Discover Katherine Dahl's Journey To Creating Super Teeth Transcript

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Intro to Oral Health and Probiotics

I think people always say, like, what am I going to notice first? And of course, if you have shallow cavities, they are able to re mineralized. But that's not something you're going to know until you go to your dentist.

So you yourself right away that the number one symptom we see decreased is leading gums, which is the visual sign of inflammation. So a reduction in bleeding gums is definitely by far and most the most noticeable symptom that is decreased by our probiotic and oral care regimen.

Welcome to Doctor Talks the podcast where every episode leads to a healthier you. Join us as we navigate the world of optimal health, uncovering groundbreaking strategies to conquer chronic disease.

In each episode, we'll bring you the latest insights from leading health experts, medical innovators, and wellness warriors. If you're seeking to transform your health journey, or if you're looking for answers to burning questions, you've come to the right place.

Get ready to unlock the secrets of lifelong health and vitality. This is doctor talk, real talk from real doctors on the issues that matter to you most.

Hi everyone. Welcome back to the Integrative Health Podcast with Doctor Jen. Today we're going to talk all about teeth, which is really important and really exciting.

So we're going to be talking to Kathryn Doll as a new mum Catherine was prescribed an antibiotic for the treatment of mastitis. She ended up developing the life threatening infection C diff from the antibiotic, which nearly landed her in the hospital with a newborn.

This began Katherine's journey of healing through educating herself on the world of bacteria that live inside us, and the vital role they play in human health.

Probiotics were key in healing her gut and colon, as was changing her diet and addressing her stress and mental health.

Kathryn's C. diff Recovery Journey

A few years later, Kathryn struggled with cavities and gum disease together with her father in law, a doctor, doll and dentist of 40 plus years, they discovered that she still struggled from microbiome dysbiosis.

Only this time the symptoms were presenting themselves and her mouth. They set off to create a probiotic oral care regimen that addressed oral microbiome health and nurtures the good bacteria in the mouth that are vital for oral health and total body.

Well, this Katherine's now healed and her passionate about sharing her education and experience with others. Welcome, Katherine. So excited to have you here.

Thanks so much for having me, I appreciate it. So your background with having mastitis, which this is not uncommon to get a clogged duct leading to mast itis, it's one of the indications for antibiotics that you absolutely need to follow through with.

Now, when you were given the antibiotics, did anyone talk about taking probiotics during that or even the negative effects of the antibiotic? No, not at all.

Not until after the fact, unfortunately. Thankfully, my father in law is so well versed. He's a dentist, but he's super. He's very holistic minded. And so, when I, when I got c diff, he was like, you need to get on a probiotic now.

And so that really began my healing journey. And just my interest in holistic health and gut health. I kind of dove in and started researching the gut microbiome and the importance of beneficial bacteria.

And, together we learned a lot. But thankfully, after the fact, my father in law did help me with that. Yeah, I it's it's a big deal. And did you guys draw the connection of death back then to your cavities and gum problems later on?

Yeah we did. So it kind of the way that it worked was, if we back up a little bit, I, I had experienced that that crazy oral, I mean, gut dysbiosis. But I was able to heal with probiotics, with changing some things around in my life.

And then fast forward about six years after that, I had three kids. My gut was healed, but I, you know, went to visit my father and mine, his office, and he was like, hey, you've got a lot of spots.

And you've got puffy, inflamed guns, gingivitis. We need to take a look at what's going on. And so we realized that I had oral dysbiosis. Not necessarily potentially latently, connected to the gut dysbiosis, but we think it was due to lots of other things.

I when you have small kids, you're eating a lot of snacks, you're eating a lot of, packaged goods. And so we realized I needed to dramatically change our diet.

We needed to eat more protein. We needed to eat more nutrient dense meals. And then also, we took a look at my oral care and realized that my alcohol based mouthwash was essentially like an antibiotic in my mouth.

So I was doing the same thing in my mouth that I had done in my gut. And of course, my toothpaste had sodium laurel sulfate and fluoride, which were, oral microbiome.

