The Critical Role Of Dental Health In Managing Menopause Transcript

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Introduction to Menopause and Dental Health

Hello, ladies. Welcome back to Mastering The Meno(Pause) Transition 3.0 Summit. It is our third year, our annual event to help you have a wonderful journey through your hormonal changes.

I'm your host, Dr. Sharon Stills. As always. It's an honor and a privilege to be here sharing these very important conversations with you. And as you know by now, I look at menopause as a very broad experience you're having.

And so, yes, it is important that we get your hormones balanced and your body moving the right way and the right supplements and so on and so forth in your body.

But today we're going to talk about one of the most important topics to me, which is your dental health. And you may be thinking, what is my mouth have to do with my hormones?

And so stay tuned because it has everything to do with your hormones. And I have a very special guest, Jonathan Landsman, who I just found out before we went live, is like my soul brother, and we have all these overlapping connections, and he is a wealth of knowledge.

And I'm thrilled to have you here, Jonathan, to share with the audience and get them up to speed on what they need to know about their dental health and their mouth, and how it connects to this part of their life and their journey.

So welcome. Thank you very much. It's great to be here, and I really do appreciate you and all of your efforts to bring us out to the people that listen to your program, because it is really, really important that issues in the mouth infections, toxic metals, which we'll talk about to get all of that cleaned up, simply put, is going to keep that fire down inside that chronic inflammation.

And the bottom line is we all know whether it's conventional medicine, Western medicine or integrative holistic medicine, it is very well grounded in the literature that chronic inflammation, even at a low level, is what's causing a tremendous amount of hormonal imbalances.

So thank you very much for covering this topic. Oh, my pleasure, my pleasure. I was saying to you before we went live that I am the doctor who kicks my patients out of my office and says, let's get your dentistry.

You know, I learned 30 years ago as a newbie, as a medical student, that, you know, the big clinics that I ended up working with over in Switzerland, in Germany, they actually have the dentist and the doctor all under one roof, and the patients see the dentist before they see the doctor.

Oral Inflammation and Mercury Fillings

And I remember my mentor, Dr. Rao at the time, you know, saying, well, yeah, of course I send them to the dentist first because it makes my job easier.

I want to make sure I'm successful and it's really hard to be successful as a physician if there's a whole bunch of things going on here that are impacting the regulation of the body. So.

So let's talk about that. What are the things that you find are causing the inflammation, and what can the listeners do about it. Yeah, I think it's basically these things are not necessarily in order, but as people are writing these things down, I think they'll find this to be very useful.

The bottom line is, first, most people go to a dentist, I'll have a tooth pain. Let's go drill and fill it a cavity. Okay,

great. But then a lot of times over many, many years, decades, people have gotten these Mercury basic silver fillings.

And I think silver fillings is kind of ridiculous because they make it sound like it's a precious metal that's being put into your mouth, and somehow all of a sudden your, your net worth goes up.

But it's mostly toxic heavy metals and mercury being the biggest substance, this mercury definitely is not staying in that hard piece of material that they put into your tooth to fill it after a cavity is sort of drilled out, they clean up the area and then put that stuff in.

The vapors are leaking out all the time. This toxic mercury vapor is leaking out in your mouth, going up into your brain, definitely affecting your ability to think clearly, to concentrate on anything at all.

Mixing with your saliva, going into your digestive system, obviously making your blood toxic. This is not a good thing when it comes to hormones. So we definitely want to see a biological dentist as soon as possible.

Yes, you may have to travel far. Believe me, it's worth it. I've personally gone through it. I'm sure you've gone through your own thing as well, in your past, but you can go to the International Academy of Oral medicine and Toxicology iaomt.org, and they have a search feature that's about 1500 of these holistic biological dentists throughout the world.

But the bottom line is not just because they go through their training. You're going to have to search, make some calls and see if someone's you know, worth your time to go.

They resonate with you, then give it a try. But these are the dentists that are going to be able to extract those mercury based fillings out of your mouth, and I would encourage everyone, anyone with that in their mouth to take care of it sooner rather than later.

