Improve Your Gut Health: Unveil The Impact Of Oral Hygiene Transcript

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Introduction and guest background

Welcome back. We're continuing our conversation on reversing chronic gut conditions. I'm your host, Sinclair Kennally. And today I am joined by the wonderful Trina Felber, who is trained as an hour and actually went off on her own path to become and found this company, Primal Life Organics.

And she is still the CEO and founder of it. So she was has a really interesting journey. And I can't wait to have her share it with you today and have her pull back the curtain for you and what's really going on in the oral microbiome.

I can think of no one better to describe this to you because she's dedicated a huge part of her career to solving this issue for folks and making it the solution accessible to you.

So her mission is to inspire thriving lifestyles by providing clean personal care products made with natural ingredients to empower healthy choices. She's a multi-million dollar entrepreneur and the bestselling author of Beauty's Dirty Secret.

She's within 5000, was five years in a row, and she's been featured in Dr. Oz Paleo magazine, ABC, CBS, NBC, Fox and hundreds of podcasts worldwide. So she's amazing.

And I really can't wait for you to hear all of her gems today and part of her journey and how it applies to you. So welcome. Trina. Thanks Sinclair. I'm super excited to mess up with you today.

I love that. So sharing with us before we get started on the oral microbiome, why is this such an area of passion for you? How did you get started on this?

Because I know firsthand running a clean company is a lot of work and a lot of heartache and headache. You have to forge your own trail. So why is it so important to you?

You know, everything comes back to personal experiences. You know, you've had your own journey, which is where, you know, it led you to where you are. Same thing with me.

And as far as the dental care goes, it never even as a nurse, you know, this is how outside the medical realm this thinking is. Even as a registered nurse, I have a master's degree in anesthesia.

We never we did oral care, but we never really made that connection, that if your mouth is not healthy, it's really going to be very hard to keep your gut healthy and the rest of your body healthy.

It wasn't until my daughter at the age of two had a molar erupt that had a natural defect in it. We were brushing your teeth one night. My husband says, What is this?

Come and look at this. I look at it and I'm like, I don't know. It looks like a cavity, but it's like a molar coming in a two year old. And so we take her to the dentist and he takes one look at the tooth and he says it's a natural cavity.

It developed in utero. I didn't even know that was a thing. That was the thing. So he said, Don't worry, we'll put a temporary filling in it. But temporary something will probably fall out every 2 to 3 months.

Personal story and oral microbiome awakening

The tooth is severe, the defect is pretty severe that I expect we're going to have to pull the tooth within a year, but we'll put a temporary filling in it.

We'll try to put the Band-Aid on it since she's two and we'll see how long we can get the tooth the last. So as I was leaving, I know that every tooth is connected through the Meridian channels like the acupuncture channels to an organ during utero.

In development, your teeth are being developed alongside your your organs. So when an organ is being developed, it connects. It has this Meridian channel that connects it to a tooth.

So when I was walking out, he says, Don't worry, Mom, I'm upset. And he says, We put a temporary setting in it. Now we just hope for the best. And those were like words that just fueled me.

I thought, I'm not hoping for the best. There is no way this mom is going to hope for the best. So I went home and I started doing some research and I realized if I continue brushing with what we were brushing with, yes, her tooth was going to get pulled within a year.

But I found Dr. Weston A. Price, who is one of my mentors. I consider him a great mentor for my company. He did well, or he's the one. He was a dentist in the early 1900s who discovered the link between sugar and cavities.

I based my entire dental program, my recipes for creating oral care off of his research. And I like to end because I always forget. I want to get I got to give you the punchline of the story.

My daughter's tooth that was supposed to be pulled within a year and the filling that was supposed to fall out within 2 to 3 months fell out naturally at the age of 12.

And that original sealing was still in place that she had re mineralized over that filling to hold it in place and prevent bacterial infection. So I did my job. I did it.

Amazing, mom. Wow path of understanding the oral microbiome how we aren't serving it in our modern lifestyle. So talk to me about some of those factors.

