Introduction to Snoring and Health Risks

And then and the reason why, snoring is so linked with Alzheimer's disease and heart attacks is because of those episodes. Even if you're not diagnosed with sleep apnea, you could have eight second deprivation of oxygen instead of nine to be diagnosed.

So many times you do that you might not come out of a full awake state, but you're by awake and you're shooting cortisol all night. So all day your go, go, go with the stresses of life and maintaining a household and work and work life balance and everything.

And then at nighttime, when you should be repairing, you're just shooting up cortisol. You're never getting into rest and digest This is doctor talks.

Real talk from real doctors. Only issues that matter to you most. welcome to Vitality Made Simple. This is the podcast that equips you to feel better, look better, and to enjoy better relationships.

We're going to hit all three of those today with our guest, Tiffany Ludwick. Welcome, Tiffany. Thank you so much for having me. You're welcome. And if any of you listeners have ever wondered about the implications of snoring, well, you're going to learn today.

Now talk about relationships. And it's not just about, you know, keeping your your husband or wife or whatever awake. It's about much more than that. Right? Tiffany?

Actually, sleep doesn't only impact the partner who sleep is, but it actually affects the person sleep. Even if they don't even realize that they're snoring and they don't feel unrest the next day.

So it affects us mentally, physically, emotionally. Many of us fears. Well, tell us about you and how you got interested in this area. Your educational background fascinated me.

Share all that with our listeners.

Tiffany Ludwicku2019s Path into Airway Health

I would love to, and I will try to keep it condensed, because it was a very interesting journey that I had, which led me into realizing that story was actually in my way.

My background is in dental hygiene, and years ago I worked in a specialist office. I was people's last resort to improving oral health, and sometimes I just wasn't enough questioning them.

And I took a health coaching program. Maybe if I could connect the world systemically, which you're 100% familiar with. And from there, I think it was a little bit of my own insecurities and issues that I was having, and I started speaking to my clients about it and started, you know, advocating for them.

I did come up against some resistance. It's one thing for a dentist to connect with a doctor, but even when I was working, they were just like, they don't want to put me down.

Like, you know, you're not doing this is not in your scope of practice. And so from there, I decided to open my own independent hygiene clinic, and I wanted to be able to grow the awareness and improve the standard of care in my area.

And from then I also started seeing the signs of sleep apnea, because I didn't really to. Have storage sleep apnea.

And from there I was referring people and they were coming up to me at multiple locations.

People who said, I've literally saved their life because I was referring. And then a couple years go by, I was getting pregnant. Babies just want to know how she feels, really.

She's snoring. And then we witnessed it. I was like, okay, everything we know about story and sleep apnea. She's not a 50 year old overweight man. She's not intoxicated.

You know she's not. I'm I think some of the other, like, stereotypical things that we see. But yeah, she's not she's not overweight. But there's something else going on here.

And rather than just referring for sleep studies, I started to look at what I can do to maybe prevent the. Why am I doing this? You need to be a journalist or a speech language pathologist.

So that's already there, ready to go to learn. And so I learned that. And during my training, my story disappeared. My husband used to wear swimmer's earplugs because didn't know how to do well.

And you're a small person. You're not the typical, you know, like you said, 50 year old overweight man with a neck circumference. That's way too big. So it can be anybody.

And and I appreciate that you're talking about children because, you know, they don't know how they're supposed to feel. So. So, Tiffany, I want to clarify one thing.

When I speak to dental groups, I always say that nobody's just a dental hygienist. Never let those words come out of your mouth. You are them. The dental hygiene chair is the most important seat in the house.

In the dental clinic, because you really hold the keys to life and death. Not only. I mean, you're you've taken this extra step of, airway, but also in terms of the oral microbiome and oral systemic link.

I and I have such high respect for dental hygienist everywhere. It is huge. And so so I thank you for for following that path and, and then gathering more education to, to talk about airway.

So, so you have you started a, started a business called mind body math. And, so, so tell us what people should look for in their own sleep patterns to detect problems.

