Does Mouthwash Raise Blood Pressure? Transcript

(Transcripts are generated by AI and may contain errors)

Introduction to Nitric Oxide

Well, because it's one of those things that what you don't know can kill you. And unfortunately, Americans are the sickest people on the planet. Finally, we understand what causes cardiovascular disease, and it is the loss of nitric oxide.

His blood pressure was 210 over 135, so we started giving him our nitroxide-releasing lozenge. Within four hours, he brought his blood down to 130 over 80. How does a gummy kill microbiome?

Number one, we're adults for God's sakes. You should not be giving adults gummies and chews. It's an insult to the intelligence of anybody over the age of six.

If a company is selling a gummy or a chew, they're a marketing company. They're not a science company." So, I mean, honestly, it sounds like nitric oxide is almost a miracle molecule.

But it's not miracle molecules anymore because a Miracle implies that you see effects that can't be explained by science. If you're overwhelmed with chronic health symptoms and still don't have answers, you are not alone.

I'm Dr. Javan and on redefining wellness with Dr Javin, we'll be exploring root causes like Lyme disease, mold and parasites and I'll guide you with simple and practical steps towards real healing.

Hello and welcome back to another episode of Redefining Wellness Podcast. I'm your host, Dr. David Moore and today I am here with Dr Nathan Bryan and we're going to be talking about nitric oxide and whether you remember back the supplements that they brought out for weight lifting or you're thinking about dilation of blood vessels, we can get into that where you get like that pump or even a lot of different healing because when you are able to get nitric oxide turned on, there's a lotta health benefits.

We're gonna be diving into it. And now he's the scientist, so I'll be doing maybe some translation here today because as scientists, he is just an absolute leading expert in this topic.

So Dr. Nathan, thanks for joining us. Thanks for having me. Good to be with you. I always ask this question. Why is nitric oxide and learning about it even worth having a podcast on?

Well, because it's one of those things that what you don't know can kill you. Because nitric oxide is this foundational fundamental molecule.

Why Nitric Oxide Matters for Health

And without it, your body cannot heal, it cannot optimize, and it can not do its job. So as you mentioned a little bit about it. It's a vasodilator that helps regulate blood flow and tissue oxygenation circulation.

it mobilizes stem cells, that activates the mitochondria, the energy producing organelles of our cells. When you lose the ability to make nitrous oxide, It is the earliest event in the onset progression of every age related chronic disease.

So being a health podcast, and I get into all that, connect this to people for me. Why do they care? What is the story and experience that you've seen that allows for someone to understand what's going on?

Because to be quite honest, helping with healing sounds great, but how and why? And what has it done for people? Well, look, I think we're in this period of longevity.

You know, longevity is this booming industry. How do we live longer, free of disease and better and enjoy life to the very end? And unfortunately, Americans are the sickest people on the planet.

So whether it's regulating your blood pressure or providing you the energy to go to gym, perform athletically, performed sexually or just, you know enjoy your kids or grandkids and without nitric oxide, none of that happens.

So what I look at and how I got in this field about 30 years ago was cardiovascular disease. Cardiovascular disease has been the number one killer of men and women worldwide for the past more than 100 years.

And finally, we understand what causes cardiovascular diseases and it's the loss of nitric oxide. So if you want to live a longer, healthier, better life and maintain activity and stay off medication, then nitrous oxide is a conversation that you must have with your healthcare provider.

and then understanding the science around it, start to understand what you may be doing on a daily basis that's inhibiting its natural production. And then what can you do, simply diet and lifestyle changes that can activate and stimulate and restore its national production?

And when you that, it changes people's lives. So nitric oxide being typically a gas, how are you getting this into somebody's body where it can help their cardiovascular system?

Yeah, you know, that's a very common question I get. I'll give you kind of the 20 year answer, because that that is a fundamental question in therapeutics.

And Big Pharma has been trying to develop safe and effective nitric oxide drugs for 40 years. So here's the deal. What I tried to do was understand, number one, how does the human body make nitrich oxide?

How is it produced, leads, How do we understand the enzymology and the biochemistry of how it's produced? Once we started to understand that, then we can start to think, okay, what's leading to a loss of its production?

And then in 2007, we published a very important seminal paper showing that nitric oxide gas is actually a hormone. And that changed the field.

How Nitric Oxide Is Delivered

What that means is, people hear hormones like testosterone or estrogen or thyroid hormone, but what that mean is it's produced by one organ, that it has systemic effects.