What what is disrupting the microbiome the way we're doing things now and then we can talk about how that impacts digestion downstream. Absolutely. You know, of course, it's always diet related the more sugar that you put in your mouth.

But if you have the wrong bacteria, this is the key, the wrong bacteria, the bacteria that causes cavities and gum disease feeds off of sugar. It's also acidic by nature.

It's going to create that cancer type environment inside your mouth that just breathes itself. So then you are on that downstream. You can't stop it. It's cyclical and everything you're using promotes that type of environment.

Whereas if you convert that environment to an alkaline environment, that bacteria does not. The alkaline environment which is healthy for you doesn't feed off sugar.

So even when you do eat something that has sugar in it, it's not going to create that, you know, that wheel of disaster, it's going to actually just be neutralized.

And it not that it can't cause damage. You do want to limit sugar in your diet, but it's not going to have the same effect when you have the right bacteria inside your mouth.

Then on top of that, the products that we're using, unfortunately, most of the products on the market are not formulated to create wellness inside your mouth.

It's creating more disease inside your mouth. It's created to kill all bacteria. I mean, you've seen the the bottles that say kills 99% bacteria. Toothpaste is generally kills bacteria.

But the problem with that is it's overkill. It's like sterilizing your mouth. Then the sterility sets you up for failure

because you're exposed to the bad stuff before you can regrow your microbiome.

And now you're stuck on that wheelhouse again. So the products we're using have the right ingredients and the diet is primarily been the main two things.

Okay. So how specifically does killing off our oral microbiome, our healthy oral bacteria, how does that affect our digestion? This is really gross. So I'm going to tell you, is going to change your thought process.

Every time you realize you're realizing you're swallowing every single thing that ends up inside your mouth, whether you breathed it in, you picked it up off of an open container, anything that's inside your mouth, unless you spit it out, you swallow it, it ends up in your digestive tract.

Good, bad or indifferent, you swallow everything. Your mouth is connected to your sinuses. I always thought that airspace in your head, it's what happens inside your mouth doesn't stay inside your mouth.

Your mouth is not like Vegas. Your mouth is connected to everything. And so that airspace inside your mouth, if your mouth is not healthy or you have sinus infections going on or you suffer from frequent sinus infections, it's probably related to your oral bacteria.

And then on top of that, when you swallow that, it feeds in seeds, your gut bacteria. I like to always go back to when babies are born, when we're born.

How oral bacteria affects digestion and gut health

The reason that it's healthier to be born through the birth canal as opposed to a C-section is because you're exposed to the good flora in the in the vagina, which then is what when baby takes their first breath and the baby swallows the first time, that bacteria is what feeds and seeds, the gut bacteria.

That's actually how we grow our ecosystem in our gut, which is why babies that are C-section end up with more health issues and infrequent colds and things like that, more so than a baby that is vaginally delivered.

So I always like to say, you know what? Ever since I dreamt that you're going to swallow it and that is what is speeding your gut bacteria. It's not healthy if it's the wrong bacteria, because it's a different set of acidic bacteria that lives inside your mouth.

It's not that this help, this unhealthy stuff is not the healthy stuff for your gut. So if you're swallowing bad bacteria all day long, it's seeding your gut with the wrong type of bacteria, if that makes sense.

Yeah, it does. That's fantastic to actually unpack, though, for people, because it's really tempting to think, okay, well, like I have got problems, you know, and I have IBS or SIBO or developed into colitis or Crohn's or just really food sensitivities, bloating.

Well, I don't have GERD and it's totally different, but, but actually we know that the gut microbiome drives a lot of functions, not just in the gut but actually in the gut, brain axis, etc..

So you're really setting yourself up for success or failure with how you set up your oral microbiome. Yeah, and many people will try to fix their gut microbiome without switching and fixing their oral microbiome, which basically you'll get so far along and then you get to that block where you're like, I can't everything I'm doing, I'm doing it right and I still can't.