And thank you. And start place for hearing. I do agree with the ability and I think just on oral health. But some people like to Get their experience in some anxiety irritability grinding routine.

How Snoring Affects Relationships and the Body

So again just to pick up on where your teeth, you could have a mouth that when you get your X-rays taken a quick first bite down on. The despite having good oral hygiene practices and.

You have digestive distress unexplainable IBS symptoms, constant. And then the things that are really starting to and the aging experience would be high blood pressure, poor memory because those things are coming in response to not having the proper oxygenation to our brain cells in the body to those.

Different aspects would be contributing to. Well, in changing the the landscape of the oral microbiome is, so big. We're learning every day. I interviewed Nathan Brian.

We talked about nitric oxide and so in your work, you're helping to improve nitric oxide. You know, a key molecule in, heart health, brain health, blood vessel health.

So, so that is is really bigger, bigger, bigger than we know. I think every day. Tiffany, more research is coming out in this area that, highlights the importance of, of snore, you know, not snoring because we've ignored it.

We've sort of made fun of it. Right? It's it's, it's it's funny things with children. It think cute. It is. But we just didn't know that. You didn't know that. It's.

You can't talk bad about the way we treated. But as you mentioned, you know, the amount of information. And how they work together is it reduces your ability to create it, to build an.

That's what people actually do have shame, embarrassment around snoring. So not only are people laughing at a person's. Feelings had to be embarrassed.

And for especially when they don't think there's anything that they can do to change it. Relationship. Then there's folks out there who are just people that are the partner of the store.

Well, and I can remember being like at a camp, you know, in, in a big or on a mission trip. We were all in a big, bunk house on, you know, 20 women in a room, and there's always 1 or 2 that you're like, put a pillow over her head.

You know, it's just nobody can sleep because of this person. So that, I mean, that just so gets in the way of relationships, because when that person finds out they don't want to go do those, those, you know, fun things that, that they would do ordinarily because like you said, they're shamed because they're snoring.

So so what what do you recommend someone do? I mean, you know, you hear it. There's CPAp machines. In here in Oklahoma. I want to tell our readers, you're in Newfoundland, Canada, and we're we're central time.

You're Newfoundland time. You're 2.5 hours away from us, right? Yes. Newfoundland has its own. Yeah, half an hour anywhere like the most eastern point in Canada.

Yeah. That's so interesting. So. So somebody, you know, there's all these options. Tell tell about the options and, the different benefits and, side effects of these different options.

Some options treat these only treat the symptoms correct. On treating symptoms. And I like to think of it. Not everything is ready to go there. We tried everything and still are not with the results.

Even so, scoring improved still. Let's get it. Which makes a difference because then you don't really have the feedback to say, wow, this is worth it to even continue on the the Band-Aid solution, because very uncomfortable.

So most people are familiar with nasal stretch. Strips can just pull along the cartilage opening up your airways allowing you to get better through your nose and therefore reduces.

And that's great if your snoring is a result of inflammation or blockages in and out. The below the nose. So if you're someone that uses. Work below. There's one thing.

And it can show that actually if you reduce your story, it can actually provide you. Yeah. Sound is restricted. So they can be dangerous. Let's say is oral operation which is probably Gene.

And they can. Yeah. As long as you're doing the right one. So there's oral fatigue. Or grinding your teeth and just putting a protective barrier on your teeth is not improving the requirements.

Comments. Protecting the teeth.

Signs of Sleep-Disordered Breathing

But you could increase your my breathing is you mentioned that affects your face and it can actually block your. And you tend to be a little wake up in the issue because pain is like my breathing being awareness of the key in your brain to stop that.

So you end up ditching that. Into our oral classes and actually literally pull your tongue for opening up the airway. And so that is great. If you're somebody who doesn't need to like wake up the middle of the night and you're not really affected by that, they need to move your mouth around regularly or if you can, at home.

And if you just don't mind the nose being bounced, pretty much kind of closed in in the position. So we can, you know, begin to work with some people.

It's not. And there your surgery people literally get yeah little. Yeah. Like that's just you're opening it up. But if you do for all the issues could persist.