Did, disruptors. So my oral microbiome was out of whack, as was my gut previously. And so that was that was kind of how we figured out, you know, I need to get this under control like I had previously.

Yes. And I think you brought up an important point to talk about with the mouthwash. So when we're using mouthwash, we're decreasing nitric oxide, which is a vasodilator for our heart.

It also reduces the production of this in our mouth which is so important. So yeah who would think mouthwash would be so bad. But this is what happens.

These things that are common and that we find on the shelf and they market to us. They're not good for us. Right.

From Gut Dysbiosis to Oral Dysbiosis

And it's kind of sad that it took like you going through this, this horrible infection stuff, which actually kills a lot of people or it's very, very detrimental.

And sometimes, you know, people have to get stool transplants to fix it. A little bit of stuff is okay, but when it overgrowth or this dysbiosis, which is the word you you mentioned a few times, which is an overgrowth of bad bacteria, if we have good bacteria enough, it keeps those bad guys in check.

Kind of like in society where, you know, we don't have a lot of bad people. The good people overcrowd the bad people. So that's why we can get along okay. Right.

Yeah, absolutely. That's exactly it. And unfortunately, I wasn't in that percentage where it was pretty debilitating. I couldn't even keep water in my system.

I lost a lot of weight, nearly hospitalized. And, that's really tough when you're nursing a two month old and you're a

brand new mom. It was life altering to say the least.

So I'm really thankful I was able to recover from that. Now, that's really scary. Can I can I ask? This might be too personal. Were you able to keep up your milk supply and everything?

Yeah. No, that, unfortunately, was affected as well. It was so. Yeah. No, my my first kid. I love her so very much, but she did not get the most holistic, early childhood.

That's how it is for most mothers. We after, it's after, like, when they're like, 1 or 2 or like what? And it opens your eyes. It really does. It really does.

So no, that is a good question, but no. And I unfortunately really did affect me. What can I ask what antibiotic you were put on for the mastitis. Yeah. You know what?

I should have pulled that I don't remember. However, I do know it's an off one because I am allergic to penicillin. Yes. Okay. I'm wonder if it was clindamycin.

Clindamycin? I guess that it. I would recognize it. And that's what it was. Yeah. So a little tip for those listening out there when of mice and very commonly prescribed for those with penicillin allergies especially for dental stuff.

And then mastitis is just a different usually we prescribe a a different kind of penicillin for it. And yeah, Linda, because you were allergic to penicillins and with Linda, it has the highest.

It's, it's the, the one that can cause the diff the most. So it's basically when, when you hear Linda and then you and someone's having this bright yellow diarrhea, you just know now how can you prevent this probiotics taking care of your dental health, which we're going to talk a lot about today.

So priming that GI tract and your mouth can help prevent, you know, this these bad out these bad outcomes which you know, for you it was turned into a passion.

So I don't I don't necessarily think it was it was bad for you. I think you turned it into good. Absolutely. That's what I like to say as much as it was traumatic during the experience.

And I am thankful that I went through it. And I'm on the other side because I can share this information. You know, just like you with so many people that, can benefit from it.

Yeah. So tell us a little bit more about Super Teeth. So you started this company with young little ones because you were so passionate because otherwise I'm telling you, as a business owner, people don't go into a business like for fun or a hobby.

It's because it's a passion. Because it's a lot of work. Yeah, absolutely. So Super Teeth was really born out of my realization that there was a lack of good education around true oral health.

I mean, thankfully, there was so much information about gut health that I was able to get ahead of that pretty quickly when I did. But for oral health, that's just not there.

We launched the company in 2021, but in late 2018 is when we actually began to found the company and started formulations. And at the time, I love my father in law.

He's different. This is not all dentists, but usually the dentist is the source of your oral health education. And, sometimes it doesn't go much farther than to eat less sugar or, you know, lots more do a better job taking care of your teeth.

Not very insightful. And again, that's not all dentists, though. But it's just generally common. So I just saw the opportunity to start that conversation.

In the holistic community, we tend to be self educators. We want to know the root cause of why we're experiencing what we are.