There's also gum disease now, you know, not the stuff on the internet where obviously you see, you know, disgusting mouth with these photos and teeth are barely hanging on and, you know, it's horrible pictures to look at.

Gum disease goes all the way down the scale to just gum pockets, these pockets between your tissue and and your teeth that get bigger and bigger. Now, unfortunately, most people don't even know what my gum pockets are a one, two, three.

In a little probe the measurement that they'll do at the dental office. If you're going to a decent office, they can check it out and tell you, you know, each tooth in the front and on the inside.

They'll just stick the probe in there. The little pointy thing a little uncomfortable, but not really a big deal. And they'll tell you you're either one, two, three.

But each time you go, if it's three and it's four and and it's 5 or 6, you start getting into four, five, six, seven and eight and it's going up and up.

That's a concern because then that's going to allow debris to get in into the body, and that's not a good thing. So your defenses are breaking down raising your risk of chronic inflammation.

And and this infection going throughout your body. if you brush your teeth and it's a little blood, I don't know about you, but the last time a little blood was coming out of my finger or my toe or my leg or something, you know, I kind of addressed that.

But I know I'm sounding a little campy about this, a little silly, but in all honesty, I find that a lot of people don't look it bleeding in the mouth.

That tissue, when you brush your teeth and you spit out, you see a little blood, that's pretty serious. That's gum

disease. That's a weakened integrity, cellular integrity throughout your whole body.

Just being represented in your mouth. And so this kind of inflammation that's there and a sign of infections is definitely not a good thing. If you're looking to balance your hormones.

There's also root canal treated teeth. This is the third aspect of oral health. And you've already mentioned how you had your experience in Switzerland, so I'm sure I don't even have to ask you if you agree with this or not.

But the bottom line is anybody that kills the life force to a tooth by having a root canal treated tooth procedure done.

Root Canals, Cavitations, and Hidden Infection

Right. So obviously, oh, what happened at the. Oh, okay. All right. Rose. no. No problem. No problem with that. So so the the, bottom line is you get a cavity.

Ouch. It hurts drilling bill. This is the process. Oh. Still hurts. What should I do? Most conventional dentist. Oh, boy. Next step. Let's sort of sever the nerve.

We'll save the tooth. And I say it that way because most of the conventionally trained dentists will make it sound. And if you search on the internet, it's praised.

Is one of the most quote unquote intelligent things to do. Save you tooth and will kill the nerve. You'll have no more pain anymore. Voila, a miracle procedure.

Having a root canal treated tooth. But the bottom line is that, again, is insane because now you have a dead tooth, a dead body part in your body. Nowhere else in medicine are they killing something, seeing something somewhat dead as part of your body, and then just sort of sewing you up and saying, hey, you're good to go.

But yet in dentistry, this is happening, millions and millions of people are walking around with these teeth, and the deadness of that tooth means that bacteria and the waste products that get spit out from this nasty bacteria build and build, sort of like you're in a shower, you see a little bit of mold that's a teeny little speck, and it grows and grows and get blacker and blacker and more and more disgusting looking.

Well, it's kind of what's happening in the mouth, in and around these teeth. And that obviously doesn't stay local to the area. It spills out into the rest of the body.

And this is causing a lot of problems for people and it's not being addressed. The biological dentists, it's a way beyond the scope of this, conversation we're having today.

But you definitely need to get with them to discuss, depending on how old you are. what your personal needs are, where that tooth is located in your mouth.

Maybe, you know, you're 75, 80 years old and it's the last tooth in the back. You just pull that tooth out, clean the area up. You have so many other teeth.

Everything's okay. Look, that might be it, but it's a tooth right in a front. No, you don't want to look like a hillbilly and have, a hole in your face.

Right there is your smiling, you know, a bridge, zirconium, ceramic implant might be something that you need to do again. everybody's different. Every situation depending on where it is in the mouth.

But there are a lot of different options that can be discussed with a biological dentist. The last issue, which is a biggie and often ignored by a lot of people and definitely affecting a ton of people, no exaggeration, is cavities.

