Introduction to Oral Health and Fertility

Hello and welcome back to the Beyond Infertility Summit. My name is Dr. Carrie Jones. I am your co-host. And today I am so excited that I get to have on one of my very, very good friends, Dr. Staci Whitman, who is a functional dentist with a specialty in pediatrics.

And we're really going to talk to her about all the things about your teeth, your gums, your tongue, your mouth before you get pregnant, how it changes while you're pregnant, and then, of course, postpartum.

And what do you do with your newborn, with your baby, with your toddler and their teeth? And it's an area we don't talk a lot about. We really sort of separate dental from medical, which is not fair.

So I'm psyched to have her on to pick her brain. So, Dr. Staci, welcome to the Summit. Hello, Dr. Jones. Thank you so much for having me. Thanks for having me. On speak about one of my favorite topics, which is mamas and babies.

So I look forward to that. I think this is definitely, you know, a topic you talk about all day long. So I have to ask, how did you pivot into focusing on pediatrics?

What's your what's your journey there? So all the listeners know, yeah. It's a upstream root cause approach. So I was a general dentist for many years and I felt very dissatisfied in my career because I just wasn't seen change in my patients like I wanted.

But also I was so disappointed with the amount of disease I was seeing come through my door and I felt, quite honestly, very overwhelming. So I thought, gosh, how do we nip this in the bud early on?

And of course, that's with kids and with kids that comes with educating the parents. So I went back and got my pediatric certification. So I'm board certified in pediatric and truly because I'm trying to create change.

And I know that has to happen very early on before things are a full blown fire. So that is the reason. Well, I'm so grateful for it. And for anyone who doesn't follow her on social media, I highly recommend you do so because Staci's actually taught me a lot around the importance of all the things I just said.

Why Oral Health Matters for Conception

Oral health, teeth helped, gum health, tongue health and how it relates to the rest of the body, including something as simple as your gut microbiome or systemic inflammation or even hormonal health, like things we just don't connect the pieces on.

So I do want to start with the pre-conception part. What kind of work through the process if somebody is listening to this, this this is the Beyond Infertility Summit.

They're trying to get pregnant. Where does oral health come into play with this? Yes, this is something that many people aren't aware of. Anything is really important, especially if you're struggling to conceive is there is a quite a bit of research now that is indicating the oral microbiome, specifically oral pathogens, can be influencing your fertility and your ability to conceive.

So the most prominent study that people referenced was out of Australia and they studied 3400 women and found that women with gum disease or periodontal disease took on average three months longer to conceive and that those were Caucasians.

Non Caucasians took over a year longer to conceive. And so obviously there needs to be more studies and there is other risk factors at play, but they are finding that pathogenic bacteria found in gum disease and periodontal disease like Pegingivalis and specifically can affect a woman's ability to conceive but also can affect a man's sperm motility and mobility.

So it takes two to tango, so it's not just on the mommies. So having optimal oral health is really important. And so I, I wish more fertility clinics were discussing this.

If a family, if a couple is having a difficult time, are they then referring them to a dentist to do a gum health assessment, a periodontal assessment to get the mouth cleaned up of that and then kind of see what happens after that, because we are seeing profound benefits once once gum disease has been stabilized with fertility.

I had no idea it was that significant. Wow. Okay. So if you wanted to you're listening to this and you're thinking, what can I start to do at home versus absolutely, I need to make it a point with my dentist.

Where do you tell people to start? Yeah. Nutrition, which of course is tied to everything. So dental health, oral health, gum health is really tied to minerals and vitamins.

So are we mineral optimal specific magnesium, various trace minerals, zinc, but fat soluble vitamins as well, vitamin C, collagen. These are all important for gum health and the minerals are important for dental health and flossing is very important.

I think that's one of the things that's most overlooked and it's not just about removing food particles from between your teeth. It's really about disrupting the biofilm and the anaerobic bacteria, which are the pathogenic bacteria.

They love to congregate in areas of low oxygen, which is between our teeth down under the gum. And so if you're just brushing, you're not doing enough.

And so when they sit there day after day, they can release toxins, create an inflammation, kind of this chronic inflammatory state. And now we have leaky gut.

And so like leaky gut, if you have bleeding gums, we say pink in the sink.

Daily Oral Care and Microbiome Support

That is now a way for bacteria in the mouth to get through the body into the bloodstream. And then they can reach its distal distant organs and essentially wreak havoc there, too, by releasing toxins and what have you.