Why Mouthwash and Conventional Toothpaste Can Disrupt the Microbiome

And, education around the oral microbiome, the role that bacteria saliva play in cavity and gum disease susceptibility is so important. So that is where I, you know, just found that passion to start the company with my father in law, and my husband, a while ago. So that's awesome.

So, you know, you're not a dentist, you don't have a dental background, but you're you're experience and having kids and having the health problem that you went through, that's just what caused you to go out there and and create this.

So tell us a little bit about like some of the products. Sure. Absolutely. Yes. So my so my father in law is a dentist of over 40 years. My brother in law is a dentist.

And then both of my sister in laws are hygienists. And my husband and I have been together for 20 years, so more than half of my life I've been immersed into the dental world.

And it's honestly embarrassing, to have to go to your father in law to get your cavities filled. So. Yeah, that that's really where the passion, began.

So we put our heads together and we created the first probiotic oral care regimen. What do I mean by that? We've got toothpaste, dental probiotics, and floss that are all created to foster that healthy environment for beneficial bacteria, which play such a vital role in overall oral health.

So yeah, I've got, you know, in front of us, but this is our, our dental probiotic. And so, a gut probiotic, a digestive probiotic. Just want to make this clear.

You swallow that and obviously it needs to make its way all the way past the stomach acid to, you know, go where it needs to go with a dental probiotic.

It's dissolvable. It's a dissolvable tablet. And it dissolves in your mouth. And that's where the bacteria see the oral cavity. So that's that's how a dental probiotic works.

And then our prebiotic toothpaste is hydroxyapatite based. So it's not a microbiome disrupter. And the prebiotics help foster the beneficial bacteria in the probiotics.

And just in general, in your mouth, to have a healthy environment. And then our floss delivers those good guys in between, the teeth. And so we're, we're really proud of this, you know, whole regimen that we created around the oral microbiome.

Right. And no mouthwash. Right. Because you shouldn't need mouthwash. You should not need mouthwash. Absolutely. You just don't. I mean, and when you were, when you when I was using mouthwash previously, I could I always felt like something was wrong in my mouth, and I needed to just rinse it out and wash it, and something was wrong.

When you have a balanced oral microbiome, you don't have that feeling. And I can speak to that from experience. Your page is neutral. And you don't you don't have that thick film, and you don't feel like you need to use mouthwash, to be honest.

So, no, I don't find it necessary. Right, right. And I think it's it's so cool because we have gut, we have our microbiome, we have this bacteria not only in our gut but mouth to anus.

So when we talk about health in the GI track, you know, we have to talk mouth to anus. We we a lot of people skip

the mouth and you can't. It's it's part of it. It's important.

And I see I see a lot of those people with inflammation, gingivitis. You know that's a key. There's chronic inflammation going on. So if we're ignoring our mouth or just not taking care of it, only doing dental cleanings, it's it's not enough for sure.

Yeah. And I'm actually glad you brought that up because our tagline is go Beyond the clean. Because we do, we typically think in with oral care or oral health.

That just means clean your teeth, just brush, clean your teeth and you're good. But it it is so much more than that. We need to put the body. I mean, the mouth back into the body.

We need to treat it like we do the rest of our body. It is so incredibly important. Like you said. It's part of the GI tract, which I didn't even realize until, my good friend, Cass Nelson Duley.

She is an ethno pharmacologist, and she's also a microbiome specialist. She wrote the book on heal your oral microbiome. I don't know if you've, checked this book out before, but I highly recommend it.

It's a good read. All the information that I had gathered from sources online, she had it right here. And I think this book, was published in 2019. So it was great timing.

And so we became great friends. And I learned from her that the mouth is scientifically a part of the GI tract. So like you said, it's just she said it, the first stop on the bus line.

And so we swallow 1 to 2l of saliva a day. And if you've got dysbiosis in the mouth, you are sending that bacteria downstream. So and not only is it connected to the gut and to the GI tract, it's also connected systemically to the body.

So you have the oral mucosal lining, which kind of separates what you see from what you don't see. And I'm sure you're familiar with the phenomenon of leaky gut.