And no, I did not say cavities. Cavitation is a bone infection. And just to keep it simple for today, a lot of times this

will happen from improperly and properly extracted wisdom teeth as just one huge example.

So it gets yanked out and then you know, the gum. Let's go to seals up. There's no bleeding, of course, anymore. And within several weeks okay. You're fine.

And mind you, there is no pain necessarily with any of the things that I just mentioned and all these minutes from there. Mercury Bay, silver fillings, many times no pain and, gum disease and root canal treated teeth and a cavitation.

You're walking around feeling fine, which is why this is so often overlooked in Western medicine and even in holistic natural medicine circles. Most are still not talking about this.

And I've been talking about this over nine years now, nonstop. These issues don't necessarily cause pain, but they definitely create a tremendous physical stress on the body.

I mentioned already low level chronic inflammation, but this stress is gnawing away at the immune system all the time, wreaking havoc on hormones, absolutely affecting us physically, mentally and emotionally.

And in so many cases, it's not really looked at as something I really just had to knock off my list. It's, you know, I have a stressful job. I don't know why I'm anxious or why I'm having trouble concentrating.

I must be just getting older and I have dementia, so it's always like somewhere else. Somebody is looking. But if we could clean up these aspects in the mouth, wow, what a difference somebody will have in their life in terms of weight, improving their health.

And I've spent time with the likes of Doctor Hal Huggins. He's a pioneer in biological dentistry and so many other physicians who have shared with me incredible stories of even my own personal story of, talking about hormones.

I know you said, hello, ladies, but I hope the men are watching this with their ladies, that's for sure. Because, you know, from a man's perspective, I hope people can appreciate a little bit of my humor.

If you're a woman has got some hormones that are off, you know, maybe this is your top priority as well. But all kidding, all kidding aside, my own personal, feeling so much better mentally and emotionally in every aspect of my health when I had cleaned up all my, fillings that were mercury based and and clean that up, I felt so much better after my last visit.

It was four visits that I took to clean up all the quadrants in my mouth. Wow, what a tremendous feeling. And that was mild compared to the tremendous change and people's clarity of mind, their vision, their ability to see more clearly.

I mean, the list goes on and on. People having heart attacks because they didn't address it. And then their cardiovascular system, their inflammatory markers, everything going way down and improving.

So all of this came from just immediately fixing these issues in a mouth. So I hope I didn't go on too long or spill out too much to make people's heads spin.

But these four areas are very important to look at with a good biological dentist. No, I think you it's funny as you're saying this, I'm playing with the stitches in my mouth because I literally just had my own cavitation surgery.

I'm two weeks and two days post-op, and it was. And I had known for years. I'm like, I'm. So I have had my wisdom teeth pulled when I was like 15. And then the very next day, I left to go on tour with the Grateful Dead and did all sorts of things that you can imagine.

And so I did not have the optimal healing, situation going on. And I just knew once I learned about holistic dentistry and biological dentistry, I was like, I have got to have cavitation.

And I've always had chronic swelling and gland issues, you know, right in that area. And when people were just doing panoramic X-rays, no one was picking it up.

And I was like, no, I've got to have cavitation. And they're like, no, it's clean. And then now with the CT cone beam scans, the 3D scan, which I highly recommend everyone listening go and get and have read.

And I just want to go back and, you know, Jonathan was talking about the OMT and the website and I think he said there's like 1500 dentists on there. And I just want to re-emphasize that just because someone hangs out a shingle saying they're biological dentist, they could have had a weekend's worth of training.

Personal Healing and the Need for a Dental Team

So you really need to look and figure out or, you know, work with someone like me or Jonathan to help guide you to the right dentist, because having just gone through cavitation surgery with a great dentist, you know, dental surgery is not for the week, but I had we just got the pathology back of, you know, the bacteria and the viruses and the fungus and all the stuff that was hanging out in my jaw.

And so they literally go in and, you know, go in and clean out your jaw. And one of my cavitation was from a tooth that needed a root canal. And obviously I wasn't getting root canal.

