How Modern Dentistry Can Increase Your Risk of Breast Cancer Transcript

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Introduction to Biological Dentistry

Welcome, everybody, to another wonderful episode of Breast Cancer Breakthroughs Summit. I'm Dr. Véronique Desaulniers better known as Dr. V. And I'm your co-host for this summit.

So for those of you who know me, you know how essential number five in my 7 step 7 step program, 7 essential system is to embrace biological dentistry because that is such an important part of healing.

And without it, there can be no real healing. So today I have Jonathan Landsman, who has been in the health and fitness industry and creator of Natural Health 365.

He's been in this industry for over 35 years. Throughout his career on the Internet, he's created over 500 online programs with over 300 of the brightest minds in natural health and science.

And I had the privilege to be able to work with Jonathan several times. He has a great program called Stop Cancer. And another amazing docu class was the fatty liver docu class.

So if you want more information about Jonathan, you can visit naturalhealth365programs.com So thank you, Jonathan, for being with us today. I'm excited to hear everything you have to say.

Véronique, thank you so much. You know, Dr. V, however you want me to call you for this program, but it's a pleasure to be with you. And I'm just very excited.

I've been looking forward to this all day today to talk to you about this. Such an important topic, right? Because of all the things we know about wanting to get free of anything that's threatening our health.

Number one for me, always is how do we get rid of toxicity?

Mercury Fillings and Toxic Exposure

And it's a big thing we'll talk about today. Is everything going on inside the mouth, which honestly and all my years, I just learned it in sort of the last third so far of my career, but it's so still why it like so many people, are still not looking at it seriously enough.

And so I appreciate this time and I know how hard it is to put these things together. So I really appreciate all your efforts. Thank you. Well, thank you.

Thanks for for being on our program. Now, I was introduced to the idea of biological dentistry back in the early 1990s when I read how Huggins book, It's All In Your Head.

And that was so transformational for me. I had 16 amalgams that had to come out, so it was a big change for me. And fortunately I found a Huggins trained dentist who was able to do the work for me.

So let's talk about those, quote unquote, silver fillings in our mouth and how they leak out neurotoxic mercury into the rest of the body and how that can impact our health.

Yeah, I mean, first, let's just destroy the complete, dangerous, disgusting myth that it doesn't leak out. And so, you know, I know you understand this irony, but a lot of people listening to this are and the way I put it, victimized by true misinformation.

You'll go search on the Internet. You'll get your main sites, whether it's Mayo or CDC or any of the three letter

agencies. And for years and years and years, the premise went like this.

You know, you get your teeth filled. You know, you got a cavity. They drill, they fill. They put the mercury, which is mercury based overfilling, which is over 50%.

Mercury neurotoxic, by the way. Hello. And they'll tell you that all of these metals that make up this filling that they pack into your one tooth or many teeth, unfortunately for a lot of people, it's kind of so hard, inexpensive, saves the tooth, really the best way to go and will last a long time.

And oh, yes, by the way, don't worry about it. It won't leak out at all or threaten your health. Completely untrue. So people say, well, prove it, Jonathan.

A very simple and I guess you probably saw this video Véronique, but it's a video of an eraser type rubbing on to a tooth that was extracted from the mouth years and years earlier.

And in that tooth was a mercury based sulfur filling. Now this tooth is out of the human body for a long time and they robbed it under special lighting.

And you could see so many fumes just spitting out this is exactly what's happening inside the mouth every single day. But someone that has 1 2 3, I had 14 Mercury based silver fillings, very small ones, shallow at the top on the surface, bottom and top, all throughout my mouth.

For years, nobody told me about this being a concern. But they leak out. You chew, you drink. It mixes with your saliva. It gets down into your gut. Veronique, I know.

And you broke this program for sure. You are warning anyone concerned about breast cancer? We need to boost up and make sure we take great care of our immune system.

Well, let's keep backward engineering this. The digestive system houses most of the power, potency and strength of our immune system. It's in our gut.

And that gut doesn't start at the esophagus. It's the stomach, small one, large intestine. It starts in the mouth when we're mixing up all these mercury based silver fillings, these vapors with swallowing it into our body, it's getting into our bloodstream, it's making all the cells in our body have to work really hard just to be okay.

So it's a very important point to understand that they do leak out all the time. And I will give just a teeny bit of credit to conventional Western medical sites very quietly at the American Dental Association.

You know, these very standards slow to change agencies are saying, well, it could potentially be leaking out and this took decades for them to kind of change age.