So flossing, I can't overemphasize it enough. I think it should be done daily and I think water picking is wonderful also, if that's easier for you, I you know, if you haven't been doing it, just shoot for a couple of times a week.

But the goal is nightly. So that's really important. I do think to especially when women are pregnant, there's been a stigma in a sense that we were afraid to go to the dentist, that we're not supposed to go to the dentist when we're pregnant.

And those are based on very antiquated guidelines. And now we really want people making sure they are seeing the dentist. So if you are trying to conceive or pregnant, it's very important to see your dental professionals to get a cleaning, to make sure your gums are healthy and even maybe go in more frequently, maybe go in every two months or every three months, just to keep things maintained.

Because we'll talk about this a little bit more later, but especially once we do get pregnant, things change a lot in the mouth. Our hormones change. We are more susceptible to gum disease and mineral deficiencies during pregnancy.

And so those are the important ones. Obviously, like hydration and sleep are very important to pre-conception,

making sure your optimal with supplementation is needed and just in nurturing yourself as much as possible.

But a really good oral hygiene routine and clean diet is the simplest way that I'd recommend to get ready for conception. What about things you see on social media, like tongue scraping or oil pulling?

I love it all. It's all good, so I don't like to overwhelm people. People often ask me what is my routine? So in the morning I usually and this is extra credit.

This is a speaking from a functional dance. Okay, this is what I do. I floss and brush in the morning and then I will pull. I don't oil pull every day because coconut oil is antimicrobial.

It's not super selective. So it can be damaging our delicate, beneficial bacteria, too. But it's pretty mild. It's a pretty mild antimicrobial. So I do it two or three times a week, so.

So I do in the morning and then at night I will either floss or water or water pick. I alternate it and brush and then I tums right now. And then I take an oral probiotic.

I love it all the extra credit go for that. For those who don't know when you explain what oil pulling is. Yes. So oil pulling is an ancient ayurvedic practice.

It used to be performed with sesame oil, but it seems to be more popular now with an organic, cold pressed coconut oil because it tastes better. And, you know, the the acids in the coconut oil do have a mild antimicrobial effect.

And so basically, you take the coconut oil you put in your mouth, it will melt, you swish it around, you're going to read it to swish for 20 minutes. That's excessive, in my opinion.

Two or 3 minutes is fine. Don't spit it on your sink, it will clog your drains and spit it in a trash can, but it really can help reduce oral bacteria.

It makes your teeth look shinier and brighter and whiter and just and cleaner. And some will say it can help pull out toxins and things of this nature.

There's not a lot of data to support that. But I will tell you, it really does improve patients oral health. I mean, we see it from a from a microbial standpoint, it's pretty significant.

So I do recommend that. And you say that just as an example, like two or three times a week. It's I know some people do it daily, but I agree with you on the coconut oil that can.

Yeah. Wreaks havoc on the on the microbiome. I just don't like a lot of I don't like really any daily antimicrobial so certainly mouthwash. I mean if she's been on social media, I've seen people dumping Listerine down the drain as a joke like This is what I do with my mouthwash.

It's because it's very damaging to the microbiome. And just like we've over disinfected and over bleach on our home and, you know, all the hand sanitizer and everything, we're learning about that.

Right. How damaging that can be. It's the same with your mouth. So this whole kills 99.9% of germs. You don't want that. You want bacteria. You want microbes nourish your microbes there.

There are more of them than us, you know, and you did a post about that recently that I read. So it's really important to see your good guys, you know, to nourish those and not just focus on killing the bad germs.

So antimicrobials like excessive essential oils, alcohol's astringent. You want to be very cautious with that.

Fluoride, Hydroxyapatite, and Pregnancy Safety

And there's some studies, too, that are showing especially these strong alcoholic alcohol based rinses, they can destroy nitric oxide producing bacteria and that can lead to elevated blood pressure and cardiovascular issues, which is very concerning.

I mean, who would think your high blood pressure might be from your Listerine? But there's research to support that now because of what it's doing to the bacteria in our mouth.

Wow. I mean, it just goes to show quite literally what you taught me a while ago that the mouth health is really, truly connected to every other part of your body.

But the gateway, it is. It is the gateway. And we can see it's really cool. I mean, it's in a way a blessing because you you can't see inside your body except in your mouth, really.

And so what's happening in the mouth is a reflection of what's happening in the rest of the body. So do you have inflamed gums? You very like have an inflamed body.

Do you have cavities, which is a mineral deficiency? You very likely have mineral deficiencies systemically as well. I mean, it's just it's not compartmentalized.