And so I think are the things that people don't really cute signals too. Oh yeah. You know in 2006 doctors were recommended to be the very last resort initially for temporary use, maybe room jetlag, traveling, brief periods of traumatic experiences where you just need to really sleep so people end up staying on for years and years on end.

That really, really affects brain. Tiffany. That shows the desperation of people, you know, when they find something that helps, they'll they'll just keep doing that, whether it's really a good thing in the long run or not.

I mean, sleep is so basic. It's. Been so busy. That's what I focus on. And I can talk about my last option. But breathing. Issues in water. Minutes without oxygen.

You die. The longest study is actually a lot of short because. Yeah. So 11 days and so you can go weeks to months. And yet the. Sleep in the medical field of worst.

If you go back to ancient methodologies. Focus on breath. But as I learn more about the importance of sleep Tiffany and how many people are not getting good sleep, I'm reminded of this patient years ago who was going to have to have brain surgery, and it was a guy who was just super intelligent, and he decided to research, neurosurgeons to find the one that he wanted to do his surgery because his surgery was so risky.

So he looked for somebody who did not take sleeping pills. He. I mean, he just knew how to figure all this out. He looked for someone who was happy in his marriage and, you know, probably not staying up all night fighting.

He looked for someone who was not a a heavy drinker. I mean, he had he looked for someone. He was not in, debt so that they would not be doing, you know, surgeries just for money.

I mean, it was fascinating, but I remember just our conversation. His name was Ed. I remember our conversation around sleep. He's like, I don't want somebody cutting my head open who has been taking a bunch of sleeping pills and, you know, is dulled, potentially from those sleeping pills.

I mean, obviously you get a hangover. From sleeping pills. Just like alcohol. So I don't know if intuitive or right for that, but, all of those factors to how they would perform in real life, specially something that, and I have known I worked in, as you know, years ago, and there was a surgeon there.

And I'm telling you, I would not be doing. Because I knew that it's just not stable and not healthy. And you just, you don't know. And when you're sleep deprived, like getting your mental, emotional and physical health, it increases your risk.

Because you're not getting the quality sleep and occupying. It's just more and more. And in fact your. Your, your judgment I mean I think it would affect every single part of cognition, because they've shown that people who are sleep deprived react the same as people who are intoxicated.

So, I mean, it does impact judgment in every way. It probably makes people a lot more anxious. People who are sleep deprived are more are tend to have more depression.

Treatment Options and Their Limits

Probably more. Well, for sure, I've seen studies more chronic inflammation. I mean, you know, what you're doing really does touch every single part of healthspan.

And that's what we really talk a lot about on vitality might simple is, is increasing healthspan. So when you see these problems, what treatment are treatments Tiffany have you found to be effective.

So that's a great question because it really is. A lifelong. Is which you are familiar with. And what it is is that. Each way to your response it trains the tone to function in a manner and gives it straight rest to hold the job in place.

Despite the. Muscles relax. That's usually when we have the. Fall. But if you have the endurance and strength to create this like little pressure and this and that.

And it's you have to be able to. I heard a phrase that said you should eat through your nose as much as you breathe through your mouth. Not that that takes some thought.

Yes, yes. You shouldn't eat. You should breathe through your nose as much as you eat through your mouth so it okay, I think. Yeah, but no, that makes sense.

We would never think of eating through our nose. But people do mouth breathe constantly. Oh my goodness, that's a good one. Okay, folks, we want to we you should breathe through your nose as much as you eat through your mouth. Yep.

That's the key. You should breathe through. Breathe through your nose as much as you eat through your mouth. In other words, you only breathe through your nose.

You don't eat through your nose. Yeah. And so it works in the functionality. It builds strength and endurance of your lips to maintain. Because even if your mouth is kind of open a little bit, you could breathe through your nose, but it's going to be sleeping out before it reaches the lungs.

And then the tongue went to the root of the mouth. The posture. And then there's also the small aspect of this additional information, which is important.