Imagine how much longer it's going to be until they say, oops, yes, this is a problem and you should avoid them. So to this day, Ronnie, it's still a major problem.

Millions of people walk around with them. Let's forget about the obvious ones which are dark fillings. You can see it visibly. If you look in the mirror, those dark blackish type fillings, those are mercury based fillings. They got to get out.

You've got to get with a good biological dentist another great resources to throw out there. People can take notes as I go along. Here is the International Academy of Oral Medicine and toxicology.

You just go to IAOMT.org, (.com) It'll get you there and there are well over 1000 practitioners and practitioners now. They're all throughout the world.

You pick out, you find someone that resonates with you. You feel like you when you call up their office, it seems

good. You may have to travel. This is who you have to connect with.

A well trained biological dentist who's going to safely remove those mercury based silver fillings. But it's just very important that it gets done as soon as possible.

We're talking to a group of people out there. I know you know this already with your program who are very concerned about cancer cell growth in breast tissue, but throughout the body, you are seriously threatening your health every day with the stress of this toxicity, these neurotoxic substances like mercury, nickel lead, there's no place there's no biological reason for this stuff to be in our body at all.

And it's constantly getting in and making the blood toxic and stressing our immune system and taking it away from what we want the immune system to do, which is to look after low cate where these cancer cells are.

Safe Amalgam Removal and Preparation

Let's neutralize this threat and let's just escort these cancer cells out of the body. That's a normal, healthy body. And we all deal with cancer cells.

So we just want to do everything we can to keep the immune system up. Yes, organic food is good. I'm sure you talk about the power of prayer, meditation, building great relationships, eating organic food, staying away from genetically manipulated food.

All these things are just such common sense. But if you do all of these things and exercise and just liver, relatively healthy life, but you ignore this tremendous toxicity that's pouring into your body every every day Véronique.

For me, in my humble opinion, it's really working very hard, uphill to try to mitigate that threat of cancer cell growth. So step one is always get rid of the biggest toxins that are in your life.

And that's certainly a biggie that I feel like a lot of people are not talking about enough yet. Very important. And one thing I do want to add about Mercury is that it's known as a Zino metallurgist.

So what does that mean? Instead it literally mimics and stimulates estrogen production in the body, which can increase your risk for breast cancer. And Jonathan, you mentioned that organization.

I know kind of an acronym in the training they get. It's called Smart Safe Mercury Amalgam Removal Technique. So make sure you ask your dentist if they're trained in that smart technique.

So how can we safely remove these fillings? I know will connect with a biological dentist who does the proper procedure. But what are some of the things that we need to look out for?

Yeah, I think first, obviously there's different kinds of people. You have stage four cancer. Look, you just got to get in there and get them out as fast as possible.

One or several. Dr. Huggins, a blessed memory. I had the great fortune of being probably his last interview he ever did spend quite a bit of time with him and got one of these out to my public, my audience.

But basically it's very important if you're not really in a rush and you just want to do everything you can to protect yourself, to make sure first before you even visit your dentist.

The bowels are moving, right? Your digestive system is the best they can be. And so this is a bowel movement every single day. So important, not just common sense wise, but when you go to do that day of pulling out the mercury fillings, you want to just keep everything in its most calm, healthiest state.

If you're constipated, if you're filled with a lot of toxins, if your diet isn't in order, if you don't have a lot of antioxidants on board, taking Vitamin C, all the time, the lots of organic fruits and vegetables, if these things aren't

in order for at least many, many weeks to a few months, you're thinking about this.

You're saving money, whatever it might be. When you build yourself up like this, you are really greatly reducing any kind of tremendous stress that could occur if mercury from the drilling and extraction process, that mercury kind of loads up your body a bit higher on that day.

You just want to be in the best shape possible. Now, someone very depleted in energy. Now we're going all the way over to the other extreme stage for cancer really at it's at your end.

And Veronique, I can tell you a lot of stories of people that were game over and it wasn't they were pushed too blindly. Okay, I give in, I surrender.

I'll do this. They had their mouth completely cleaned up in a day and tumors growing cancer cells went away because the food wasn't there anymore. The body finally had a chance.

Get that sort of, if you will, head above water so you could breathe again. And the immune system was able to express itself and annihilate cancer. And they've survived to this day.

So, so many great stories like that. Bottom line is, so do that right. And then when you go to the dentist that day, obviously you can talk to a biological dentist.

Rule number one, if you feel like you can't speak to a dentist, you've got to go find another one, right? They don't have the patients. Their office seems a little out of it.