Not a phenomenon. And it's true. Yeah. So there's actually leaky mouth, same exact thing. That epithelial lining, can become compromised. And with dysbiosis that pathogenic bacteria are making their way through to the circulatory system, nervous system, cardiovascular system.

And that's why there are so many studies linking poor oral health to all swimmers heart disease, rheumatoid arthritis, diabetes, and then of course, to your autoimmune diseases of the GI tract like IBD, ulcerative colitis and cramps.

Building SuperTeeth and a Probiotic Oral Care Regimen

So it is truly more than just cleaning your teeth. It is it is a part of your body. And we're passionate about that conversation. Yeah. And the problem is I feel like modern conventional medicine, they kind of get it.

This is why cardiovascular surgeons, before someone goes in for an open heart surgery, you have to get dental clearance, right? Because we know that the bacteria in our mouths can can go systemic.

I'm like, you know what? It is part of that. They don't want that bacteria, that anaerobic bacteria attaching to a heart valve because then it's really hard to treat and stuff.

But I feel like there's not enough prevention. It's like, why are we waiting till there's a disease to treat it? Why aren't we talking about oral health?

And the other thing we don't we're going to get to the point where it's a root canal, right? I have a patient that I'm like, I think your chronic inflammation is coming from your mouth.

I think it's coming from those root canals. And it's like, it's so sad because then it's thousands and thousands of dollars where if we invested, you know, a little bit every month now, we wouldn't be down that rabbit hole of, you know, problems.

And I'm sure your father in law sees it a lot. Oh, yeah. He absolutely died. I mean, root canals are just like you said. They're stressful on the body.

They truly put stress on the body. And it is a big ordeal. I mean, it's expensive. It's not fun. And it's something you have to deal with for the rest of your life until you decide to get it removed.

So, Absolutely. I, I feel like those preventative measures again, if I had known when I got mastitis, I could have done so, you know, might, I guess maybe not.

But there are holistic treatments. I could have tried other ways. Or, you know, when I, when I do have to go on an antibiotic, I do need to take a probiotic simultaneously.

These preventative measures, just like you said, they're there for oral health. And the I think the education is was lacking. It's definitely getting better in the last few years.

Yeah. And you know why. Why is it so overlooked. You know, why do you think that some you know, some doctors are talking about some dentists don't even talk about oral hygiene.

You know, I feel like you're just in there for your clean in. You're out. They're not talking about premium probiotics. And like you said, like eating constantly is not good for your, your teeth.

You know, just all of that, right? I, you know, I it could be a mixture of, dental tests and they're most of them being traditionally trained, and that just wasn't a part of the conversation.

I do think a younger generation, especially bio dentists, they do it right. When they're looking at your whole entire body, ears, your nose, throat, how you're sleeping or is your mouth open, you know, the myofascial therapy, all of that.

So I think it's getting better. But I do think it was traditional training. And then also the fact that dentists and doctors are just treated, so they're so separate and they really aren't.

It's just another part of your body. So hopefully the education will start to trickle down into colleges. So my father in law, does actually teach at the University of Washington.

And so, we're hoping to see, you know, those conversations start to happen at the collegiate level. Oh, that's exciting. That would be awesome. I think definitely if the younger generation was teaching more about the oral microbiome, I mean, we would change.

We would change healthcare too, because it affects it affects your health. So that would be super exciting. Totally, totally. So what are some success stories that you've heard from people using your products?

Oh, that's such a great question. So I think people always say, like, what am I going to notice first? And of course, if you have shallow cavities, they are able to re mineralized, but that's not something you're going to know until you go see your dentist.

So you yourself right away that the a number one symptom we see decrease is bleeding gums which is the visual sign of inflammation. So a reduction in bleeding gums is definitely by far and most of the most noticeable symptom that is decreased by our probiotic, oral care regimen.

Also just that, that general mouthfeel that I was speaking about earlier, you can kind of tell when your microbiome is off and you're it is low, you know, or acidic.

And then when it's at a neutral, state, you can, you can tell that to then of course, once they do go and see their dentist and they'll often people will say, our customers will say, I brought your probiotic in to show them.