But when it comes to snoring, you know, it's in the program, but it's not necessarily, Training the proper positions. So for our listeners tip, what exercises could they do, like right now to strengthen, say, their, you know, the muscle around their mouth, the orbicularis auras, are there lip pops?

Are there, you know, what things would you recommend if you if you told our listeners how they start doing these three things, they're going to make your life better.

What would you tell them? So. Let's just say that they do that. Then for anything they can, they should clench, let's say anything to kind of stretch the lips.

It takes pressure off of the other muscles. So you can be filling up your your lip area with your. Is is it. In the other cheek. So. The cheek. That is great.

So you're taking pressure off the muscles. Generally it gets a job. It stretches out. But it also you have to force that the Q just creating it's reducing pressure and stretching and it's creating space and relaxing.

So that is what exercise that Tiffany that's really good okay. So so listeners you're going to push air into your upper lip. Then you're going to move it to a cheek.

Maybe then your into your lower lip and then into the other cheek. And Tiffany you don't I don't you might not know this about me, but I'm all about natural like so facial exercises.

I mean natural, not any artificial anything. And I think this is sort of like facial fitness in a way. You do your no wrong

part of me. Like, oh, like I, I will.

Absolutely. The facial muscles. So here's an interesting sense of your face. In a body or a ligament or, Yeah. But cartilage. Right. It's important. In the face.

When someone has a stroke and everything. Because this nerve that was affected affects this muscle. And that. Can we have facial expressions? So much for their facial.

So if we have some muscles that are also working on other muscles, like our faces. So. Honestly, our job is our head, neck and shoulders because we connected in so pretty.

Thank you for that. And thank you for bringing that Botox. At the time that your interview is published, an interview with, Gretch, Elizabeth was never talks will have come out and we talked about, botulism, toxin a and the the serious side effects, neurologically, physically, but also emotionally in terms of nonverbal communication. So from what I've learned about you, and researched about you, you're really helping people with communication in, in so many ways.

And I think that's just critical for relationships. It's a real missing link that we're forgetting in health. In terms of people's ability to, to communicate clearly with each other.

Absolutely. Yeah. Just speaking about your source of information.

Sleep Deprivation, Cortisol, and Long-Term Risk

When. We see. If we don't strain, even if we're happy, it actually we don't seem almost to encourage more happiness. Like just the act of smiling alone makes you make you happy.

So if you shut down. Right. That's such a great point. You know, there are studies saying that people just fake smile. It's going to help them, you know, emotionally because of the hormones released.

And just further that point, there are a lot of people doing it. It's still new, like doctors just they're not. Your results, however I did. Honestly study recently. So.

But anyways, so the. Books that I did has allowed me to take that communication into a mindfulness. Sleep ritual. Or even the air it. So when I am teaching my clients, just like I do with my hygiene, with my own, airflow, I speaking from a biological interest I have that I was the first one to, preventative approach to our entire life because you're not just a person that function, but that depending on what your age is and what your symptoms are and patterns in your life, it's compensated for the health that you otherwise would have had to have the proper oxygenation to your brain and to your muscles.

And so I do take that holistic approach to my life. Well, and the thing about it, Tiffany, when you help say, a young, a young man, a young girl, get more oxygen then probably or potentially they're, attention deficit disorder is going to go away.

I mean, this is why we have several my attentional, therapist here that I refer people to. And it's amazing how kids will get off medications. So, I mean, just think about the long term effects of that.

They start doing better in school. They they're able to stay awake because they got a good night's sleep. So therefore they're not doing these, you know, habits to keep themselves, awake, you know, the hyperactivity, habits, maybe because they're just sleepy and then maybe then they're not eating foods that are stimulating them as much, you know, fast junk foods.

And, I mean, it's just on and on and on that that you're helping people, improve their life. I think there's, like you said, it's it's primary air is is number one.

So, so people so you had do you have an online business. Is that how it works that you help people tell us about that. Yeah, yeah. Thank you. In we have a whole topic on children and, and how they present differently than adults.

So it's wonderful because yes child, you're preventing future. And that is wonderful. So I started. All of this when I had my little baby breast feeding and learning.