Things like, testosterone and estrogen, they're stable in blood, so you can measure them and you treat to a certain number. But nitroxide, as you alluded to, is a gas.

And furthermore, it's a gas, and once it is produced, its gone in less than a second. So how do you restore the natural production of this fleeting gas?

Or how to you deliver it safely and effectively to humans, especially in an outpatient setting? So once we publish this paper on hormone replacement, or that nitric oxide is a hormone, then we practice hormone-replacement therapy.

And so because nitroxide is gas all we have to do is deliver that gas in a single biological compartment. So I thought, okay, let's use the mouth, the oral cavity, and create it as an orally disintegrating tablet.

It's really a solid dose form of nitric oxide gas. So as this lozenge is dissolving, it's producing therapeutic amounts of Nitric Oxide gas, we know where it is going, what it becoming and how it signals and basically recapitulates what happens in the natural production.

So just like testosterone is produced in the testes, we don't have to give testosterone in a testis. Thank God, right?

We can give it transdermally, sublingually, intramuscularly, because it has systemic effects.

So the same thing with nitric oxide. If we can control and dictate the release of nitrous oxide and understand where it goes and how it signals, then that's what we're doing with our orally disintegrating tablet.

But furthermore, I just don' want to get you nitro oxide, and I want repair the reason your body can't make it. So what we also do is we restore the function of the enzyme in the lining of blood vessels.

We have clinical data to corroborate this. And then about 25 years ago, we started discovering that there's bacterium in oral cavity on the tongue that are responsible for the production of nitric oxide.

So with these laws, and we're changing the oral environment, improving the diversity of oral microbiome, enhancing the body's ability to make nitrous oxide on its own, so we've really achieved everything we set out to.

Number one, if your body has lost the ability to make nitric oxide, we provide it for you, but we restore the body's ability the naturally produce it.

And that should be the goal of medicine. So I'm really curious about this oral microbiome production of nitrous oxide. You're saying there's bacteria that we naturally are supposed to have and when they're healthy, which microbiomes right now in today's society, that's just tough to get healthy.

I mean, between alcohol or smoking or junk foods and sugars, we're just destroying our microbiome, especially orally. So what is it that you're doing?

Or even supplements like gummies and chews, which are sugar. People are putting melatonin, creatine, CBD, beets, grape seed extract in gummys and cheese and completely destroying the microbiom.

I mean, it's the worst thing I've ever seen in supplement and nutrition. How does a gummy kill microbiome? Well, It's full of sugar and seed oil. And so anything you give the body, especially high in sugar, get lower salivary pH.

When you lower your saliver pH, you completely changes the microbiomes. It decreases the diversity. It allows for these aspergillus-causing bacteria to proliferate, and it allows these opportunistic pathogens.

So if you have an acidic saliva, it's dysbiosis and is creating an environment where the bad bacterium take over and you lose the diversity of the good bacteria.

Oral Microbiome and Gummy Supplements

What we try to do is understand when we started doing tongue scrapings and identifying these bacteriums and through culture experience, we tried to say, okay, what conditions do they like to really prolificate and restore their diversity in the microbiome and enhance nitric oxide production?

And then once we started doing that, we go, okay, what are we taking on a daily basis that's destroying the microbiome? And it's the things that we partially mentioned.

It's junk food, it smoking, It is a high sugar, high carbohydrate diet. it is fluoride in your toothpaste, fluorine in drinking water, and antiseptic mouthwash.

And of course, antibiotics. All of those things destroying, the micro biome, not just the gut microbiomes, but the oral microbiom, which is what we focused on because the first entry into the So interesting.

You know, I've honestly never thought about gummies. We don't really recommend them because I don' love the sugar and the seed oils and I dont use them much but never really thought of destroying the microbiome through that fact and then I didn't know about the nitric oxide effect there.

So you're rebuilding the Nitric Oxide orally. Your giving it through the supplementation. And then when it comes to nitric oxide, you said it was really helpful with cardiovascular.

Is there study data that you can quote and tell us about that helps us to understand how effective that is? Yes, so there's an enzyme in the endothelial cells.

These are the cells that line all blood vessels throughout the body. That enzyme is called nitric oxide synthase. So when you have a healthy enzyme, healthy endithelium, and you reproduce nitrous oxide efficiently, then it maintains the barrier function of the in-the-thelio cells, it prevents the plaque deposition, decreases inflammation, down-regulates all the adhesion molecules, So you get adequate blood flow and circulation to every organ tissue and cell in a body So when you lose the ability to make nitric oxide, that is the first event that sets the stage for the onset and progression of cardiovascular disease.