To your point, why is dentistry over here and why is medicine over here? They should be together. And that's where functional medicine and functional dentistry are working behind the scenes, trying to join join forces again in a lot of us educating patients to get them out back into the body and to take it take it a little more seriously.

I think it's kind of been an afterthought to many people. Yeah, no, I agree wholeheartedly. All right. I've two more questions before we get into now you're pregnant.

The first one is mouth breathing. We've talked about this, you and I, just before. If you're snoring or you just walk around with your mouth open because a sinus allergy issues or you find you sleep with your mouth open or sleep apnea, how does that affect the oral health or does it?

It sure does. And I'll say a lot of pregnant women start mouth breathing because it's very position and inflammation and body changes and hormonal changes.

So we do see an uptick in cavities for for some reason to mouth breathing. Well, what it does is it dries the mouth out. So zero. So mia or dry mouth is very damaging to our teeth.

And it's because our saliva is this golden elixir. It's filled with immune cells and micronutrients and ions and minerals and things that they're actually exchanging minerals and nutrients with our teeth constantly and bathing and protecting.

So if you lose your saliva, your teeth dry out and they're very prone for mineralization or decay, but also when you mouth breathe the lowers in the mouth so it becomes acidic.

And we know acid is terrible and pathogenic bacteria, anaerobic bacteria, they thrive in an energetic environment. They actually can't really live in a neutral or alkaline environment.

So we do testing at my office to get a baseline for our patients that also has an educational moment to teach. It's about acid, it's about acidity. And so a dry mouth and acidic mouth is going to lead to cavities most likely.

And we see it a lot. And so a lot of families come in, they're checking all the boxes, they're doing everything, quote unquote, correctly, but their child is still getting cavities.

And the first thing I think of is, are they mouth breathing or is their mouth open a lot? And very often they are because it is such a silent epidemic.

Honestly, the mouth breathing issue. And this is a good one if somebody is listening thinking, oh my gosh, that's me, or that is my child, a good one to talk with a functional dentist about on you know first find out why their mouth breathing and second of all, how in that case could you address it?

Absolutely. Yeah. Most young children have additional training in airway health and airway screening and addressing your own or your child's airway issues.

It can be a little overwhelming. So this is where you can jump over to my page or just look for resources. Don't get overwhelmed. There's ways to chip away at it, but it's multifaceted and you do need to understand the root cause and really work with someone that understands growth and development and what can lead to underlying airway issues.

Because it's not it's not the same for everyone. And it's not usually like a slam dunk answer. Yeah. Yeah. All right. That's good to know. All right. Last question before we move on to PD or pregnancy, which, of course, you know, I'm going to ask you about which is the hot topic of fluoride.

Everyone wants to know about fluoride. I have Florida, my face dry, Florida, my mouthwash. Well, now I know maybe my mouthwash isn't so great. Do I give my kids fluoride.

Tell us about fluoride. Mm. Well I think especially because we're speaking about pregnancy and, and after we have our babies, it's very concerning to be exposed to excessive amounts of fluoride in pregnancy and in young children.

And there's a lot of research to support that specifically with systemic fluoride or we could say water fluoridation or supplementation. So there are 78 studies now showing various effects of too much fluoride exposure in pregnancy and in young children with IQ issues and neurodevelopmental issues, behavioral issues, and it's considered a neurotoxin.

So I do think we are overfocus on teeth and not thinking about the whole human. And so while fluoride may make teeth more acid resistant and re mineralized teeth and that's a little controversial also, you know, how how effective is it, really?

But I think there are better alternatives out there that don't have a poison control label. They don't have a neurotoxin label. They don't have all this copious the copious amount of studies showing concerns.

You know, there is a federal lawsuit happening right now. It's it's essentially the people versus the EPA about water fluoridation. We're still it's been going on for years.

We're still waiting for the judge to make his ruling there, interviewing epidemiologists and microbiologists and chemists, not dentists, about what fluoride does in the body and I've read all the testimonials, I've watched the expert comments, and it's not looking great for water fluoridation.

I mean, there is a concern. So I think it's very reasonable for parents to ask questions about it and maybe start looking for alternatives.

Pregnancy Changes and Babyu2019s Oral Health

And that is where I am a big fan of hydroxy appetite, which is biomimetic, so meaning it's in our body already. Our enamel is 97% hydroxy apatite, which is a calcium phosphorus blend.

Our bone is comprised of 60%. There is no fluoride in our teeth. Naturally, there's no fluoride in our bone. We are not fluoride deficient and it's safe to swallow.