And so I'm very comfortable with personal. And in the past I only get one online time. It's a limited resource and I'll get back. And this is why improving people's growth gets me time to live a good quality.

But I just recently switched to and for my program I had three different options available. It's self age but it also involves weekly. One on one is weekly Facebook communication back and forth.

So it's not just you don't keep two weeks later you go back to get your series of exercises there with you, keep you motivated, and then adding in some lifestyle factors to the results.

And so I. Yeah. Yes. You want your children to be but you all right. So they're setting environment for their children. And then I have a children's version.

Well, I do like my little puppy face is my chipmunk. Your little cheeky little acorns, speaking to the children on their level as I progressed through therapy.

And then I have a quiz. Not everybody just had to compensate for the weakness. I also the monster. To do all these exercises for school. I had to do you have to have a large program that is very realistic that people will, maybe they don't have the same symptoms.

And so I have a huge version for people with disabilities. I don't want them to come and I can give it for free just to see it. So I want to be able to program people to keep the, because it's an investment in their health.

And that's really what it is. I have three investment options. Invest in your story. One. Well, I, I think people need to assess throughout their life.

I don't think anybody listening should just say, oh, I'm fine. In our dental office, we have a fantastic, cone beam X-ray that actually will measure, airway.

And so I'll ask somebody, do you snore? And most people say, oh, no, I don't snore. You know, but then you measure their airway. And when are the optimal, square millimeters is 300, and they'll have, you know, they'll be like, 49.

So, you know, they're just not getting, that much oxygen. I don't do that myself. But the other dentist in the office does. Tiffany. And. But what what I've learned from just just learning from you and then learning from working, with Doctor Dunning.

Ten is that things can change over the years. I mean, people may say, get their wisdom teeth out, and then that airway can collapse. I mean, everything, that God put there is there for a reason.

Myofunctional Therapy and Breathing Exercises

And we start taking things out and and things change. Or say people in their older years lose back teeth. Then, you know, the airway can collapse. So.

So is this correct? I mean, I, I really think it needs to be an ongoing self-evaluation. Like you said, it's not something that maybe a physician would refer a patient for.

But but this podcast is all about awareness. For people to know that there are people like you who can help them in

simple, inexpensive ways as their body changes from natural aging.

That's a great question. And I think when we get that question from the dentist interview that I've had, no one wants to do that. But my hygiene practices in a denture center.

So yes, I read the space in a denture center. In the past, I always told people to take their dentures out when they go to sleep, right? But. Teeth are different.

Just to get, as you mentioned, they're supporting our facial complex. And so as you remove teeth in the cheeks in the speech. Yeah. And so the. You can change your teeth.

Right in. Well, they're not yet. So I sometimes depending on the size. You know, you have to get every. But for the most part, most. I get the most. I want breath more than anything.

And you can have teeth and they're always open. And you brought up two key areas where, as I look back on my 40 years, I have really messed up so much.

Number one, telling people to take their dentures out at night. And you're exactly right. Their whole mouth just folds in, their jaw comes forward, you know, they start having oxygen hunger.

So, you know, they're breathing through their mouth. Number two, having people get their wisdom teeth out, including, you know, my own children. Just thinking that was a natural progression until Tiffany, probably literally five years ago when I questioned it, started learning a little bit about airway.

And I remember the first person I told, no, I don't think you should get those wisdom teeth out. And I was kind of like, you know, am I am I going to get, you know, shot?

Is this going to be, you know, is something wrong with me? Because we were just so trained as dentists, like, oh, those wisdom teeth come out. I mean, period, period.

And and now we know not only is it airway, Tiffany, but it's also potential, you know, areas of infection in their cavitation that can form when you know that it's not cleaned out thoroughly.

So thank you, thank you, thank you for bringing this up. So listeners question wisdom teeth coming out. They're there for a reason. Even if they're not in even if they're impacted.

You know we have now 3D X-rays. We can evaluate those suckers every three years and know if indeed there's infection and there's usually not I mean, in reality they're usually they're usually fine.

