is great, but just not experienced enough, for these type of issues. And I recommend for you to see.

I mean, I only work with a handful of doctors. There's doctor, you know, Eric Gordon at Gordon Medical, who's one of my primary referrals. Doctor papaya is my.

Which in the same clinic is my primary referrals. I have Doctor Santiago that I work with in Los Angeles, in Pasadena. I'm in my Los Angeles office, doctor.

Virginia and in La Luz Wellness Center in Mexico. So again, there's only a handful of doctors that I have faith and trust in that I work with closely with our patients.

Now, with that said, when a patient comes to me, first thing I look at is structural harmony, structural harmony, cranial sacral harmony leads me and helps our patients in oxygenation and lymphatic movement, which is primary for all of my patients.

Sometimes I have to spend at least weeks or months with certain dental appliances. With these patients, and with the help of proper chiropractors, I'm not sure.

Pop chiropractors. I'm talking about psycho occipital technique. My number one physician, chiropractor is a Los Angeles doctor, Charles Bluhm, which I've been working with for the past 20 years.

And only through a few weeks of giving these patients turned around and allowing more blood flow to the head and neck, more dumping of toxins, oxygenation, lymphatic movement.

That's where really, it is the beginning of our treatment for most of our patients. And from there, let's say, I'm going to put this in basically three different compartments for you.

Working With Medical Teams and Trusted Referrals

First and foremost, my physicians need to assure me that our patients are ready for surgery, adrenals, thyroid hormone, especially because hormones are directly connected to blood clotting factors.

And of course, that becomes a responsibility of our physician to make sure that that system is working. Again, thyroid actually does not qualify. So that's step number one. Step number two.

When I go in there as an advanced surgeon to remove these caps related infections, in a way, what am I really doing. I'm spreading that infection out throughout the system.

So how do I protect my patients? Well, if you talk to a microbiologist, infection control doctors, pathologists, mostly allopathic mice, they tell me that.

Yes, put your patient on 3 to 5 different types of antibiotics. Why 3 to 5? Well, we know that these are superbugs. As soon as you start them in the first dose, these superbugs have babies and their babies have babies and become immune to that antibiotic.

So you've got to hit them with another one and another one. But can you imagine what that does to one system. So is your got allergies even more fungal and candida issue.

And you know you've got these your first line of defense. You we have more lymphatic connection to our gut than any other part of the body. So the other option is immune modulation.

And that's again goes to the expertise of the doctors that I go with to make sure through certain supplements is intravenous I. V. supports a vitamin C special specially potion before and after surgeries to find other factors to, to help to prevent the die off and downfall of these patients.

So that's number two. Number three, and this is again, most important part of all, whenever you remove a chronic issue away from the body that for example, patient had their wisdom teeth extracted 20 years ago.

Or they had a root canal that was done 15 years ago. And these areas are abscess or infection. They're harboring biofilms. Bunch of different bugs, viruses, bacteria, fungus, parasites full of dead bone around them.

Structural Harmony, Cranial Support, and Surgical Preparation

So when I go in there and remove that entity, the immune system is like, wow, great. I don't have to deal with the city. What am I going to do next? And believe it or not, this is the hardest part for me to try to explain to the doctors that I work this.

These doctors are so simple as monolithic. They only think of certain compartment of the body instead of looking at the whole body. So as soon as one of these chronic issues is taken away from this system at that time, the body either wants something where he wants to dump something, and mostly has heavy metals.

Now that also has its own ripple effects. Whenever the body starts jumping heavy metals, well, the body at the same time, at the same time says or heavy metal toxicity.

Let me dump some candida. So that's why I can only work with a few physicians in states right now that truly understand that and are able to predict what's going to happen to the system and be able to protect our patients.

So basically, that's in a nutshell, you know, thank you for that, for that really, really important nutshell. So first of all the patient comes in. Typically this patient has already been my patient or doctor Gordon's patient for a while.

Correct. And and we realize the person has some infections. We send them for a CT scan of the jaw. It looks at slices of the jaw for infections there that an x ray won't look at.

Then we say, all right, it's time to send them to Doctor Pan. Of course. Because. Because doctor can clean this up here. Right. Well, let's put it in a just to take a step back.