So a lot of times it's not until you get your oral microbiome fixed that you see the results actually start to, you know, your everything starts to pay off again and work again.

Yeah, we actually see that in our practice and we have this forced rapid gut reset where we we actually have people start with the dental microbiome and then we have them do sinus washes and clean out the mold and the

weird air pollution that's like blooming, you know, pathogenic microbial responses in there so that you could stop dripping that crap.

And done to your. I know it's really, I mean, it's just so gross to think about and but it's so true. Like even when you said mold, I'm like, that is so true.

And we don't know really what we're breathing in all day with the pollution, even the foods and some of the stuff that we're drinking, like water, tap water.

Is it a lot of stuff that we don't even know what you know, what's in the food that we're eating can be heavy metals as well. All of that stuff really, really, truly affects our overall health.

And it's, you know, your oral health is your gateway to internal health. So true. Okay. So break this down for me. What what components should somebody have in an oral health routine to actually support their gut health?

And how long does it take to work? You know, tell me all the things. Break it down. I love this question. It's actually super like it's it's going to be so simple.

You're going to be like, wait, what did you did you just say, like, really? Because when I discovered this, I was like, there is no way this is going to work. Like, this is silly.

Dr. Weston A. Price like, okay, might have work back then, but it's not going to work now. So it's easy. There's three things, three things that I took away from Dr.

Weston A. Price that I incorporatedinto my dental protocol. First off, it has to be alkaline. Whatever you're using to brush your teeth has to be alkaline.

If it's acidic or causes, kills everything inside your mouth, which is basically the same thing as being an acid. It's not setting you up for success, it's setting you up for failure.

So it has to be alkaline. The main ingredient to look for in dental products that would symbolize that it's alkaline would be baking soda. If you don't see baking soda, a simple, easy baking soda, you don't see that in there.

Chances are pretty good that it's not alkaline. It's either neutral or it's acidic. Neutral is far better than acidic, but how do you know that you're a consumer in this?

The industry is not telling you these things. So first, alkaline, second, it has to have minerals in it. Your teeth are living like almost like I always say living bones.

They are actually made up of the same minerals as bone. The difference between bone and your teeth. In fact, your teeth are actually stronger than bone because they have to be.

It's the environment that they're in. Your bone tissue or your bones are in your body in a theater between 7.35 and 7.45. Very neutral. When you break a bone, you can get the calcium, the source and the other minerals. They very easy to fix it.

But inside your mouth you're eating sugar, you're eating acidic foods, coffee, red wine. Most of the foods, red meat.

Building an oral care routine for gut support

Most of the stuff we love is acidic, so we're wearing away our enamel every single day. If we're not replacing it through the foods that we're eating as well as what we're brushing your teeth with, then your teeth are going to start to get pits and holes in them and the minerals, the mineral loss is going to lead to cavities and even further they're going to get deeper pits.

Sensitive teeth is the number one sign that you're losing minerals, so you got to have alkaline minerals. And then the third thing is you need to detox.

We were talking about mold. We're talking about all the crap that's living inside your mouth, the heavy metals. If you're not detoxing your mouth on a daily basis, you are letting those things into not just your gut, but they absorb into the tissue themselves.

And then as they cross through the tissue, especially if your tissue starts to get leaky like leaky gut and leaky gum, and then even inside the sinuses, when you get those infections, your junctures get leaky.

That's when that stuff gets leaked into your body. So if you're not cleansing your tissues daily, then you're going to be ending up with more frequent sinus infections and all the ramifications that go with the internal and inflammation that happens with that.

Those are the three key things baking. So that I mentioned as far as the minerals go, you know, I love clay. Clay based cheese powder or toothpaste is my is what I develop myself.

I feel like it's the the the five star the gold star primarily because it incorporates all three of those things that I talked about. Clay is alkaline, it has minerals, not just calcium.