The reason I'm so passionate for this right now, the first thing in the story I had not taken home, I had. So over a hundred years ago, 400 years ago, the grandfather of what they wanted to talk.

Ended up training and making kitchen whatever. But they make the people free. They never consider taking teeth, though. And how that makes everything smaller, how it can create, screeches.

Our kitchen has. Wisdom teeth. Other way to get braces. And you are not doing your job forward. So orthodontics itself reconstructing your smile. Functional therapy actually was ten years old.

You're going to throw this. You're going to create a big foundation for the teeth to come in naturally, and then you end up with the proper growth and development of the face, improves your oxygenation, reduces your risk for and against issues and all of those underlying things that you beginning.

You don't just. Question why are you taking care? Your teeth stay to oral that why thank you. I literally got teary like I felt my eyes filled with tears.

When you're talking about that, Tiffany, because this is so big, listeners, I mean, for your children, for your grandchildren, the with simple appliances, simple exercises, the jaw can grow.

We don't need to shrink it to fit the teeth. No, we can grow the jaw. And, all the teeth will fit. And it's so much all. So based on the food that children eat.

Talk about that tiff. So our our diet is very soft to. Your brain to be producing for food. You can stir for for six months. As opposed to just puree everything.

And then the yogurt. The goldfish crackers, the noodles all these processed foods that you. So those who create. So as you. Your face, your jaw will. Begin creating.

A shift. So this is the result of my functional issues. So I have a very small lower jaw that sticks out more. The upper jaw is too small intestine for my feet.

And pulling down the second for you. Well, that drives tiny, narrow. And so rather than having a nice U-shaped arch, you end up with a V-shaped. And that, you know, I can.

Really with what we're getting for not breastfeeding or the child is not breastfeeding looking for time to find a relaxation like an ice transportation consultant because that.

Off compression pulling the, the milk, expelling the milk is the very first therapy for the baby. And if they're sticking to the bottom, they're not learning a purposeful.

Narrow. You're not allowing. The the cavities and everything else, especially so parents if you're shamed going into the dentist even though you're breastfed or whatever reason you brush your teeth, you are still getting those present.

You don't want to go after the. Breathing or snoring. And children should never snore. So. Two or. No it's it's huge and it's upstream. I'm working on a book about the oral microbiome.

So I've been doing a ton of research. And so you think about correcting the oral microbiome that that changes every part of the body, especially the GATT.

I know you know this, Tiffany, but for our readers and one bacteria in the oral microbiome feeds a bacterium on them. My listeners know I love to talk about views.

A bacterium, I call it the mother in law bacteria because it's in low levels. It's actually a beneficial.

Children, Jaw Development, and Oral Health

But as it gets bigger, it, causes a lot of, it can be a pain in the gut, but it is it's considered causal for colorectal cancer. So, you know, colorectal cancer is, the number two killer of cancer in the cancer category.

As of yesterday, when I read, I read about it. So you think about the importance of what your doing to help people breathe better, better balance their, oral microbiome.

I mean, downstream this this may decrease cancer rates. It's so big. It is. So again this is amazing. You understand the microbiome. You know, because you.

Were slowing or taking more. Or something is more acidic and battery acid digestion food. So it makes it into our digestive way. That will not eat autoimmune conditions.

But in this reading and of course changing. Wow, we don't have enough. Fermenting. So you know, it's really only happens at least like. There's not enough pressure to keep your sphincter closed.

It slowly becomes, you know, little motion in your teeth you're not necessarily having. Acid. Whether it's working or just when you're sleeping, there's.

So. So, Tiffany, this boy I'm learning from you is this, a lot of people, you know, are taking these, proton pump inhibitors, so really, airway should be the first thing they consider before taking Prilosec.

You know, Nexium, blah, blah, blah. All this. I mean, people are taking what candy. The drugs. That only in the time. Yeah, you rely on them. But again, it you might not have too much, you know.

Right. Right, right. Like that. To, to keep the sugar closed and sugar are getting the symptoms of reflux. Right. So then you just put that baking soda, let's say.