So I had the tooth pulled. But if they and it was done with someone who was supposed to be a biological dentist and they did pull the periodontal ligament, they did do PRP, but I don't think they did it right, because three years later, I had a cavitation in there that needed to be handled.

And so it is like you're saying, you know, no one wants to go to the dentist. I was in that chair for four hours, you know, thank God. I thank God I'm a seasoned meditator.

I just meditated for four hours because that was not fun. And it's painful. And, I mean, I was a disaster for a week after I couldn't get out of bed. It was a lot.

And but if we want to be healthy and have our full expression of health, we can't. Like you said, we can ignore this. This is this is first and foremost, in my opinion.

Without a doubt. And what you're emphasizing is you can't just do this on your own. Obviously, I'm sure you cover as part of your program that you're presenting to all the women in your audience that eating well is extremely important.

We can talk about some good at home care as well, which I think is extremely important and know it is not enough to just simply brush your teeth and floss.

Right? So people go to the office and, you know, there's bleeding gums and they think they've gone to a barely okay dentist. And they say, well, you know, how is your habits?

Well, you know, I brush, but I could probably I will try to brush a little bit more and floss every day. It's not the answer. And if a dental practice is telling you that you really need to go somewhere else.

And and I like that you're emphasizing and it's common sense, you have to have good people around you. God forbid something happens to you. I say this as much as possible, even though I can give you all kinds of bits of information.

The reality is, when you feel so distraught, you're so emotionally at your wit's end, your energy is low, you're aggravated. I get it, we're all human beings.

But you, you really need to have someone close to you that sort of. You just know no matter what has got you back. Because you're going to need that help. Advocate.

So I encourage people, you know, it doesn't seem like, come on, that's not really an answer to my problems. Oh, you better believe. And even if you have no trouble at all and you want to tune out from this conversation.

I don't really have much of a problem. Big deal. If you don't have this in order in the 11th hour, when you need that person and they're not there, I have heard I'm sure you have two horror story after horror story when those people are in the clutches of Western medicine and that health advocate isn't there.

So build this team up. Some friend who you can really rely on that will fight for you. What a great feeling. And of course, medically speaking, have that really good dentist, have that good naturopath, medical doctor, D. O., doctor of osteopathic medicine, whatever you want to call it, that health care provider.

Have those people around you that you that know you and you know them really well in case you really need them? Absolutely. It's important to have a team and it's important to be proactive, because when I work with patients who are diagnosed with cancer, this is, you know, something that happened.

Now we're at that point. This has to be handled. There's no well, maybe, you know, every root canal is connected to a meridian through traditional Chinese medicine.

And, you know, I don't want to say always, but close to always, there's always a connection. Patient has lung cancer. The root canals in the tooth that's related to the lung patient has breast cancer.

The stomach meridian to the upper molar is where the root canal is. We see it over and over and over again. And I do CRT which is computerized regulation, thermography.

And we scan the regulation of every tooth. And so we can pick it up before there's an issue. And so being proactive take it, you know, not waiting till something's wrong but realizing fixing the whole mouth situation all these things that Jonathan pointed out that are leading to this inflammation and low grade infection.

This is like a gift to give yourself now. So I always talk about menopause as pausing. And it's not just the menstrual period that's pausing. It's this opportunity, this invitation for you to pause and take stock of your life on every level emotionally, spiritually.

And so pausing and looking at your dentistry is like the invitation we're putting on the table for you now. Yeah. And again, to a shout out to every woman that's listening.

And even for the men that are listening, you have to have a lot of respect for a woman's intuition, because you're making me think about my own wife situation.

She had three root canal treated teeth, which aren't there anymore, and she's taking care of it. But her gut told her, remember I told you at the beginning, it's not necessarily so much pain or anything to talk about.

Let's think about it all. But her gut was telling her, I got to get these out. It's bothering me that much. On a mental emotional level.

At-Home Oral Care with Water Flossing

When she actually went to our dentist when we were up in New York. I'm down here in Florida now, but when we went there and she had those extracted, you don't have to have an MD after your name or a PhD to understand.