So it's essentially minerals, it's a mineral based toothpaste. And the studies are showing it's as effective as fluoride. And now there's more research coming out, actually showing it outperforms fluoride in in some certain situations.

So I personally don't use fluoride. My family does it. We use hydroxy appetite. I think if you are going to use it, please just use it topically, not systemically.

I do think if you have for it in your community that you should be filtering your water and that the other concern with water fluoridation, it's a medical ethical issue.

You know, you are not getting patients consent with sort of a mass medication. And so a lot of families can't afford water filtration, they can't afford bottled water.

And so they're drinking it, they're bathing in it, they're showering in it. They're cooking their soup in their or with it. I mean, it's it's just too much like how are we measuring the dose?

And plus, on top of that, kids are swallowing their toothpaste or getting fluoride varnish at the dentist. It's in a lot of pharmaceuticals, especially mood stabilizers.

There's there's fluoride in some medications which people don't realize. So it's just too much. I just again, we're not looking at the whole human and how it's affecting thyroid health and our endocrine system and our brain health and other parts of our body where we seem to be so hyper focus on the tooth.

And I think we need to look beyond the tooth. This is why I asked you. Yeah, because at the end of the day, I can fix a tooth, you know, that's what dentists before we we fix teeth.

But when we're talking about brain development of a young child, we kind of have one shot at that, you know. So for me, it's risk versus benefits. I took my oath do no harm very seriously.

And so it's something I'm comfortable talking about just because the research is so strong. Yeah. Yeah. I felt we filter and we use hydroxy apatite based toothpaste as well.

I haven't used fluoride toothpaste in a long while. Obviously there are a lot of different brands out there, but it wasn't until I met you and then started digging into the literature on Hydroxy Apatite that I was like, All right, I'm going to switch over to that kind of toothpaste instead. Yep.

Yeah. And I've been using it in my practice now, I mean, suggesting it. And then patients are using it for, I think, four years and the kid's teeth look great, they look better.

And I hear this a lot on my social platform. Patients say I switch from fluoride to hydroxy, I pay and my hygienist is asking me, What have you done that show different?

Your mouth is so healthy. And of course there's outliers. They don't have that experience. And, you know, there's a lot of things influencing our health.

You know, it's hard for me to say, was it the switch in toothpaste or did you start mouth breathing or did your diet change or did you become mineral deficient?

Are you dehydrated? You know, so I found profound benefits for my patient population when they use hydroxy apatite. And it's so we're going to move into the now you're pregnant part is hydroxy appetite safe when you're pregnant?

Okay. Yes. All right. Then it is. How does everything change when you're pregnant or does it? Oh, my changes. Oh, yes. So, yes, I mean, our hormones change, right?

So estrogen, progesterone obviously change. And that can influence women's oral health. That can influence your gum health, you know, and our ligaments can loosen with progesterone.

That includes your periodontal ligament. So a lot of women will say their teeth feel lose, their guns get puffy and

swollen. There's pregnancy gingivitis, which is also due to those hormonal changes, increase in blood flow to the organs.

But also more sensitivity to bacteria and plaque. So they actually really shine up on your oral hygiene is important. You know, I think so many women, they hug morning sickness or vomiting, their diet is changing.

They have an increased gag reflex so they can't even brush their teeth or they're more sensitive to flavors with toothpaste and things. So it's a struggle.

So you do the best you can. And I really recommend if you can't brush, at least in those early months, you know, at least be rinsing regularly with a baking soda and dilute a baking soda in water, especially after you vomit.

Make sure you've seen the dentist regularly. Try your best to keep optimal nutrition, even if that means supplementation because you just can't stomach certain foods.

So like really high quality fish oil, those minerals we talked about vitamin D, three K to magnesium and but we also see women, they tend to get more cavities after pregnancy.

This is a little controversial in the literature. But, you know, if we become mineral deficient, we're giving everything to the baby. So if you're already mineral deficient and then you get pregnant, your teeth will likely suffer some to some degree.

So your oral health in your oral microbiome is very important as well, especially oral microbiome, because your baby is going to get their microbiome and their oral microbiome from you.

So if you have gum disease, it like true gum disease, not pregnancy gingivitis, which is a little different, but bacterial driven gum disease or periodontal disease or cavities.

These bacterias are transmissible that transferable to your baby. And so babies get their first dose of strep mutations or gingivitis or these pathogenic bacteria from their caregivers, usually from kissing our lips and like sharing utensils and drinking after one another.