So the functional loss of nitrous oxide production precedes the structural changes you get by many years, and sometimes it's decades. If you've got 30-40% occlusion or stenosis of the coronary arteries of carotids, then that tells us you have been nitroxide deficient for years and years probably 10, 15, 20 years.

Because with adequate nitric oxide, you don't get plaque formation. You down-regulate the adhesion molecules, decrease the inflammation, mitigate the oxidative stress, and you correct the immune dysfunction.

So when you look at all chronic diseases, including cardiovascular disease, there's four common denominators. It's decreased blood flow, it's inflammation and oxidated stress and immune disfunction.

And simply giving nitrous oxide or restoring the production of nitroxide addresses all four of those. with the basic science data explaining the mechanism that I just described, but also clinical data showing that if you give our lozenge, you address every single one of those.

In fact, I have a number of patents on methods of reducing inflammation, improving blood flow, decreasing, normalizing blood pressure, lowering triglycerides, and proving athletic performance.

All of this is based on technology that we've developed that would give to humans and see the effects. And interestingly, we just did a study side by side with gummies and shoes and gummys and choose actually make things worse.

But yet these are products that are sold as nitric oxide. And again, it's a disservice to the industry. It could basically kill the entire nitrous oxide field because people take these gummies and choose thinking that they're getting nitro oxide, they don't get better.

it has no effect on their blood pressure, the energy production.

Cardiovascular Benefits and Study Data

and then their interpretation is, well, nitrile oxide doesn't work. Nitric Oxide is not a critical molecule or an important molecule because I took these nitrik oxide products and they didn't help me.

That's what's dangerous. And so there's been a lot of studies done on nitric oxide, and I'd love for you to speak to some of those. You're talking about cardiovascular and blood pressure reducing.

Has there been studies that showed a specific amount of blood-pressure decrease in a study? Or I know there has also been an Nobel Prize one with cardiovascular signaling and nitrous oxide.

So I'm just curious about some numbers. I like numbers, I data like that. So I can tell you a story and I'm happy to share these numbers with you because it's actually a peer-reviewed paper that's published in the American Journal of Human Genetics.

This was a case involving a 15-year-old kid who was in pediatric intensive care unit at Texas Children's Hospital. He had a rare genetic disorder and he had resistant hypertension.

What that means is his blood pressure was resistant to standard treatment. So he was on probably three or four different prescription medications. His blood pressure was 210 over 135. And really there was no medication that would affect his blood.

So we started giving him our nitric oxide releasing lozenge. Within four hours, we brought his pressure down to 130 over 80. We'd give him one lozhenge every four.

It completely normalizes blood pressures when all other medications, beta blockers, ACE inhibitors, ARB, calcium channel antagonists failed to normalize his.

And so it actually saved this kid's life because it reversed his kidney disease, it reverse his heart disease. Normalized his blood pressure, improved his cognition.

And we published that in the American Journal of Human Genetics. It was worldwide headline news. So that's an extreme case of 210 over 115 to 130 over 80 within four hours.

Now we've got other studies showing that within 30 days we can drop blood pressure, taking one lozenge twice a day, 12 millimeters systolic, six millimeters diastolic in patients with what's called pre-hypertension.

Now importantly, if you have normal blood, pressure low blood-pressure, it's not going to lower your blood pressur further. And that's an important safety consideration because if your pressure is normal or low, we don't want to further lower it with nitric oxide.

So safe, but effective for those with high. I did read when I was looking through things, I think you mentioned earlier with cardiovascular, but there's data that shows with nitric oxide, does it decrease placking?

Yeah, that's another clinical study we published. We took patients with stable carotid plaque, kind of subclinical plaque and gave them one lozenge twice a day for 30 days.

And after 30 day, we saw 11% plaque regression. So 11 percent less plaque in the carotic arteries when six months, using it twice per day. Then we've also got data showing that we can increase stem cells in circulation.

We can improve mitochondrial biogenesis so you have more mitochondria per cell generating more energy more efficiently even with less oxygen. So that means athletes perform better, leads to better executive function, it leads better sexual performance and sexual function.

All of this is what nitric oxide does. It's improving blood flow, improving endothelial function it's leading to vasodilation, mitigating inflammation, mobilizing stem cells so we can repair and replace dysfunctional cells and You know, that's what we've been able to capture therapeutically, both in a drug form, which we're going through the FDA for drug approval, but also in consumer products in the form of dietary supplements.