Wow, this was good that I got them out. The smell was disgusting and you could see the pus at the end of that tooth being pulled out and how horrible that was.

And the body has an amazing ability to sort of try as best they can to wall off infections in the mouth. But again, that goes back to what I was saying about distracting your immune system and causing tremendous stress on the whole body, hormonally and every other biochemical way you can imagine.

But to see it like up close and to know, wow, this was just so good that she took care of it. So I'm sure anybody listening to this program right now just follow your own gut instinct.

If you know that you have root canal treated teeth, if you know you've got those dark spots in your teeth, those mercury based silver fillings, just go search out, find a good dentist, connect with them.

Don't panic. Don't add stress to your life. Take a deep breath, pause as you say and just, you know, start making the steps. I mean, for a long time, many, many years ago, I didn't have the money for any of this per se, but I saved and I saved and I saved and I was doing all these programs so many years ago, talking to all these health care providers.

It was on my mind, but I just kept chipping away and putting the money away each month until I had enough to be able to do the work. And you know, long story short, I am so glad to this day it's one of the most important things I did was to clean up the errors in the mouth.

And I'd love to talk for a few minutes about what people can do at home, because think there's one thing in particular that is is really important. Please tell us.

Okay, so, water tech, I hear this all the time now I'll just tell you the device I use with a tremendous amount of positive personal experience and professional experience as well.

maybe people out there haven't seen any of my programs. I've created many programs on the internet. I've been out for a long time, nearly 40 years in a health and fitness industry, and a good 15 plus years now on the internet.

And I've interviewed many of the finest healthcare providers in the world. And so all of them have reported with experience with this. It it's always positive that you need to get a Hydro floss, unit in your house.

It's a bucket, you know, you plug it in electric powered, it's a little bucket on top. You fill it up with clean water, and you just have this little tip there.

And there's different tips, but to be quite honest with you, if we had millions of people, everybody out there now just go get one of these units and blast away on the outside and the inside of every tooth in your mouth.

Let's say that's one bucket of water that's gone. And just simply fill it up again and blast away again. Perhaps now with the same regular tip that comes with the Hydro Floss unit, do it now closer to the gum line and the tooth and blast away on the outside and inside.

What did I just describe to you? Two buckets of water each bucket may take? I don't know how long did it take me? 2 or 3 minutes. Let's just throw it out there.

Six minutes of time every day. And of course, if you have gum disease, don't get me wrong, you may didn't need to do this 2 or 3 times a day, morning, midday and at night as well.

And of course, it depends on what you're eating. A lot of sticky foods, a lot of sugary foods. Yes, you ought to do that. Maybe right after you eat even better, especially if you have a serious health issue and you're dealing with issues in your mouth.

Definitely 2 or 3 times a day would be great. But I can tell you, without a shadow of a doubt doing this one habit, we had enough people doing it. Most of the dentists would not like me at all because it really would put them out of business.

So those gum pockets I told you about before, oh boy. Every quarter, maybe twice a year or even once a year whenever you go. If you actually were to get these gum pocket the number and you knew that it was going up.

And by the way, if you do have a problem with your mouth, once a year is not enough. I personally have no issues

to really speak of, and we go every quarter.

It's just we visit the dentist, we get our teeth cleaned. Can you please measure my pockets of all my teeth? Just call out the numbers. You go one tooth after the other, 2 to 2, 3211122.

You know, you just hear the numbers. They're just going along you mouth and you just listen. Everything seems good every quarter. Just check that out.

But the bottom line is, if you are going up and up with that number and you start deploying this habit of using a hydro floss every day for just 30 days or so, your next visit, 2 or 3 months from the time that you know your pocket sizes are over at three, you will see that those numbers are going down, and that's going to encourage you a lot.

And you're also going to hear that even in a biological dental office, they're going to say, boy, you know, your teeth, they scrape, scrape, scrape and they're blasting you with the water and all this stuff.