You know, no offense to anyone, but, you know, maybe they're not the best for you. So when you get in there, some of the things that happened with me, I had a great biological dentist shout out to Dr.

Leonard Fazio up in Long Island, New York. When I used to live in New York, that was an hour plus trip each way. So two and a half, 3 hours, just driving time, time with the dentist.

You know, you talk in 4 hours plus, no big deal. Did it four separate times. And one of the best things I ever did for my health, I can never explain to you enough in words how relieved, how great it felt on that fourth visit when that last quadrant he had cleaned out my mouth and put in, you know, biocompatible fillings in there instead.

It just felt fantastic. But the data there, his office, I'm just going to share with you what I felt was the best, was like an ICU room sealed with a very heavy door.

The air quality was tremendous. Lots of great circulation and ionizing the air. You're not polluting that air with any kind of toxicity that might be anywhere else, even within the dental office, he was well-protected from head to toe.

Everything. So was I head to toe oxygen through my nose on me so I could breathe fresh oxygen, his assistant fully protected as well. Fortunately for me, my feelings were very shallow.

So it was like this and out it came. Each one was really clean. But you do have to make sure that a biological dentist really appreciates the idea of drilling carefully.

This is a mechanic second to none so precise about drilling around and trying to get the whole piece out as one instead of just sort of, you know, jamming that drill in and taking out bits and pieces, you're going to be at a higher risk.

But before that's done, you also want to make sure that a massive amount of suction, air suction and a tube is put right underneath your mouth. So that's going to draw a lot of vapors away from you as well.

And so we said about the air circulation environment and then before they even touch you with the drill, you want to make sure that you're swishing around with a it's going to look funny if you take a photo of yourself.

This charcoal rinse. And so my mom went to entrance and swallowed the solution down the esophagus. Coat the inside of your adjustable system. This is a real smart thing to do, again, to sort of be that buffer and to catch any mercury type substances that might get into your body.

You want that to be attracted to the charcoal so it can be moved out of your digestive system and not enter the rest of your body, your bloodstream, and obviously make a home somewhere in your cells.

So this is really essentially what you're looking for. You really need to have an experienced biological dentist to do this.

Gum Disease, Inflammation, and Breast Cancer Risk

And I can't tell you enough, Ronnie, for anyone listening to this message. If you have to travel, travel, if it's hotel overnight for a little bit of time, it is so worth it because if this is there, then you're just always working uphill to try to keep, you know, breast cancer cells from growing out of control.

Absolutely. And I can speak from experience with many, many clients over the years who, for whatever reason, finances, emotions they just did not want to address the dental aspect.

And they were stuck. And but once they took the plunge and committed to it, we always saw their health and their health improve and their numbers come down.

So, you know, if I can mention one other quick thing about all of this, because I know it's so easy to be stressed and I know you're going to appreciate this money, but here is a guy me I'm such a natural health expert years and years in a field and studied it and done so much and done all these pro grams.

I had already done the holistic oral health summit and so all about this but the the fear that we can all have you said oh I don't want to deal with this.

It's kind of the reaction you get. Whether people say it or not, they just can't handle it. It's information overload or just the process scares them.

Go back to what I said. Find a really good biological dentist. They are out there. Dr. DeFazio, if you're listening, thank you very much. You certainly are one of the biggest people in my life who I feel saved my life, my future health, my father, a blessed memory.

He lost his battle with Alzheimer's disease, and in the end, he knew nobody at all. It was I mean, no family members, not even my mother, his wife. So all of that drove me to know that I have to get this out of me because that is a real threat, not only just the breast cancer breast concerns, but also for your brain health as well, your thinking process.

So it's just so important that you do that and in this process, the one other thing I want to add is the fact that I knew so much, it didn't matter. I was still nervous. I was still concerned.

I'm going to get that needle. I can't stand needles. Veronique Right. So you're going to get a needle jabbed into you here, there and everywhere in different sections of your mouth.

And I got to do this four times, but I did a simple thing, which sounds corny, but it really works because I really meant it. You have to really mean it.

Thank you, God for bringing me this great dentists and thank you God that I'm in such great hands. Thank you, God, that this this procedure today went so smoothly.

And I trust Dr. Fazio 100%. Mind you, Véronique, I'm doing all this over and over and over again. People are. I even got to the office. And so if you don't really if you're not really there, granted, it's so true.

If you're so afraid of something, you know, that's not the time to go do something, right? So you have to have this genuine faith that things will be okay after carefully thinking about something.