So I love getting into the studies a little bit, just because it helps me to understand a bit more what it's doing. And, you know I was looking at some of the other information and something we do, I work with a lot of complex chronic illness people, things that just don't make sense.

There's not a true answer for it. I stumbled across a study of long COVID and seeing that there was some benefit in. taking nitric oxide as it widened the arteries and allowed for the body to actually get some more energy back.

Energy, Long COVID, and Oxygen Delivery

So you've mentioned energy for people with some sort of chronic fatigue or otherwise. Is that just because blood vessels are expanding and you're able to move more blood through?

Are we getting more nutrients? Do you have any feedback on why nitrous oxide is helping those individuals? Yeah, it is. I think it's multiple mechanisms of action.

Number one, is obviously dilating blood vessels, opening up the microcirculation, so you're getting better perfusion. And then also, its improving the energy efficiency of the mitochondria within a cell.

Then chronically, we know that if adequate nitric oxide production leads to mitochondrial biogenesis. So the net effect is you have more mitochondrion per cell generating more energy, even with less oxygen.

And each thing you brought up along COVID, you know, we had a drug in phase three clinical trials during COVID because what we recognized early on, early in 2020, was that the people that were getting sick and dying from COVID were the ones who couldn't make nitric oxide.

The elderly, diabetics, smokers, patients with COPD, previous heart attack, African Americans. And so we, had an IND, an investigational drug application filed with the FDA and we started treating COVID patients early as an early therapeutic.

And at the time, they were also giving inhaled nitric oxide in patients in the intensive care unit and seeing an improvement in blood oxygen saturation and really making long COVID patients, or really sick, critical COVID-19 patients better.

And there were probably at least half a dozen clinical studies published on giving in inhalable nitroxide in intensive-care units. But what we were trying to do was something different, because as you remember, the hospitals were overrun, there weren't even patient beds.

So we were trying to develop an early therapy that if you were diagnosed early on, you start taking our nitric oxide therapy and then keep you out of the hospital because we could improve blood oxygen saturation.

And this goes back to 2014 because there was a very important paper published that in order for the red blood cells, hemoglobin and red-blood cells to take up oxygen in the lungs and deliver that oxygen to the periphery, we have to have nitrous oxide bound to hemaglobin.

So without nitric oxide, you can't absorb oxygen and you cant deliver oxygen. And that's exactly what happened during COVID. You're not out of oxygen, as you know, we breathe in 21% oxygen we exhale 15% Oxygen.

So we're only utilizing 6% of the oxygen that we inhale. And so we're never out of oxygen. We lose the ability to take up oxygen, deliver oxygen because we can't make nitric oxide.

So we had patients that went from blood oxygen saturation from 78 to 96 within seven minutes of taking the lozenge. And so again, it cooperates to the mechanism that if you give nitric oxide, you improve the efficiency of oxygen uptake and delivery.

Moreover, we're dilating the pulmonary arteries matching ventilation to perfusion. So now all parts of the lungs are getting perfused. You more fully oxygenate and it overcomes all aspects of COVID.

It downregulates the ACE2 receptors, which is the site where the spike protein actually binds and enters the human cell. So if you give nitric oxide, there's no attachment site for the spiked protein, so people are resistant to coronavirus.

And I was one of those people. We had 26 clinical sites all over the U. S. I didn't wear a mask, I never got the shot, and I've never had COVID. Because I have down-regulated my ACE-2 receptor, even though I'm exposed to the coronavirus, There's not place for it to attach, my immune system is robust, So you become resistant of viral infections.

It's incredible information. I mean, I wish that would have gotten out a few years ago. It could have saved a lot more

lives to use that tool as with so many other tools that don't get enough notoriety.

Well, there was enormous forces, powerful forces working against this developing a safe and effective early therapeutic. So, honestly, it sounds like nitric oxide is almost a miracle molecule.

And I say that because you're talking about all these incredible things that it's doing, there's gonna be a lot of skeptical people to be like, all right, so what's the downside here?

Why would it not work for me? So that's usually the people that I see, right? They're like I've tried a lotta things, it didn't work me.

Why Some Nitric Oxide Products Fail

Are there things people are doing that would make your product or simply nitric oxide products that work, the ones that do, not be effective for them.

And I know we talked about things that are damaging the mouth, but I'm talking about in general other things. It would just be like, you know, if you don't sleep at night, You're not going to be able to use nitrich oxide.