And loss that's in your teeth, but it also has magnesium, manganese, silica. These are other minerals that are found in your teeth but are not found in dental products if there is no clay, primarily because when you lose a mineral that's not calcium across, you cannot replace it unless it's that exact mineral.

So if you lose manganese and you're not brushing with something that has planet or manganese, which it would be in clay, then you're not going to be able to replace that when that pit or that hole is going to stay until it finds that manganese either in something that you eat or something you're brushing with.

So it's a it's a lock and key is what I like to say. You lose a mineral, you have to replace it with the exact same mineral. The other ingredient is, and I use a blend of three plays.

I love bentonite. Clay is the number one ingredient that you'll find in play based to cut paste or two powders. Bentonite is great, but it doesn't have everything in it.

So I use a blend of bentonite, French, green and white kaolin. French Green is one of my favorites. It's from the French. See, it has the phytonutrients from plants and algae.

So you're not just getting the mineral benefit, you're getting the healing benefits, the modalities from algae and all of the plant nutrients. My favorite thing about French green as a nurse, I know that if I can decrease pain and and reduce inflammation, I can increase or speed healing so much faster.

French screenplay is analgesic and anti-inflammatory, so it's one of my favorite reasons that amazing and the clay itself is alkalis has the it has a minerals and pulls toxins like literally clay is so binding to toxins when you're brushing your teeth you are getting that clay is exposed to everything.

It's exposed your tongue, your gums, but also your palate and the soft tissues of your mouth pulling toxins out every time you brush. So that's why I love it.

Nano hydroxy appetite is another ingredient that's really new on the market. In dental care, we use it. We added it to our formulas about two years ago.

Nano hydroxy apatite is what what you would call the enamel, the hard layer on your tooth, and it's calcium and fast. But there is no magnesium, no manganese without magnesium, which is in the clay hydroxy type one fully harden.

So that's the other key thing which is really cool. I found that out recently. So you're missing. About and this is really important because in our in our Western way of thinking, even still today we're talking about teeth, tooth health as if it it only goes one way that they decay and that's it.

And then you have to do more and more aggressive dental work. We still have a lot of outdated truths about dental health, but what you're really describing is how to help your teeth rebuild themselves every single day.

100%. Yeah, you can heal a cavity. I mean, I killed hundreds, probably thousands at this point of cavities over the years. People will email us all the time.

One of my favorite stories is a woman from Texas. This was years ago. This is probably at this point like eight years ago now. She called me one Saturday night, left me a voice message.

I was exhausted. You know, I was early in my business exhausted, working late. It was Saturday night. I had little kids. I have a daughter and twins, little kids.

And I thought, I'm just going to listen to one more voice now and I'm going to go upstairs and relax. And her message was, it inspired me. She said her name was Miss Kids.

She said, I don't know who's in charge there, but you are the bomb. And I was like, Don't know what I do. I'm just worried. I'm like, What did I do? She said she went to her dentist that day to get a root canal.

She had five cavities. One of them needed a root canal. She bought my dirty mouth to powder as a last resort because you have to remember, if you have one tooth as a problem, it's not just that tooth, it's the environment that tooth is in, that all your teeth and gums are in.

So it's every tooth that has a problem potentially. So she said she bought my dirty my teeth powder to help prevent any further damage. She went to her dentist and sat down in the chair.

He looked at her home. He said, Ms.. Kids, you only have one small cavity and it doesn't need a root canal and you get to go home. So now and it wasn't that much time.

So you were talking about how long does it take seriously when you change the environment inside your mouth, you can literally heal your mouth very quickly.

I typically say we have a dental detox kit that we put together. It's a 60 day program, but usually within 2 to 3 weeks, people significantly can feel better from checkup to check up.

People report that their dentists are shocked at the way that their teeth and their gum slug it, and they always want to know what they're doing. It's amazing and love this.

And I know how hard it is to, you know, run a green company and a non toxic company. So I'm really curious, what are the steps you've had to take to protect it, like the quality of your ingredients in order to create that kind of result?