And does it resonate with you? Does it make sense? You have to start with that. So I know I'm not telling you anything, Véronique, but for everybody listening out there, I'm sure you said this was kind of important.

John have been sitting here right now. This is kind of important. But if the person listening to me right now is going, this is such a waste of time, then game over, you know, move on to something else that might be more important.

View your air is too toxic, your food is too toxic. Your relationship is just horrific and it would only get better. This would reduce dramatically the stress in your life.

So I just want to pause for a second as we get into gum disease and infected root canal humidity. It's so important to understand that that's how you make decisions, in my humble opinion, as to what I need to do next and how to navigate through it in a decent way so you can get the job done.

Very good. All right. Now, there was a study done on women, postmenopausal women, and they looked at their mouth and they found that those women who had gum disease were twice as likely to develop breast cancer than those who didn't.

So what does gum disease have to do with developing breast cancer? You're looking at one thing, right? Every person on this planet understands inflammation is no good.

So if you're brushing your teeth, you spit out a little blood. Hello? There's a problem there. Okay. You have gum disease. I don't care if you've never had a dentist tell you this.

Your friends and family don't even know what it is. And they haven't said anything to you. You've never thought it. The next time you brush your teeth, if there's a little blood in a sink, you have a version of gum disease.

This gum disease in your mouth is a bleeding is a lack of cellular integrity. Right. Stuff is breaking down, so you're starting to bleed. I don't know, Véronique.

Last time I checked, if my leg started to bleed when my arm was bleeding a little bit or, I don't know, I was coming out of my belly a little bit, I would you know, I'd be kind of concerned.

Okay. So it's not something to be cavalier about. All right. And this lack of cellular integrity is just represented in a mouth. Hello. You can see it, but it's throughout your whole body.

It's not local just to your mouth. So sell out or sell integrity, breaking down inflammation, cellular dysfunction is what we're talking about here. That's cancer cells have to communicate well with each other.

They have to have great outer shell, if you will, that can communicate and let nutrients in and get waste products out. And they have to work at the speed of light and beyond.

And so when there's this inflammation going on, it all starts to break down. And there are tremendous levels of gum disease. Obviously, your teeth falling out, you know, the guns look horrible.

Millions of people are dealing with very bad gum disease and they don't see that really end stage at all. Right. And so it also starts with just understanding and millions and millions of people don't have a clue because, again, with all due respect to the office that they go to the dental office, nobody in that dental office, the hygienists out there who mean well, are measuring gum pockets.

There is never a conversation about how big of my gum pockets. One, two, three. So, okay, this space between the gum and the tooth, the more it's open, the more stuff can get in there.

The more infection I can have in here, the more infection I can then have. Spilling into my gut, spilling into my bloodstream, polluting every cell of my body, increasing my risk of breast cancer.

Root Canals and Hidden Infection

It's common sense. So when we have this kind of situation with gum disease, we have to take care of it and we can do a lot of it at home. The gum pockets you don't want to see.

And it's very important to just understand. This is not just to tell you, be afraid. Go to a good dentist. Go see a good hygienist. Ask even if they don't bring it up first.

Hey, can you tell me what my gum pockets are? One, two, three. One, two, three, one. And back side of every tooth. Six points, one, one, two, three, four, three, two, two, two, three, four.

That's what it's going to sound like. They're going to go through your entire bottom and upper part of your mouth, outer and lower. You're going to hear it.

If they're really on their game, they're recording it. But the point is for you to know, am I doing four, five, six and seven? Is it going up every quarter, every half a year that I go?

I would urge anyone with breast cancer, you're going every quarter. I go every quarter just for the health of it. Right. To see how my gums are doing, to hear that number.

Where are my numbers that my gum pockets? Am I doing okay? Whoa. Did a number shoot up on the right upper part of my mouth? Oh, I've got to get my hydrofoils and we can talk about that.

Is it? The machine is spitting out the water? I got to focus in on that area. And when you do that little oil pulling some essential oils, you can rub some essential oils on it.

Clove, neem, peppermint, great essential oils, just a drop. You know, when you really hone in on an area that as you're visiting the dentist every quarter and you know where your numbers are and you want to try to get gum pockets down, hydrate, flossing, focusing a little a little bit more on that area.

You can absolutely tighten up that gap of the gums to the teeth. And that's a very, very smart thing to do. The healthier your mouth, the healthier the rest of your body is going to be and less stress on your immune system, bottom line.