I don' know that's not one of them, But yeah. Well, yeah, look, first let's go back to a miracle molecule because it's been called the miracle molecules.

But it's not a miracle molecule anymore because a Miracle implies that you see effects that can't be explained by science. So nitric oxide does many things that may seem miraculous, but we have a mechanism of action that explains everything that nitricoxide does.

To me, it is not miracle molecules because we can explain fundamentally and scientifically and mechanistically how it does its job. So to then answer your question, my technology that I developed, there's nothing that will interfere with its effectiveness because I'm not relying on endogenous systems.

I am not reliant on your oral microbiome to activate my product. If you can't make nitric oxide, then we provide it for you. Every single person that puts the laws in your mouth, we can detect nitrous oxide gas coming out of it.

We can measure with an ultrasound that it dilates the carotids. If your blood pressure is elevated, and we see it come down, We could improve endothelial function by 20 to 60% within usually 20-40 minutes, even out to four hours.

So there's nothing that interferes with my technology. Now, but I think maybe the more important question is, what are you doing that may be interfering with other so-called nitric oxide products?

And there are beet products out there. And we talked about the beet gummies and chews, which are absolutely useless. But there's beet powders that have been on the market for 15 years or more.

And so if you're using fluoride toothpaste, if have fluorine in your drinking water, which is 73% of the municipalities in the U. S., or you using antacids, say 50% to 60-something percent of Americans, then you do not get a nitric oxide benefit from beets.

Because beats contain nitrate, you must have the right oral bacteria to utilize nitrates and nitrite, and you have to have stomach acid to make nitrous oxide from that.

So those are the things that are disrupting normal nitro oxide production from beetroot powders. And then there's people who are selling nitrate capsules as nitric oxide products.

Again, same thing. If you don't have the right bacteria, nitrite is completely inerting humans. You don' have to right oral bacteria because you're using mouthwash, fluoride, toothpaste, or fluorid and drinking water, then it's excreted

in the kidneys, it excrete in sweat, and it is excreting in feces.

And so you basically just excreet it all out because humans do not have a functional nitride reductase enzyme. Then the other products that are marketed as Nitric Oxide are your arginine, citrulline products.

And again, these products are absolutely useless because we're never deficient in arginine or citruline because our body makes it within every cell in the body through the partial urea cycle.

Plus, we get it from the breakdown of proteins, whether it's animal proteins or plant proteins. So for never-deficient-in-arginin or-citruline, there's no need to supplement.

Supplements are designed to support what the bodies missing or what they cannot make, and we are never efficient in those amino acids. For me, that's an easy litmus test for people you know, who have questions on nitric oxide.

If a company is selling a product with arginine in it, it's an early litmus test. They're not a science company, they're a marketing company. if a Company is Selling a gummy or a chew, They are a Marketing company they are not science companies and you really shouldn't buy any product from those companies because they don't understand the science.

And if they did, then they wouldn't sell gummies or chews and they would not sell argenine or citrulline based products. So when I hear gummy versus what you're saying, lozenger.

So yours is something to be sucked on. It's probably got, it's a little harder. Anything you chewing up. probably has a bunch of junk in it that's damaging your mouth, your microbiome.

Well, not necessarily. I mean, because when you look at what gummies and chews are, how they're made and what they are made of, there's a number of problems with that.

Number one, we're adults for God's sakes. You should not be giving adults gummies and cheese. It's an insult to the intelligence of anybody over the age of six.

We don't need gumies as adults. you can do the gummiess to get kids to take vitamins. But here's the bigger issue. And this is where science reigns supreme and then companies don' understand this.

Sugar, glucose, sucrose, whatever, it's glue, right? It's sticky, and if you've ever spilled a Coke or sweet tea on the countertop and come back the next day, its sticky.

Well, in order for enzymes and proteins to work, they have to undergo conformational change.

Gummies, Sugar, and Marketing vs Science

Or if got an ingredient like grapeseed extract in a gummy or a chew, glue sticks to it. So as it circulates through the body, the receptors can't recognize it because there's glue all over it.

It's a glycated protein or a glycate ingredient. And so it just goes through body and can even activate the receptor. So if I were to design an experiment where I wanted to create the worst way to deliver nutrients, it would be to put it in a gummy or a chew with glycerin, sugar, seed oils, because you would get no effect from, I don't care what ingredient you put in it.

You will not and cannot get an effect because of the sugar stuck to the molecule. Interesting. So all these new peptides and creatines and all of this.