We know that normal dental X-rays are a two dimensional picture of the structures we're looking at. Thank God for our new 3D technology. We're able to look at this system in a more three dimensional manner.

And of course, when we take these scans above and beyond me and you and Doctor Gordon looking at them, we always send them to a radiologist. Yes, we want.

And, you know, just like there's different types of natural paths, different types of dentists, different types of radiologists, some focus on looking at the sinus, some looking at the TMJ times, some look at breathing.

We, the people they work with are like the masters of the universe. You know, they look at everything, especially infectious of the jaw. So only when we get confirmation, not from just me or you or Doctor Gordon looking at them from an expert radiologist that gives us a report says from the imaging that we're seeing, there is very good evidence that reinfections in these areas and what they're calling it is chronic fiber roasting, osteo myelitis.

It's a nicer way of saying gangrene bone. Basically, you right. Whenever I talk to infectious control doctor or a pathologist and they see these reports, their jaw drops to the floor.

Oh my God, she's got chronic fibrosis. Osteo. When I'm like, listen, 90% of your patients have this. You just don't know about it, right? Right. Yeah.

Protecting Patients During Infection Removal

So only at that time is when we start putting the plan together of how do we get this patient ready to basically carefully and properly in a has not invasive way as possible to remove these infections away from the body and allow the body to go on on its path of dealing with further t lation detoxification.

I mean, how can you kill the attack when you detox? How can you get well when you have breathing issues? Lymphatic issues and infections that are harboring in your jaw?

That's impossible, you know not. But infections harboring in the jaw can cross blood brain barrier or at least inflammation from those infections of the blood brain barrier.

And then, that can affect the pituitary or master hormone regulator. It can affect all kinds of different areas of the brain. So somebody with, a leaky gut brain barrier sometimes as well.

There's a lot of work that we as doctors need to do to prepare the patients to see them. For once, we've we've made that assessment with the. That's why I'm truly blessed to you know, it's not like I'm around the corner from you.

I'm actually in your clinic. So that's where the magic happens, you know? And of course, both of us being trained with autonomic response testing, we're able to truly at least focus on what the patient needs with a what the patient.

I'm not saying that that's just exclusively of course, there's other, markers that we look at also. But I think autonomic response testing done properly also truly helps us.

So, I truly want to thank doctor think Mark, for again allowing teaching this to us, you know, and allowing us to, advance in it. Doctor Perry, are you similar with the study?

Yes. Tell our audience more about it. Yes. So in that study is an ongoing research study that's been going on right now for the past, I would say almost I think 40 or 50 years.

It's in Baltimore. Basically there's a convent, right across the street from a medical school and dental school and all these nuns and pastors got their dentistry and medical help free, basically.

And at the end, God bless them. When they passed away, they gave their body to science. So they started doing a lot of different research. And of course, as technology got better, they were able to look at things much deeper.

So for example, so basically, going back to the nun study, what they realized was that, let's say if patients were dealing with any kind of, let's say, breast cancer or ovarian cancer or any kind of a medical issue, it was a specific point in their brain that was deceased.

So let's say breast cancer. There was one area in the brain, ovarian and other spots.

Jaw Infections, Heavy Metals, and the Brain Connection

And when they looked at these areas in the brain's top three things, they found, number one, Mercury, two aluminum, three biofilm. Now, the question was, how did this sluggers, these heavy metals get to that part of the brain?

Because there's a blood brain barrier, right. The conclusion was that these buggers, these, heavy metal toxins can travel through the nervous system. And the closest part to that brain was the oral cavity, right.

So I found that to be and this was actually, in the American Dental Association Journal, which I'm not a big fan of that organization, but it was really interesting even they came up with this research.

So I found it to be very interesting. So again, the oral cavity is the gateway to is the engine is the gateway to your health, your internal medicine.

And that's your Catholic medicine. Today everybody's talking about the gut brain connection. And it's really really important. And yes, I focus on it a lot myself.

But what I'm noticing is that nobody's talking about the dental and sinus brain connection. It's something that I focus on hugely in my practice. And once we can turn the corner in treatment in those areas, a patient's life absolutely changes because, you know, I've had many, many patients after when they see us like literally within hours after the surgery, they tell me, I don't know who I am right now.