Very good. Very good. All right. So let's talk about the last issue, one of the last issues, the myths that are linked to root canals and how they can affect our health.

We only have one more issue and that's it. Well, there's plenty. I know there's plenty, but we have so much time. So trip. Okay, so an infected root canal treated tooth.

Okay, so the story goes like this. You have a cavity drill and feel great. You'll leave the dentist. Wow. It still hurts. I've got a problem. Boom. Conventional dentistry. Next step.

Any website you go to, got to get a root canal. You got to get it treated. You got to just burrow out that tooth. You got to kill that nerve. Oh, don't worry.

Here's the story, right? The crazy story it is. But it's still a story that a lot of people believe, unfortunately. Don't worry, you will save your tooth this way and everything's going to be wonderful.

What happens, Véronique and I know you understand this, but I want to make this very clear. Every root canal treated tooth, depending on who you are.

If you're 18, 26, 32, perfect organic diet, everything else in your life is Christine. Sure, you might get away with it, but every one of these teeth get infected fully in fact, it and so it's add on a stress.

And Veronique, I know a lot of people who say everything most dangerous from I don't know how many root canal treated teeth I had to oh I've got a lot so multiply that these infections are again pounding away your body every day, polluting the rest of your body, infecting your bloodstream, your cardiovascular system, causing massive inflammation.

Even on that low level, I say massive, but low level, chronic, never ending inflammation is sickening. Right? So when we have that going on all the time, much higher risk for breast cancer, cell growth that will then spread throughout the whole body.

So we have to remove them. It is a very big deal to do that. It's a very personal decision to I remove the whole tooth and what do I put there in place?

It depends how old you are, what your priorities are. If it's in the front, obviously nobody wants a big gap there and look like, you know what? So you may have to get an as draconian in plan.

That's possible. You might have to do that. If it's a back tooth, you're 65, 70, 80 years old and it's your last tooth in the back. You might pull that tooth out, clean it all out.

Ozone, gas, ozone, water. Right. Make sure it really heals up nice and you might just leave it alone and do nothing at all. If it's kind of in between, there might be like little temporary, like sort of these fake teeth that look exactly like teeth.

You might put that in between two good teeth. This way you don't have to do anything fancy or very expensive. It doesn't damage those other teeth and it just feels that space.

So, you know, depending on how old you are, those teeth won't kind of grow in more crooked or something. And voila, the problem is done, it's taken care of.

But if these root canal treated teeth are left in your body, my wife had three of them. No physical pain at all. And X-rays, right wing X-rays that people are so used to, they don't pick them up.

3D, these cone beam, 3D X-rays, much better to kind of take a snapshot of what's happening in your mouth. But again, Véronique, big time. A lot of this can sort of be like woohp not seen too well by a well-intentioned biological dentist.

Everything seems fine. You're okay. You feel good. You came in for cleaning out the door. You go but the tooth deep down is infected. And my wife's three with no pain.

But just woman's intuition. Let's hear it for woman's intuition. I don't know where I'd be without my wife. She didn't feel right. She literally felt emotionally, mentally sickened by the idea that they're in there.

And she wanted them out one by one when they were removed. You don't have to have a Ph. D. degree or an M. D. or D. D. S. after your name costs like you can't believe the smell was horrific.

And each one was fully infected. And I have to tell you not to bore you with details. She had a little bit of like tiredness and different things. I tell you, a little, little something on her skin.

Like, what's this on my skin? Those kind of little things that were annoying as well really dissipated months and months later. All of it faded away. Then it felt like I could see she was healthier, she was stronger.

And forget about the fact that just when it was all done mentally and emotionally. Wow, I feel so much better that my mouth is clean now, so I can't urge everyone who's listening to this.

I can't urge you enough. If you have root canal treated teeth and they've been in for a while, they are infected. They are stressing your immune system.

They're adding a great deal of toxicity to your life. And I would absolutely get with a good biological dentist to talk about the methods that you'll take to get them out of your mouth and what you can then do afterwards as well to make sure everything is nice and tidy.

So great. And I've talked to many biological dentists who have removed root canals that are asymptomatic, you know, no symptoms. And they've told me 99 to 100% of the time there is those pathogenic bacteria that are triggering disease and weakening the immune system.

So, Jonathan, this has been amazing. Thank you so much for sharing your wisdom, your insights about biological dentistry. And I appreciate everything that you had to share with our community.

Thank you, Véronique. It was a pleasure. And I wish everyone a great day.