And they were like, what is that? That is so funny. Our customers are kind of like our word of mouth to dentists. And then dentists will reach out to us and say, hey, can we carry your product?

Oral Health, pH, and the Mouth-Gut Connection

Because it's, actually, you know, in my patients. So that is absolutely the most fulfilling part of our job. And then also, they taste good. So dental probiotics.

Previously when we started the company, they were kind of chalky and unpleasant. Like I said, they dissolve in the mouth. So that mouth taste and feel is important, and they weren't pleasant.

And so, we have xylitol, in them, which makes them yummy, if you will. And so people enjoy and I should say kids. So parents specifically have enjoyed their children being excited to brush, because they get a teeth treat or what have you.

There's lots of different names that our customers come up with. But kids get excited to brush. Oh that's great. Now, these are also, I feel like be good for kids like to take after lunch at school or something.

Right. Would that be good? Because the xylitol will help because they can't brush after they eat lunch? Yep yep yep. The xylitol and the, beneficial bacteria that are in our probiotics.

They actually have the ability to neutralize the saliva. So as long as, kid in school isn't off, you know, seeing, like, a pill or a tablet, if you will, in their lunch, if you're allowed to pack one. I absolutely think it's recommended.

It's like a breath mint. That's good for your mouth. Yeah. Could you touch a little bit about the pH you were talking about? Yes. I say that one more time.

Sorry. Was that the page you were talking about? How it, like, neutralizes pH and. Oh, okay. Specifically, yeah. Like what? What would people want for for a pH of their mouth.

Like what would be good and bad. Yeah. So I mean, between, you know, like six and a half and seven and a half is just about where the seven is where the pH needs to lie.

Our bacteria are we have a combination of lactobacillus, some watery Lactobacillus pair and then Streptococcus Alvarez m18. And so those bacteria are specifically, they'll bring your pH to about that level.

So because a lot of times we see hyper acidic or lower p-h in the mouth. And that's what's causing issues. Right. Yeah. So basically pathogenic bacteria, they eat sugar, they eat simple carbs.

They eat what you eat. And as a byproduct they create acid. Acid is what erodes enamel and fosters a better environment for bad bacteria. Not a better, but for them.

And so, you will you will have an acidic mouth with the more bacteria that you have in it. And it's actually interesting that you ask that, because when I went in, during my health journey, and my father in law said, you have tons of cavities, you have gingivitis.

And so they have oral microbiome testing companies that can tell you what bacteria you have in your mouth and all that fancy jazz. But he just gave me a peach strip.

And, I just, you know, after and said, you want to wait about a half hour or so after eating or drinking anything but water, you put a peach drip in your mouth, and that pretty quickly tells you whether or not you've got oral despite osis.

So that that that's another clear sign. Oh, well, that's an easy way. You could just buy pH strips from over Amazon and test the whole the whole crew.

I could test my whole crew and yeah. See. Yeah, yeah, yeah, exactly. Because your saliva, it's a it's a natural remnant or a laser. And, it, it naturally helps buffer that.

That's the, you know, I God created our saliva for us, so, it it should be doing its job. If you have a healthy oral microbiome. Yeah, I I'm still grossed out.

I shouldn't be gross, but that we swallow 1 to 2l of saliva, you said. Yeah, it's a win with billions of bacteria. No downside. Right. So if you have some bad guys in there, they're just getting into your stomach.

And then, you know, I could see how this goes full circle because so many people, they actually have a low pH in their stomach. So then if they're having really or sorry they don't have a low pH in their stomach.

So our stomach is supposed to be very acidic and they actually have low, stomach acid or higher pH. So then you're swallowing these bugs and they're actually getting through to the small and large intestine.

So because I see that a lot with patients that get recurrent parasites or H. Pylori or, you know, like food poisoning a lot because if you don't have that right, is suddenly in your stomach.

So that that's that's another possible way. So let's go back to the the bugs again. And like so I love Weston Price and I'm sure you know about him. And you know just how we, when we eat the right food then we have a balanced oral microbiome and we actually have good jaw structure and all that.

But would you say that just the simple carbs and sugars and pop and that's destroying, like, if kids are eating a lot of sugar, simple carbs, how is that affecting their oral microbiome?