Or you, you know, you want to reduce the age, but you do it so much. Again, you want to and you're creating an environment for each. Just in the stomach which can lead to cancers.

Each primary is one of the main reasons for. And you can treat it, you know. Yeah. On it I'm telling you I am all of my symptoms of a modification disorder.

You know very recently I had to fight every doctor for the study pointing out I'm not. Yeah I didn't know the symptoms at the time but related to my disorder and then all the pieces I got treated for it, I retested with the G9 and I no longer have a factor, and I no longer have a oh, you had a virulence factor.

I use H pylori. Yeah, I mean I use GI map, consistently, as you know, and I and I love it and I always address even early before it's at their reference range because it's a transmissible transmissible bacteria.

So you know, it really matters. One thing I've found, Tiffany, that, it is good for treating it especially early. It is broccoli broccoli seed. Sprouts broccoli sprouts.

So I mean, there's a lot of, a lot of ways, but, boy, that's that's super interesting. I really appreciate this information. From the standpoint of of causal, I've just never thought about airway and stomach acid.

Okay. The more you know. You don't know, right? Amen. Amen, sister. I totally agree with being happy. With me, because it's so interesting. Oh, Tiffany, I agree, I our children cannot move home.

Not that they would want to, but, their rooms are full of research. I bet I have 10,000 research articles here because, you know, somebody will come to me in like this.

It's like, oh, gosh. So now I got to research that because there's so much to learn. And but it's really just so much fun. I mean, I'm 66. You're way, way younger.

And so there's just so many people that are like us that are learning and growing and, you know, experiencing life to the fullest because of these wonderful conversations.

So, so, okay, so tell us about, resources on your website for our listeners. Mostly. So it's just mostly information letting people look at the symptoms that are related to diagnose.

I do have, a guide that allows people to discover what their story it has to do with asking questions with their sleep environment or have it how their tongue is.

And again, with a diagnosis to try to determine if this function is a good. You know, they have share. So it's just going to streamline that. People can answer.

I also offer a personalized. So if they don't quite understand that they want to know a little bit more about their oral health or their. And their. Yeah. And.

And then I personally. Anything that I. And then I have the information I do webinars usually about once a month for any new people going into finding me.

And that allows me to connect with them, you know, closer to one on one creative relationship with them. I have a Facebook group, and so that's where I put a lot of information that is there.

And it's like just come up with just a and then I have my focus. On the just, just strategy. And then I have the three solutions program, which is based.

And those are available on your website. Correct Tiffany. And tell us your website address. It is body mind body math dot net. And then what social media platforms do you prefer?

Instagram and Facebook and Instagram as my money coach. Okay. Okay. There's little links on there which can directly. Write to any of the options that let's do this for you as well. And.

This one is just a 15 minute. And one is a half an hour.

Resources, Assessment, and Closing Remarks

So what's your assessment of what would actually determine whether or not this program would be really beneficial for you? I don't just allow people to get on my program.

I do because my social definitely. And then officially valuable. And when we want people to get results. And so I need people that are accountable for that.

And so I really will say, yes, you are the candidate. And these are the two options I would recommend for you. You know, up online if you're, you know, here's a short free program because we transportation for.

Well I totally believe in my functional therapy. Tiffany I send people who have headaches, you know, tinnitus, even weird toothaches. Like if there's something that you can't see a real reason for, like, don't go get a root canal or just don't let him just do something.

Go get my functional therapy and see if it might be a muscular problem. It often is. Provider. Tools for those random things. So I. For a year with these they.

After doing this they no longer needed it. I had people that had sensitization issues. They back and forth and everything. Tylenol. So like who was against medication and against fluoride.

They did everything in this exercise that you might experience is enough that someone I went to a yoga class, I just studied superficial version of therapy.

But if you have actually my program has MJ program within it because I don't want to do my own functional therapy, I want to balance your muscles and then you can the rest of it.

And so I do have to do with the documentation. After your retirement and I don't have a key here. So okay, we're going to take it. We're going to pretend this chopstick is a toothpick.