And we know families share microbiomes that includes oral microbiome. So you really want to double down on getting your oral health under control before the baby comes.

And that includes Dad as well. And that's where sometimes doing oral microbiome testing can be wonderful. So if you just are struggling with gum health or cavities, they have oral microbiome tests.

Now, I really like the bristle test because it's testing for kind of all the bacteria, other tests. They're really just focusing on the top 10 to 20 pathogens.

We know there's upwards of 800 different bacterial species in the body, asari in the mouth, including fungus and viruses and, you know, Candida, all of that.

So they're testing for all of that. And unless we know and have the metrics, it's really hard to say how are we going to address this? Because certain bacteria need antibiotics, certain, you know, if it's Candida, we need to do a Candida protocol.

So we're again trying to work with a functional dentist, certainly as you're trying to conceive. But then once you're pregnant as well and after because you know, now you're breastfeeding, now you're being very close and intimate with your baby.

You still want to maintain a really healthy oral microbiome for your baby so that they have good oral health because they do get it from you. All right. Let's pivot to the baby.

At what point do you really start to focus on the baby's or child or toddler's mouth? At what point can you start looking at where when their teeth come in or even just their oral microbiome in general, what do you do?

So the best thing to do initially for oral microbiome, microbial health, gut health and facial development is to try to breastfeed. Now that doesn't work for everyone.

And but if it can work for you, we do know breastfeeding is one of the best ways to support airway, health and facial development. The act of breastfeeding with the tongue up and the lateral position of the tongue.

It helps grow the face and grow the palate, and that helps with airway health so that would be the first place that I saw, plus all the immune benefits and the bonding, of course, too, in the microbial changes. So other than that, I mean, you can start start wiping your babies gowns.

Now, this can be very overwhelming because those first few months are a blur, but it does help desensitize a child. And we do know now that our mouths can be inoculated with pathogenic bacteria before teeth erupt.

We used to think it was just teeth they would adhere to, but now we know they can take host on the dorsum of the tongue and the mucosa.

Infant, Toddler, and Family Dental Care

So I like little xylitol wipes. You'll see baby wipes that are xylitol. Xylitol inhibits bacterial proliferation and you can just do quick wipes of the guns.

You know, if you could do it daily, that's cool. A few times a week, throw some in your diaper bag. But that's also going to start desensitizing them to having people in their mouths.

It's also important to check for oral ties, too, if you're especially if you're struggling breastfeeding. So again, function on down is also a screen for that.

So you know, if you're having a really hard time with pain, your baby has a lot of colic, gas therapy, failure to gain weight and they're falling asleep.

It's taking hours to do a breastfeeding session. And then you're done for a minute and then you're starting the next session. Those are big red flags to me that there might be some sort of oral restriction.

So, you know, I see babies. I mean, I do an assessment before teeth are even in. But when kids come in, as soon as a tooth comes in, it could get a cavity.

We generally don't see cavities until food has been introduced and you won't see cavities unless fermentable carbohydrates are then introduced. And what are what are those things?

So crackers, those rice puffs, you know, chips, Cheerios, Cheerios, a lot of the things some of the first foods we introduce to our children are fermentable carbohydrate grades.

And that's because pathogenic bacteria feed upon fermentable carbohydrates. So think sugar or flour is what I want you to think of. So trying to introduce more Whole Foods and whether you're into baby led weaning or purees or a combination which, you know, I support all modalities, but I do like some sort of real food introduction, Whole Foods, because chewing is really important, especially once the molars come in.

Chewing helps facial development, and it's important to start a good hygiene routine. And so usually I recommend you first start with xylitol wipes and then you can start with a little silicone finger brush and just brush these front teeth.

Once molars come in, you can start with a real small headed toothbrush, soft bristled. Kids aren't going to love this.

They usually are resistant. However, the earlier you start like wiping the gums.

I really have found and this was with my own kids to they just tolerate it better and I've never met an adult who has trauma emotional trauma from remembering their parents, brushing their teeth.

I really don't. So when your baby's upset or your toddler's upset, just remember it can be short and sweet. Keep it positive. But it's just like many kids don't like their car seat.

Many kids don't like their face wiped or their hair washed. We still do those things. I still want you doing an oral hygiene routine and flossing too.

So as soon as teeth touch, you can start flossing the teeth with the little flossers, particularly once the molars come in. So around two or two and a half, all the baby teeth will be in the molars.