Well, I've always been someone who I mean, I make everything for myself and my kids. I always say my kids are my litmus test. If I wouldn't let my kids touch it or eat it or put it on their body, I would never sell it to anybody.

So I work with suppliers. I mean, I've been doing this long enough now that I work with suppliers that I know and I trust. I know their methods, I know the team, I know their processes.

When we're looking for a new ingredient, those are the things that we look at when we're purchasing new ingredients. So it's just that due diligence of keeping everything clean and pure because that I don't want people to have to actually read the label.

If they don't, if they don't, you know, you don't know what you're looking for. Most of the time as a consumer, you can read the ingredients, but most consumers have no idea.

Gum health, mouthwash, and healing tools

And there's a little secrets and ingredients, like if you don't realize that you're looking at something that's using plant based ingredients and they're telling you it's natural, but they're not using organic, you're still getting exposed to pesticides and glyphosate and all those other nasty things.

So I am very conscious of what I put in every single product that I make. And so it's just that awareness, it's staying present. And of course it's because not just because I'm using it and my family is using it, but I've seen the difference that it literally makes.

Like you had your health journey, you and I had talked. I had a significant health journey as well. And I know the impact that using good products, getting rid of the pollutants and the toxins can do.

On average, women use approximately 168 chemicals every single day just through their personal care products. So by eliminate, I mean, think about what that can do to your health.

If you eliminate 168 chemicals and most of those are known to cause cancer, they're known to cause inflammation, they're known to cause allergies. They're neurotoxins.

I mean, imagine what that can do if you can clean that. So true. So true. So let's talk about some of those ingredients, actually, that people have normalized, because I know there's people in the audience right now.

I'm like, Trina, you don't understand. My family has a history of cavities and I'm sick. I can't afford to. I mean, I got to keep my mouth wash or I won't feel clean.

Talk to me about what mouthwash actually does are oral health and by extension, micro, our gut microbiome. And we'll go forward from there. Yeah, mouthwash is going to keep you stuck where you are.

Like, you know, the definition of insanity is doing the same thing over and over and over and expecting a different result. It's never going to happen.

So you have to be willing to do a leap of faith and tell people what? Give it, give it a month, give it 30 days. You can always go back to what you were doing if you're not happy, but give it 30 days.

30 days will be a good timeframe to get rid of because you're going to have to detox, get rid of all that. Your body is so used to. Your body goes into autopilot when your body knows that you're destroying the microbiome, it's trying to work harder to keep you healthy.

So you've got to give it some time. I say 30 days. Mouthwash is horrible. I don't want to make the inclusion of every mouthwash because there are some mouthwashes that are formulated correctly and will do a good or an okay job.

However, on average, most mouthwash is probably 97% of the mouthwash is out. There are going to destroy the oral microbiome inside your mouth. They're going to cause gum, recession, gum, inflammation, gum, bleeding.

I mean, think about taking alcohol, straight alcohol and rubbing it on your gut every single day, twice a day for life. Think about taking an antibiotic.

This is like this is what a lot of people can probably relate to, taking an antibiotic for seven days, 7 to 10 days. That's the standard once, twice, three times a day, depending on the antibiotic taking an antibiotics a couple of times, you know, for about 7 to 10 days, what happens to your gut microbiome?

You end up with diarrhea, you end up with you could be constipated. You end up not being able to digest food

properly. Malabsorption syndrome happens until you rebuild and rebalance your microbiome.

Guess what? You're dealing with mouthwash. You are. And most toothpaste, you are taking an antibiotic twice a day. When you're brushing your teeth, you're using an antibiotic type ingredient or ingredients brushing your teeth twice a day and hoping that your microbiome inside your mouth is going to be healthy when there is no way that is going to be healthy.

It's the exact same thing as taking an antibiotic. Yeah. Such a good point. Okay, great. So we're not great. Terrible. We do big. Shifts here, guys. That's the point we need to declare.

Today is the day. Let's do a dental detox. Your mouth is where your digestion starts. We've got to have a healthy oral microbiome. Talk to us about, you know, gum health because we haven't gotten to cover that piece yet.