Is a Q-Tip. Yep. You do not want to go bigger than a cube. You can eat it and you French. You just gently will dip in. And again, you would never do it with a pencil.

Okay, don't do a pen. Forget. Don't do what I did. This is. This is too big. It's not going to get the proper nerve. Okay? This is your turning off your the 12 cranial nerves.

To go into parasympathetic nervous. Oh cool. We love parasympathetic rest and digest. We love it to touch together automatic stress. Think about the crunch down. Yeah.

Automatically choose to to override every other cranial nerve. You're only going to activate the trigger more. So if you fight down gently on a kitchen.

You then put your tongue to the rest of your mouth. Close your lips. And then you're breathing into the nose. And you're exhaling with, So long of an exhale.

And you do that 1 to 3 minutes a couple times a day. I have that video. Perhaps if you want, I can link. Yeah. It in if you would, like, collaborate with me on Instagram.

I'll put that out on my Instagram as a little video. Tiffany, that is incredible, folks. I know if you're listening, just audio here. It might be hard to to grasp, but you you can learn from Tiffany on this.

It there's no telling what even surgery this could save. I mean, in the world of dentistry, I mean, I've been a dentist so long that, you know, 40 years ago, temperament did or joint problems were like, woo woo.

They did it. They did it. Let's just do something. Let's just, you know, we don't know what to do, but let's just do something. And I think that's still how so many things are approach it.

Like if we do something that's better than nothing. No. A lot of times doing nothing is better. And waiting for somebody like you who's going to show us something super simple, noninvasive and probably free.

You know, I say vitality doesn't need to be confusing, expensive and no fun. And this is the perfect example of of that. So be watching my Instagram and then also look at Tiffany's website.

Because this is huge. This is huge. So many people are having TMJ problems these days. It's it's on the rise I guess all the stress in the world, we all face this.

Thing in our jobs, we're eating. So many of us in the it's pulling into focus socket. It's all it's wearing down. And clenching in that great pressure.

So the length of this tonight is the pressure from the team all the time. Because if we go back to that. When we. Not all of a sudden the brain says, well, we don't have oxygen to send cortisol out to open your airway because it need to stay alive.

So these are your teeth, your teeth. To the point where sometimes you do this and then the total clench the brain clench down and then you end up with headaches and job losses.

You are overloaded with this thing, all this pressure and you're losing. Yeah. And the reason why so linked with Alzheimer's disease and heart attacks is episodes.

Even if you're not diagnosed you can have each deprivation of oxygen supply you diagnose. You do that you stay awake but you're awake. You're shooting quartz. It's on all night.

So you're go go go. The stresses of life and work and work life balance and everything. And then at nighttime when you should be repairing, you're just shooting at yourself.

You're never getting into it and you end up with that of activity. The drains. He's just running on cortisol, and then we end up dealing with. Most. Why do some people get.

Big. Sleep and. Others. And there's. You are a wealth of information. And I think we want to revisit this in a few minutes. Tiffany, because you've stimulated so many questions inside my head.

I mean, we could we could explore the whole area of of stomach acid and gut health and hormone production. And I think we want to do that at some point, if, you know, if we can, because, there are solutions, there are good solutions that are empowering to people that habits they can incorporate.

So thank you for being here today. And thank you, listeners for joining us. So we want to be we'll put all of your information in the show notes. And this is your starting point, folks.

We're going to bring more information to you. And in 3 or 4 men. So you do your homework. Now start your start your breathing exercises. I'm going to be doing my puffy lip stuff.

And, because it just makes sense to me in every way. Tiffany, thank you. And thank you, listeners. I think we're now in, like, 135 countries, and I don't know how many 5500 cities.

And this because you all are sharing and, please subscribe. Please. Just anybody that this can help. That's what my talent made. Simple is all about. It's about feeling better and living life to the fullest, living out your purpose and being able to fully love the people in your life.

Blessings. Until next time. Thank you for tuning in to Doctor Talks. We hope today's episode has enlightened and inspired you on your path to optimal health.

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