The first and second molar will be touching it. Between the molars we see cavities in motion kids and it is the number one chronic disease in kids globally having our cavities and they're on the rise again.

And so I can't emphasize flossing enough. I think it's more important than brushing, but you just do the best you can. And then making sure you see a dentist I like around the age of one, if not sooner.

So if you're going in around two or three, sometimes it can be too late. You know, again, teeth, as soon as they're in the mouth, they can get cavities.

And the other thing we're seeing, sadly, is a big increase in hyperplastic or under mineralized teeth. So babies are being born with mineral deficiencies in their teeth and they literally just dissolve.

And so they can be affected with through breast milk. Breast milk, the studies have shown over and over again does not cause cavities by itself. So if someone shaming you that you did this to your child, this is your breast milk.

You need to stop breastfeeding. I politely disagree. They're missing the root cause. And is it mouth breathing? Is it hygiene? Is it fermentable carbohydrates?

Is it miss ties or is it under mineralized enamel? And I see so much of it in my practice and it's really devastating. So these one year olds are coming in and their teeth, they're literally dissolving simply from breast milk because they're mineral deficient.

And it's really heartbreaking. It's nothing the parents are doing wrong. I think this is epigenetic. We know our soil is depleted. We as a species are mineral and nutrient deficient and this is just continuing through generation after generation.

So again, going back to pre-conception and pregnancy, how it's so important to be optimized in some of these areas. Yeah. Oh, my gosh. I mean, you've said minerals pretty much since the start of this discussion and I hope people listening really take that to heart because one diet for sure.

But even if you find out if you see your dentist and they suggest that you are lacking minerals, they can see it in your teeth, you can replenish them.

There are mineral supplements out there and that's okay, 100% if you need it. Just as Dr. Staci said, it would make you maybe eating what you think is the healthiest diet, quote unquote, out there.

But the soil that was grown in was just over farmed. And you're just not going to get some of these nutrients in as an example, and you may have to take it.

And that's okay. Totally okay. I think so. I believe everyone should take minerals. Yeah, I take them. And then I take that. To. Vitamin D through K2, especially here in the Pacific Northwest.

I mean, I know we want to be getting it from the sun. I know we want to be getting it through diet and having our body created naturally. But if you're deficient, what's that answer?

I mean, we just we are deficient. So anyway, and that will affect dental health. Vitamin D deficiency and cavities are very related. So and especially back to minerals, if you're filtering your water or if you have reverse osmosis specifically, you really want to be giving minerals daily to yourself and your kids.

So I my whole family, we take minerals daily. You know, I miss a few days here and there and I don't sweat it, but it's really important. And I agree with you.

I think our food, if you compare like an apple today to an apple 100 years ago and you really analyze the nutrition within that apple, it's it's apples and oranges, but it's different.

I love it. Oh, my goodness. Well, Dr. Staci, thank you so much for being on the Summit today. Where can people find you? Find more about you.

Where to Find Dr. Staci and Her Resources

I know they're going to ask about like, well, what toothpaste do I use? What do you give your family? So, yeah, give us all the details. Yes. So I am mostly on Instagram.

You can find me on Doctor_Staci, Doctor_Staci, I have a website. doctorstaci.com spelled the same way spelled out. And I, I was getting really frustrated with the oral health care market and I'm constantly being asked what's the best toothpaste?

And there were some really good ones out there, but I didn't think there were any great ones out there. And so I decided to create my own. And so I do have a toothpaste out.

I've partnered with Dr. Mark Burhenne of Ask the Dentists. I'm sure many people know who he is, and we have a toothpaste called Fygg, Feed Your Good Guys and it's oral microbiome supportive, which I think is really what we're missing.

So has prebiotics and L-Arginine, which is an amino acid, really important for oral microbial health as well as hydroxy appetite, no emulsifiers, no surfactants, no out of it.

Additives whatsoever that can really trash your microbiome too. And so you can find out in fygg.com, F Y G G And then I'm really excited too that I have an e-book to share with everyone called Cavity Free Kids.

And so I know many of you can't find a functional dentist that maybe practices similarly to me near you and you can't come see me. So I wanted to create this to try to help give some guidance to how you can support your family and your kids at home.

That is amazing. So, doctorstaci.com. fygg.com. And of course, we at the Summit have her e-book available for you to download. So thank you once again for being on.

I just so appreciate your always a wealth of knowledge. This topic is not discussed often enough. People forget it over and over and I hope everyone listening really takes it to heart when it comes to your oral health.

So thank you. Thank you so much. Appreciate it.