Because this is becoming more and more common and so are cavities with children. Yes, absolutely. It's definitely the quality of the food that they're eating.

I mean, before the convenience of processed foods, we ate real food, and real food. Again, weight, the way God created it is supposed to be nourishing and healthy for the body, and, our mouths or saliva have the ability to, buffer and to clean and to.

Of course, oral care is important as well, like brushing and manually breaking up that biofilm. But the food source is, is nutrients for our teeth and for our mouth, and it keeps that right where it needs to be with the the convenience of processed foods and packaged foods.

We've got foods that easily break down, in the mouth and turn into sugar. And those bacteria love that food, and they will feed on it, and they'll produce acid as a byproduct.

And it's, definitely contributed that.

Hydroxyapatite, Fluoride, and Product Safety

And then also our snacking behaviors because, it takes the mouth about 20 to 30 minutes for saliva to wash away food particles and to neutralize that part, you go from a state of deep mineralization while eating to reaming or addiction 20 minutes after.

And so kids and adults and the like, we we take a bite, okay. Or iced coffee with sugar in it or whatnot. We take a sip, do things, take it that take a bite.

You never enter back into re mineralization. You're in a constant state of demon. And, so I think the quality of the food and snacking of the food are and have contributed to the, increase in dental caries, gum disease and, and that

sort.

That makes a lot of sense. And I guess it makes me think twice before snacking because from a gut health standpoint, it's also not good. So it's a double whammy, almost hits to your gut.

So it's almost like, you know, I mean, people could try, omad one meal a day, you know, and, and use some pre and probiotics in their mouth, in their gut.

And that would really give good mineralization. But yeah, it's I think though if we would talk to the normal person about this, they would think we're a little bit nutso.

But this is why I like having these conversations. We need to normalize good gut health, good oral health, and also just talk about the changes of society.

Like you, you know, you were saying like we snack all the time or we're having sweet iced coffee that we're going to crave more. You know, the lines at Starbucks are always full.

It's crazy. Yeah, I had a lot of Starbucks back in my day. I have to say, I live, actually, when I had little kids, there were so many contributing factors, to my, being compromised, for, you know, dysbiosis, to say the least.

Hindsight's 20, 20. You know, I know, I know exactly. So, yes, absolutely. That that plays a huge role. And I agree, normalizing it to and for the longest time to we've mixed information as well.

Right. They say like if you want to keep your weight down, you need to eat smaller meals, but more frequently to increase your tablet. And I don't even know it's not true.

You know, probably trying to sell more low fat, you know, nutrient void products. But yeah, that are quick and easy to get into because nobody has the time to make seven healthy meals a day.

We've all been played. That's okay. All right. Let's get into some controversial topics a little bit. Can you speak more on hydroxyapatite so that versus nano hydroxyapatite and what what do you guys suggest?

Sure. Yeah, it is definitely a controversy that I just think needs some clarification. So, in case, listeners don't know, hydroxyapatite is what makes up 97% of your enamel and 70% of your dentin.

And it is a calcium, a naturally occurring calcium phosphate mineral. So it is a totally natural way to remin or lie to your teeth. And studies have shown that it's just effective as fluoride at a 10% concentration.

Now we're talking about regular micro. Then there's nano. Nano is the processed version of hydroxyapatite. It is processed to become very, very tiny nano size to effectively fill in dental tubules, to decrease hypersensitivity to effectively re mineralized, to whiten and strengthen from the inside out.

So one is more processed, one is less processed. However, science the studies that have been performed have shown that a certain nano supplier, is approved as safe.

And so I think it all depends on what your goal is. I mean, if you eat well, if you have a good diet, if you're not, you know, chasing cavities, if you don't have symptoms that you need to address, a 10% micro hydroxyapatite is totally good if you have cavities, if you have hypersensitivity, if you're looking to whiten the teeth and strengthen from the inside out, nano might be for you.

But, you know, we're all about mouth health. And so maybe a nano wouldn't necessarily be necessary for a long term. You know, it's up to it's up to the user.