Their body has been on such a terrible rollercoaster. Right? Fight fight fight fight fight crash fight fight fight fight, crash that they don't know who they are.

I'll give you a perfect example. I had a young man come to me, two days ago, 17 years old. Jujitsu master, third degree black belt chess club, debate club.

Very active individual. They went to their schmancy Man City oral surgeon in Beverly Hills who removed four wisdom teeth at the same time, and they ended up putting cow bone in there after the surgery.

Well, all the forced surgeries not only ended up getting tri sockets because there was infection left behind, and the cow bone because different DNA in the body rejected it.

This patient has completely crashed, can barely walk two steps. And so for young man, this poor young man is losing his mind. How is this possible? Of course, the parents feel so guilty.

But you know, it's not their fault. They didn't know any better. They trusted this special, you know, the oral surgeon, what have you. So imagine a 17 year old coyote, so active, so strong, ghost with dental treatment and barely can stand.

Case Example: Recovery After Poor Wisdom Tooth Surgery

So I try to explain this to the functional medical doctors. It was that I'm speaking alien. They couldn't even understand when I even said give him an IV vitamin C to get his system.

Well, that's not common. Neither. But that's not that's not the norm. Well, I called the parents. I said, I, I really want to help your son, but I can't work with this doctor.

You got to come to my people. Yeah. Of course, being in LA, I referred the patient to Doctor Santiago, who's a very advanced natural path. And within three days, this young man is back on track again.

Not the same. That is used to be. So basically, we're preparing him for surgery going in. And we took, you know, we took a CT scan. The radiologist confirmed that, you know, these wisdom teeth, average check of the year or in fact, this.

And we need to clean them out. So now the doctors are getting him ready to, you know, for the upcoming surgery. What I'm just saying is that imagine what that this meant to the to our patients, you know, chasing their health for so long.

And after years and years and years, we come to the conclusion that, oh, my God, that guy who told me about I should take care of my dental imperfections, which I didn't listen to.

Now you got to go back and do it right. And I would say more than 50% of the cases that I do right now are ridiculous. They went to some weekend warrior who took a weekend class at some holistic dental organization calling themselves biological dentists.

Now, for, you know, some of these other ones who, advertised such thing, they went in like doing your filling, they went and removed the infection, gave some vitamin C, some vitamin D, K2, and they think, yeah, that's it, it's over.

It's not, you know, the preparation before, during and after is so crucial. So again, that's why I love working with you. What can we, Doctor Godin and other practitioners, as you know, I'm sitting in the Alaska lounge right now on my way to your office.

That's right. We have we have patients for the next few days, at the clinic. So, I'm really actually excited and looking forward to, to be able to truly help rotations, on these levels.

I know I'm so excited that you're at our clinic because now we can change their lives in, in a deeper way.

Preparing Patients Properly Before and After Dental Surgery

You know, this is this is a new paradigm. You know, this is a true new paradigm. Hopefully this will be a start of other clinics having a conscious dentist with proper expertise in the clinic, that's where the magic happens.

I truly believe that from the bottom up, you know, I believe in that too. That's why you're with you're with us while you're working with us. I mean, thank you so much.

Absolutely. And let me tell you that with my L. A. office, San Francisco, you know, I consulted Miami and my mix, and they clinic in Mexico. I'm traveling all over the place, and people tell me, how are you able to do it?

I said, is the results that I'm getting when I see these patients get well, when I see them get stronger, when I see them fine. You're able to change your life around.

That gives you the strength to keep on going. Absolutely. Thank you for the work you're doing. Thank you. I could never do it without you guys. I want to be honest about that.

So again, I spent ample time talking to other doctors, naturopaths, I will say only one out of ten actually get it. And I'm and I'm willing to train the other nine out of ten, you know, and of course, with the learning curves with them.

But it's truly an honor to be able to work with someone that can hear me, understand me, and for us to be able to help our patients in a synergistic manner.

One plus one equals three. That's right, that's right. Well, thank you, Ali Reza, thank you for this interview and thank you for joining our practice.

We're also thank you so much. I look forward to seeing you guys next this coming week. Yes. We'll see you very soon in person. Thank you. Thank you so much. Thank I.