How does that fit into this picture? We know that receding gums, they're stressed out about it. It's you know, what should they do if that's the case?

I know. And it's also it's almost become a norm that the older that you get, just to expect it's going to happen. And just like bad breath, we expect to have bad breath every day.

It's normal when it's not. Truly it's not. You should not have bad breath. It's an imbalance in the bacteria. It your you know, you've got the wrong bacteria inside your mouth.

It's the environment gum recession thing. Think gum recession can be healed can be reversed. I've actually helped clients do that. And the main thing is you have to first stop why it's happening.

Most of the time it's harsh ingredients in products that you're using. So trick with peroxide alcohols that are in both toothpaste as well as mouthwashes whitening jealous that contain peroxide and heavy bleaches, artificial colors, artificial sweeteners, all of those types of things are wearing away.

Your gum tissue. It's not like when you think of something that's going to heal something on your skin. So your skin is made up of epithelial cells. When you get a cut or something happens, a burn rash or something.

If you put alcohol on that, what do you think is going to happen? Because that's exactly what your your gum is. Maybe your DUMSOR Epatha out. If you think you can heal or believe you can heal a cut, you should be thinking, what's wrong with my gums?

Why am I getting recession? I should be able to heal my gum tissue, which you should be able to. The best way to heal them is with soothing ingredients like olive oil and essential oils.

The oil based ingredients are going to soothe, like, think about like it feels so much better even just thinking about putting oil on a burn as opposed to putting alcohol and peroxide on a burn because we know it's not going to heal it right.

But putting oil on something, beeswax, putting shea butter or coconut oil, those are soothing ingredients that are actually going to give your skin or your gum tissue nutrients that it needs going to help it detox away.

All the waste that's happening from inflammation and then the healing can be good. I always incorporate. I tell my customers to incorporate red and blue LED light therapy inside the mouth.

I have a mouthpiece, I have one here. I'll show you guys so you can get the visual as well. But using red and blue, because a lot of people haven't seen this, this is newer technology that really puts the light therapy inside your mouth.

Many people use red light for skin. It's used for wound care because it increases blood flow, reduces inflammation and speeds collagen production. All of those three things are definitely needed for healing the gum tissue as well.

So what I've done is created a mouth piece that has the both the red and blue light so that you can have that healing modality right inside and out. The blue light kills bacteria.

So blue light Harvard did a study. I'm I don't know about you, but I'm a geek when it comes to this kind of stuff. Like I'm like, yes I this so bacteria that causes cavities and gum disease has this little piece little thing in it.

And I was like a little heme, like an oxygen or a red blood cell type of thing in it that when it's exposed to blue light, that little thing in the bacteria explodes.

It has to be the right wavelength.

Oral health, chronic disease, and closing advice

So of course ours is that it explodes. When that explodes, the bacteria is dead, the bacteria dies. So imagine that. Yeah. And blue light will penetrate not super deep red.

That red light penetrates deeper into the tissue, but blue light does penetrate. So it can get a little bit between the teeth, possibly into the pockets where that bacteria likes to hide out.

So this is like my go to when I tell people when people are really suffering with gum disease and cavities, red and blue light because it really fills your mouth.

And then, of course, the gel that I created will do all the things that I talked about earlier. It's got all those three it's alkaline, it's got the clays and the manner hydroxy appetites going to detox.

So it's going to help the the gel itself is going to help heal the gums because it's oil based as essential oils in it. But it's going to help re mineralized the teeth as well because of all the clays and the other nutrients that are in there.

Interesting. Okay. So I love this because you're taking therapeutic tools that we're using for it to heal other parts of the body and making it easy for people to use, you know, an area that causes so much distress, so much financial strain.

Also, you know, by the time the problems develop, we get people coming in telling us stories that they're like, you know, 50, 60, $100,000 into trying to fix their house.