And if they're concerned with the studies are there and they can read them and they've also been summarized, you know, online as well. So that information is now there as it was not, back in, you know, 2018, 2018.

Right, right. And so there's concern about, I think, the nano crossing blood brain barrier. I mean, I'm not that up on that research. Yeah. So I actually, I and I have this I, I wrote it down in my notes because I didn't want to misspeak.

So fluid Inova is this, only approved supplier of nano that has been third party tested. Should not be able to cross the blood brain barrier to not be able to penetrate cells.

They said I contacted them and, they summarizing these studies, it said nano them and is a safe product if ingested because studies have shown that hydroxy.

This nano hydroxyapatite dissolves in the stomach due to low p h In two 8th September 2018, it was published in cosmetic journal Safety Assessment of Nano Hydroxyapatite where it demonstrated that nano them, if swallowed, instantly dissolves eliminating any possibility of uptake of the nano hydroxyapatite into other organs of the body.

Moreover, it was demonstrated that in contact with the mouth and the oral mucosal gingival tissue does not cross it, and therefore and does not damage these tissues.

So, it said even if a small amount crosses into the bloodstream, it does not pose, a Geno toxicity hazard as demonstrated in these tests. So this is from the supplier.

Again I think that you know, each can use their own discretion. And again like the studies are there. So if you want to go through and see exactly how they perform the studies and read through all that, because the holistic community does like to do that.

So it's there. But it is the only approved supplier of nano is fluid Nova. When we were formulating our, our toothpaste that those safety measures had not been taken, actually, and these tests had not been performed to my comfort level.

So we use micro. That's not to say that there won't be a nano product in our product catalog in the future. But again, I think there's a time and a place, and if you are continually chasing cavities and you have been and, a need for nano all the time, what else can you be doing?

You know, to improve your body's own ability to re mineralized. Right. That's that's a great point. And my other thought, you know, if it's absorbed because of the low pH, you know, in the stomach, what if someone doesn't have a low pH or they're struggling with that.

So I aired on the side of caution for an everyday product. Exactly, exactly. That's exactly it. I mean, I know that there, you know, individuals will take Tylenol or will do other things as necessary and they take it every day, or should they know, you know.

So I think it's one of those where you need to use your discretion.

Kids' Oral Health, Snacking, and Practical Prevention

And I, we have a 10% concentration micro, which is what is, you know, shown in studies to re mineralized with a nano. It's a 1 to 3% to match the same efficacy.

Got it, got it. And you mentioned how hydroxyapatite is. It's comparable to fluoride but without all the negative side effects. Right. Yeah. Absolutely. Yeah.

It is a naturally occurring, calcium phosphate mineral. And like I said, 97% of your enamel is made up of hydroxyapatite. So hydroxyapatite toothpaste have the ability, to, fill in the damaged areas of the teeth, repair small fissures and protect teeth from decay.

That's amazing. So I don't know where all my 80s children born in the 80s people are out there because I have some staining on my, incisors from from having being bathed in fluoride in my teeth.

And it's interesting because I look back and I'm like, that probably had something to do with why I had thyroid problems and nodules and Hashimoto's, because you're competing for that iodine spot.

It just makes me so mad. Oh, they were all into it, right? Like, so are they. So are you still there? Some people still buy crest. They hand it out of my kid's school and they know they're like, yeah, no.

And they like, give it away to someone. And I'm like, why? Like you're telling us that our teeth are made up of hydroxyapatite? Like, why are we using fluoride still in this day and age?

So old fashioned. Yeah, that's funny that you say that. My kids have grown up on this pretty much, because they were so little when we started and they went to sleepover at a friend's house that is not as holistic minded.

And they were instead, should they brush their teeth and they're like, like, but they thought they were foaming at the mouth, sodium laurel sulfate. And they were full of it was like the brightest blue I've ever seen.

And I, You know, dock them with some samples. I. Yeah, I think so. I think so, but you just don't know, like, you just don't know until you listen. You know, you get the knowledge because we're brainwashed that like Crest and Colgate and, you know, oh, they need to have sparkly sparkles in their toothpaste.