It doesn't matter what you put in the gummy or chew, sugar is going to stick to it and it will not have an effect. And that's a major problem because there's companies out there making hundreds of millions of dollars every year

advertising on TV, radio.

You can't turn on your TV without seeing gummies and chews being sold. I like the scientific breakdown. I knew I just didn't like them as much, but now there's some science behind them.

Look, it's a fad, right? All these supplement companies, marketing companies are trying to look for sexy ways to deliver things that reduces costs and gets people hooked.

And again, sugar is the most addictive substance on the planet. So if I were to get my customer addicted to where they keep buying from me, I would put sugar in a product because it is addictive.

But yet they keep taking it not because it works, but because they become addicted to it. And they're convinced of this deceptive marketing that is providing benefit.

There is a such thing as a placebo effect. That's the placebo effects you're getting from gummies and chews. So we have to elaborate on the science of these and hold these companies accountable or educate consumers to where they stop buying gummys and cheese so they go away.

build markets or destroy markets. And if we can create the right education information where there's no demand for these gummies and cheese, then companies will stop making them and we'll be better for it.

Everybody will be. I love it! Well, Nathan, I have enjoyed this conversation. I've learned a lot about the science of, well, supplementation, but also nitric oxide, which I think both are going to just help me to continue to be a better provider.

So where do people find you and your products so they can learn more? Well, number one, I'm all about education, information, awareness. So I send people to my YouTube channel.

It's Dr. Nathan S. Bryan, Nitric Oxide. I am on social media, Instagram at drnathansbryan, same on LinkedIn. And then those interested in our products, it's n101.com, the letter N number 1, letter O number 101. And our drug companies, BrianTherapeutics.com, we've got drugs that we're working through the FDA for cardiovascular disease, Alzheimer's, and a topical drug for diabetic ulcers.

So, briantherapex. com, you can keep track of our drugs program. But our consumer products are N101. We make dietary supplements. we make a skincare line of products.

Where to Find Dr. Bryan and His Products

And we got a fluoride-free nitric oxide microbiome-friendly toothpaste that's changing the improving the oral microbiomes and having remarkable effects on people.

months we're launching a nitric oxide friendly mouth rinse because two out of three Americans are using mouthwash. So, you know, I thought it's an obligation responsibility.

Now that we understand these bacteria in the microbiome, let's give them a mouth to rinse that enhances the micro biome creates conditions where we can enhance nitrous oxide production, not destroy it.

And yet leave the mouth, many fresh, clean feeling with a healthy microbiomes. So that's coming in the next several weeks and maybe a couple of months.

But yeah, we'll continue to develop products based on real science. So just before we jump off here, you're basically saying mouthwash and toothpaste is destroying the oral microbiome that potentially can be leading to cardiovascular disease in long run by decreasing nitric oxide.

Absolutely. And they're basic science that explains the mechanism. There's clinical data to corroborate that effect.

You've mentioned fluoride several times.

I want to touch on that too. What is fluorine doing to nitric oxide? Fluoride, if you go back to high school chemistry, it's in the upper right-hand corner of the periodic table.

Those are the most electrophilic molecules in nature. So what do electrophiles do? It steals electrons and these are strong oxidants, causes oxidative stress.

So number one, it's a neurotoxin. Number two, It shuts down your thyroid function because fluoride is in the same column as iodine, halogen, and it competes with iodide binding to the thyroid hormone.

And then number three, its an antiseptic. That's the reason they put it in toothpaste because it kills bacteria.

Fluoride, Mouthwash, and Oral Health

The reason why they've put in it the water supply because kills the bacteria in pipes leading to your home. So when you bathe in it, you drink it and you cook in, it you're killing the bacteria in and on your body.

And now there's data published two years ago showing that it lowers IQ in kids by as much as seven points. Just fluoride in drinking water. I don't know why we're doing this anymore.

There's movements now by this administration and RFK Jr. to eliminate fluorides because it provides zero benefit and enormous risk. So when that quotient is that clear, you eliminate the exposure to fluoride.

Can't agree more with you. Well, Dr. Nathan Bryan, I just truly appreciate this conversation, especially here at the end, all the way through the education, the knowledge, and the ability to communicate the science.

And just thank you for being on here. Thank you tuning in to Redefining Wellness with Dr Javen. If this episode spoke to you, please follow and share this podcast with someone who is ready to take control of their chronic health symptoms.

Also, please consider leaving a review. It helps more people find the show. See you here again.