Introduction to Trina Felber and the interview topic

Hey, I'm Dr. Aumatma, the host of the Beyond Infertility Summit. And it is my absolute honor to introduce Trina Felber. She's the founder and CEO of Primal Life Organics as a registered nurse with a master's degree in anesthesia.

Trina disrupted the dental and beauty industries. She exposed the hyper toxic personal care products, poisoning us by big dental and big cosmetics. She started her natural dental and skin care line that is called Primal Life Organics in 2008 and puts her nurses care into every product she makes.

She is a multimillion dollar entrepreneur and bestselling author of Beauty's Dirty Secret. She has made the ink 5000 list for has been featured on NBC, CBS, Fox, Dr.

Oz and hundreds of podcasts worldwide. Trina focuses on creating the movement of clean beauty, better health and public education. What you will hear in this interview is phenomenal.

You guys. We talk all about. Dental health, specifically our oral microbiome, the microbes in our mouths, the good ones, and how the good ones are kind of wiped out with our diet, our lifestyle, and the things that we're putting in our mouths.

So you absolutely want to listen because we're going to link what's happening up here to our reproductive health, what's happening with our fertility and what's happening with orgasms.

So let's get into it. I hope you really enjoyed this interview because Trina is literally one of my favorite people. Every time I talk to her, I learned so many good things and I love how simple the things that she shares are and how they can have a huge impact on our fertility.

So I'll talk to you soon. Welcome. Trina, it's great to have you here and I'm very excited to talk about the connections between what's happening in your mouths and what's happening in your vagina.

So let's get into it.

What the oral microbiome is and why it matters

We had bits and pieces of this conversation in many ways, and I really just want to dove in today. Like, what is the oral microbiome? What is it that's happening in our mouth that's so important?

Your mouth is your gateway. It's a gatekeeper and your gateway to health. And so many products on the market are destroying our natural ability to prevent bacteria, virus, fungal infections from even entering our body.

The inflammatory response that happens. Your mouth can then affect your internal organs, all of your organs, including your reproductive organs, for both men and women, this is just not a female problem.

This is, you know, both genders. And unfortunately, if we're using the wrong products and destroying our good bacteria, we're leaving behind unhealthy bacteria that causes disease.

And that disease causing bacteria internal lead causes health issues. And the problem with it is that since your mouth is directly linked to every organ.

So let me let me back up for a second. Your gum tissue is has a very heavy supply of blood. There's a good blood flow to your gums. That's why if there's any inflammation or any irritation when you're flossing or brushing, you can

get bleeding.

And what that means is that the blood that goes from your gum tissue back to you know, in your body, it's not going anywhere to be cleansed. It travels everywhere.

So it's going back to your heart. Most likely to be and lungs to be reacts to. You need it, but then your heart pumps that blood everywhere, not somewhere to be detoxed like your liver.

So that's the reason that your blood supply and your mouth and your mouth is connected to every organ. If your blood supply from your mouth went straight to your liver, we we wouldn't have this problem.

So we were wired a little wrong, you know, way back. And we just haven't been able to change that. But your mouth is directly connected to your heart, your liver, your lungs, your fertility, everything.

So I have so many questions for you. I feel like we could start with the products that are destroying our microbiome. I feel like it's so antiquated this idea of, like, even mouthwash, right?

Like alcohol based mouthwash or mint or whatever, is going to destroy the oral microbiome. That's what I understand as well, is. That 100%. 100%. And it's not just mouthwash, so it's a lot of the ingredients.

Mouthwash is really, really bad because it's super concentrated. Like you said, it's alcohol based. The problem is there's some there's some good mouthwashes out there that are okay and they're not going to hurt you.

But they're so few. There's so few. The majority of them out there are not formulated correctly. So they're made with sodium lauryl sulfate, which is also an insecticide.

Just to put, you know, in perspective our mouths. Yeah. And that's in both toothpaste and mouthwashes and then you've got trick. Listen, that's not used as frequently anymore.

It used to be used all the time, but that's basically an antibiotic, but so is peroxide and alcohol. And then you've got the artificial stuff, too. Let's not ignore that.

In most mouthwashes there's the artificial flavors, artificial colors, artificial sweeteners. All of those artificial things increase inflammation in your body, and if they're absorbed, which they will be through your gum tissue, then that just increases your inflammation inside the body.

But as far as those ingredients that are going to destroy your microbiome, I try to I tell people it's like because most people can relate to the fact of taking an antibiotic at this stage of the game, almost everyone's taken an antibiotic at least once for probably 7 to 12 or 14 days.