Like, I remember, you know, when I was growing up. I love that sparkle toothpaste. I was like, this is so cool. I mean, it's just. And now, I mean, yeah, my kids, they're teeth.

They're the same as anyone else out there, you know, if not stronger. And they they haven't had fluoride, I don't know. Yeah, I like it. And you guys it's really easy out there as parents.

You go to a dentist, you say we're refusing fluoride in fluoride treatments. If they give you a hard time you go to a different dentist. Okay. Yeah. Ours market. It's in our charts.

They don't even, you know, they don't even ask. I still remind them during the polish polishing, like, you know, we're no fluoride, but they're like, yeah, we haven't written down.

You're a no fluoride family that, you know, like I, I don't I stigmas. Well no, I want that stigma. I care about my kids brains like in their thyroid.

Like we know it's bad. It's just really hard to remove from water. Right. So they're going to say it's good because if it wasn't, they would have to remove it from the water everywhere.

So I know and they do make filters and, you know, I'm sure, water filters that can pull all that stuff out. So obviously water is actually really important in our household.

We have showerheads and the water that we drink. I mean, that is one of the things we probably spend the most money on in, self-care for our family is water.

Because so much natural, so many natural things can be hiding in it. Yeah, absolutely. And I just I love the conversation we've had today because the, the dental habits, you know, if you're bathing yourself in, like you said, cells and dyes, if you're having your kids brush your teeth, which is a positive habit, but you're giving them nasty stuff, you know that that is not good.

You want to build up their teeth. You don't want to break them down or have additives that are just going to cause the microbiome disruption, you know, like mouthwash.

So it just starts with education first educating yourself, which is why you're here today, and then also educating family members. So sharing the podcast or just gifting them toothpaste like my new thing is I just gift families or friends with healthy products we all don't want.

Like more like weird things we want. Like we're practical now. Mothers are practical. Get them, you know, toothpaste or you know, I don't know. So true.

It's so true. And actually, we, our our dental probiotics, we our flagship was our mint. Just because we're so used to that refreshing mint flavor in our mouth.

But we had so many moms and families and so many kids with mint minted spicy or, you know, to interactions with other supplements they were taking. So we came out with strawberry.

And let me tell you, it's like you're buying candy for your kiddo. Because it is so that xylitol and that yummy taste is so pleasant for kids and actually healthy for their mouth.

So we get really excited about that. Oh that's awesome. Okay, I'll have to try the strawberry because we, we the one of my kids like the mint, so I'll have to do the strawberry and be like, take this to school in your lunch, have your teeth be healthy.

Because my son came back from his first day of school today. I'm like, your breath smells, so I'm going to have to get some of the strawberry for him. Yeah, yeah, yeah.

It helps with halitosis too, for sure. I'm sure it doesn't. Yeah. His breath doesn't normally smell. I was like, what is going on? It's some funky maybe sales.

Yeah. So. So dental probiotic mints, not mouthwash. Teach your kids young. We know when they get in that high school stage, they want their breath to smell good. So.

Yes. Yeah. Very. And she changes from a health to a vanity thing, doesn't it. Yes. Yes. Well, that's why you have to tell. Like you just got to teach the kids this is going to help your vanity.

You know, even adults, you know. Totally. Absolutely. So, Catherine, thank you so much for all of your knowledge and your passion, because that is really what has kick this off to, to provide healthy alternatives for, for toothpaste and the oral microbiome.

So how can people find you and your products? Yeah. Thank you for having me. So they can go to our website at Get Super Teeth. Pretty straightforward.

Get super teeth.com. That's where they can find us. And then specifically for you, we have code doctor Jen, Dr. J e and and that'll save your listeners 15%.

On anything on our website so they can try it out. And we are just really excited to have more holistic minded, customers our way. We take care of our customers.

We're all very, very passionate about that as well. So, that's all I can tell. Awesome. And I love, like, just to talk with other mothers that are health conscious and fighting the good fight.

Yes. Likewise, because. Awesome. Well, thank you so much for being here. Thanks so much. Thank you for tuning in to Doctor Talks. We hope today's episode has enlightened and inspired you on your path to optimal health.

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