It absolutely is the root of their gut issues and their chronic health issues. And these steps can't be skipped, but small maintenance things can make dental health so much more achievable.

Yes. And your mouth I mean, your mouth sets everything, your your airway and your tongue position sets posture, but it also sets digestion. So if your mouth isn't healthy, your digestive process is going to be sluggish.

It's not going to be. And so you talk about reflex, a reflex, gastric reflex that also can originate from the wrong bacteria. And that what's going on inside the mouth, because your body's going to prioritize things, it's going to prioritize what do I need to take care of and what's really going on.

When you talked about gum health and how that interferes with how the gums itself, the tissue like leaky gut syndrome. I talk about leaky gum syndrome and that is the guns are going to affect internal health more than it's going to affect digestion, the gums, the stuff that's going to seep through the gum tissue, get into your body cause that inflamed inflammation, the inflammatory markers to increase.

That's where you get the direct link to heart disease, Alzheimer's, thyroid, diabetes, obesity, infertility and pre-term labor for both men. And while not pre-term labor for men, but infertility for both men and women also originates inside them out.

I have an incredible story about a woman who a friend of mine told me this was a friend of hers who was pregnant.

She was probably around 27, 28 weeks, a little too early to deliver.

And she went into preterm labor. She went in, they put her on magnesium, could not stop her pre-term labor, put her in tenderloin, which is where your heart is down and your feet are up, hoping just by gravity, keeping baby in in utero.

And they didn't think that they were going to be able to stop labor and they were probably going have to deliver early. She had a dentist come in, look at her, and he found that she had an abscess in her mouth.

He treated her and within about two weeks she went home. Pre-term labor stopped, she went home and delivered a full term baby. So if you don't think there's a connection between your mouth and what's going on everywhere else, that story itself is like a no brainer.

Phenomenal. Wow. Oh, my God bless my mind. This is so interesting. Okay. So for folks who have been really struggling with gut issues for quite some time and they've tried all the probiotics, all the cleanses, they tried medication, they've gotten off medication, you know, they're back to square one. They've tried every diet.

This can really give people a ray of hope. Hey, there's a stone unturned for me. Absolutely. It's what most people haven't tried. Yeah. Yeah. Is there any advice that you'd give to folks who've been struggling with their gut health for quite some time that we haven't already covered any words of encouragement as we wrap up today?

It doesn't take I mean, it doesn't take long. If you're using the right products, if they're formulated correctly, then you can turn your mouth around.

I've had people who had sensitive teeth, I swear, get these. And it gives me chills just thinking about it because I read my reviews all the time. I read customer journey experiences, I talk to customers.

I've had so many customers say I had since you don't understand, I had sensitive teeth and bad dental checkups for years. For years I started using your product and three days, three days.

My teeth were not sensitive like that. It's mind blowing to them that it took three days and that's it. And I hear that all the time. And so I like to tell people within three days you should feel or notice some changes happening, but everybody's different.

So I don't want to give everybody open and they're like, three days. I still don't feel anything. It's a process. But so many people that have had health issues or dental issues for years noticed a change very, very quickly.

That's so lovely. Amazing. What a great story of hope. Thank you so much for sharing your journey with us and, you know, getting giving us a peek inside a really conscious company, you know, behind the curtain.

I know this is a labor of love. And I know that started with your own health journey in your kids. Where can people find you and learn more about you and your products?

Oh, PrimalLifeOrganics.com. It's my company. I'm on Instagram PrimalLifeOrg or Facebook, Primal Life Organics and yeah if you have any questions, reach out to my support team at support@PrimalLifeOrganics.com.

We're here to help I just want everyone I really want to help everyone feel better because as a nurse my number one goal like my company but the behind the scenes goal is I want you to stay out of hospital because I don't want the hospitals overwhelmed.

I don't want you in there dealing with issues down the road. My goal is to help keep you healthy so you don't have to be one of those people that I had to take care of.

Oh, that's so beautiful. Thank you. Well, thank you for moving on with me. I enjoyed this.