What are your teeth? Same really clean this very little plaque. Now that's weird, but most people out there in general, you go to the dental office for a visit once a year or twice a year.

Scrape, scrape, scrape. There is a lot of lacking to breathe that is on those teeth. And these people are brushing or flossing, but they're not getting this stuff away and it's sitting there doing its damage.

When you start doing the hydro floss, it will literally be like the best car wash for your teeth. It will blast him away. You will feel great every day that you do it.

It will definitely reinforce that habit and you will see the results more in the dental office as well. And that's going to make you happy. So I would strongly encourage that one habit.

Sure there's sea salt rinsing. Great. You know, spoonful of some sea salt and clean water and swish swish swish spit it out. Do it again. Swish it around, spit it out and go through a whole, you know, whatever eight, ten ounce glass of of whatever you're doing that that will definitely calm down.

Some little achy nasal pains after dental procedures. Or if you feel like your gums are a little sensitive, it's a great thing to do. I have, an essential oil blend.

Peppermint, clove and neem kind of all mixed together is taking one drop on the finger and just kind of rubbing. It feels really nice. I'll put that on as well, but there's nothing compared to using that hydro floss unit.

Finding the Right Biological Dentist

Make it a habit. You will not be sorry. Oh my God, I love. So you know, I did that, post cavitation. And one of the things that's been driving me crazy is that I wasn't able to use my water because I had to let the air.

So I'm just getting to the point where, like, now it's safe, but I. So I never had mercury fillings. I never had root canals. but I had gum problems. I used to have nines.

And so through water picking and through, you know, my biological dentist and I totally agree with you. I go get a cleaning, you know, now my pockets are not nines, but I still go get a cleaning every quarter.

And when I had the really bad pockets, my biological dentist was also using laser and doing cleanings. But the water pick? Yes, I tell my patients, get a water pick, right?

I mean, I love my water pick. It's also one other thing I want to jump in and just say again to calm people's anxiety nerves about this. You may have over six months to nine months.

Don't freak out. A lot of times a quality biological dentist will tell you when they look at it. If you're beyond the point

of installing this good habit and let's say you were five or 6 or 7 or 8 or 9, and it goes down to like a 4 or 5, and it's clean, although somewhat a little bit bigger than ideal.

You're going to be okay, you know, and I don't want to try to draw any kind of strange analogies that I lose people. But bottom line is it's like if you have cancer cells in your body now, we don't want billions and billions, trillions and trillions running amuck in our body, but we all have some cancer cells in our body.

So a little bit of a pocket size, a little bit of some cancer cells. Your immune system is strong, your energy is good, your eating really well. You are hydro flossing all the time using some essential oils, seeing a good biological dentist.

They're checking you out. You're not having cavities. You're going to be okay even if your gum pocket size is, 4 or 5, even if one is six. And don't get me wrong, you don't want to have your home now six, 7 or 8.

And like I do to Hydro Plus, that's probably not going to happen. But if like one area of your mouth is just a little bit more than those one two threes, you're really going to be okay.

The main thing is get into this habit right away. You won't be sorry. all right. Well, you heard it here. So what are we all doing? We're all going and getting a a water pic immediately after we are done listening to this lecture.

So this has been. I mean, I, you know, everything you said, I'm like, yes, yes and yes 100%. This is such you know, this is why I wanted to have you on this.

Do I want to have this conversation? Because we need to be thinking about this in our menopausal journey. But, you know, also for your husbands, your children, your great like everyone, we need to always be putting our dental health first.

From a holistic perspective, it's not enough to just have a holistic physician on your team. You must have that coupled with a holistic dentist. So where can the listeners learn more about you?

Jonathan? Just go to naturalhealth365programs.com. Wonderful. That's naturalhealth365programs.com. Well thank you so much for being here and being a part of the Summit, sharing your wisdom on a truly, truly important topic.

So everyone you know put your mouth first and let's all water pick together. I'm like, I'm so excited to be able to start my water again. I can't believe you just started talking about that.

That's fabulous. So thanks all for being here. And we'll be back with another talk real soon for you.