And you can understand that gut dysbiosis that happens, you and you might end up with diarrhea. You might end up with some constipation or upset stomach.

And that's because it destroys not just the bacteria that's causing a problem, but it destroys your good flora as well. That's why a lot of people will take probiotics and things like that after they have taken an antibiotic.

But when you're using alcohol or sodium lauryl sulfate or peroxide inside your mouth, it's like taking an antibiotic twice a day.

Harmful toothpaste and mouthwash ingredients

If you're brushing twice a day and you should be twice a day for life and expect to have a healthy microbiome in mouth. And it won't happen. It will never happen.

And let's just start there, because if we can fix that problem, we can probably fix a lot of problems that extend

beyond the mouth. Yeah. Yeah, absolutely.

So changing out the products, the thing, the specific ingredients that are kind of destroying the oral microbiome and I like the way you put it, like think of that as an oral antibiotic that you're taking twice a day forever.

Like that alone is enough for everyone to be like, Oh shit. Like, I would never put an antibiotic in my body for life, right? Like, we just know that that would have so many consequences.

So why do we think that it's okay to do it in our mouths? So yeah, that I really like that analogy and that that perspective of like literally destroying any bacteria that you have.

And the likelihood that good bacteria grows back is a lot lower than the bad bacteria that likelier to grow back. Well, it's going to take. Yeah. Okay. Yeah.

I mean fighting it out. Wiping it out. Wiping it out. Yeah. You don't have time to regrow good bacteria. It takes about, you know, at least three days after stopping use of that.

So if you're brushing twice a day, morning and night, you know, 14, 16 hours apart, you don't even have time to reestablish a good microbiome. It's just the bad stuff because bad stuff replenish it.

You're always exposed to that stuff and it's just replenishing. Replenishing. Plus it makes an environment. It's all about the environment inside your mouth.

This is really where when I differentiate my my products from what's out there, I try to differentiate the fact that, you know, with what's out there, the majority of the products are creating more acid inside your mouth.

Most of the foods that we eat are acidic, and that includes like coffee and red wine, red meat, really almost all the processed food or acidic by nature.

That acid is what the bad bacteria loves. So it's they're the bacteria that doesn't need oxygen to survive and they love an acidic environment. This basically is cancer.

It's the exact same environment that cancer thrives in, which is why people have actually cured themselves of cancer when they go on an alkaline diet and create alkalinity in their body.

Same idea inside your mouth. If we can change the environment to be alkaline inside the mouth, then the alkalinity alone will kill the bad bacteria. It can't survive.

If you're if it's like it gets out of its house, it can literally break down plaque. Alkaline and alkaline environment can break down plaque and get to the bacteria because the plaque is basically a house or a biofilm where the bacteria can hide under and it can burrow deeper into your gum tissue than get into your bloodstream and then travel everywhere.

But if we can get rid of that plaque, build up and get rid of the bacteria by just creating an alkaline environment inside your mouth. Yowza. And like 3 to 7 days, you can literally shift your mouth from being an acid producing mouth to something that is more alkaline.

But you have to make sure that you're you're not being detrimental with, you know, the products that you're using, the foods you know, the foods. Of course, you've got to be more cognizant of what you're eating.

You want to cut down on as much sugar as possible and get, you know, just kick out all the processed foods. That's not going to be helpful. The red meats and, you know, the wine and the coffee.

As long as you're not overdoing it, your mouth will be able to sustain that because that's basically a healthy equilibrium and a healthy bacteria will be able to sustain a good living inside your mouth, even when it's exposed to

times where it's it's not so alkaline.

The main reason would be is because your saliva, your saliva, if your mouth is healthy and your saliva is healthy, your saliva will produce that slight alkalinity and neutralize the acids.

And your saliva also contains the nitric oxide.

Why oral health affects nitric oxide and fertility

You and I have a little kick out moment before we came on about nitric oxide, and I know you've had another speaker talk about it, but one of the most important aspects of your saliva and your mouth is the fact that saliva has nitric oxide.

That's what's going to keep your mouth healthy and it's going to help prevent cavities and gum disease. But also the importance of the way your body creates one of the pathways your body creates.

Nitric oxide is with the healthy bacteria inside the mouth. Mm. Wow. And it's super fascinating because nitric oxide and fertility have just become like such a thing.

We're actually like testing people for nitric oxide levels so that we can know do we need do we need to, like, do something to fix your nitric oxide? And I think what, what you're saying is like even more fundamental than testing, supplementing whatever is like start with the oral microbiome.

That's a really easy way to shift what the outcome is. I'm telling you, I think OB-GYNs really need to offer an a wellness and oral wellness program, like the one that I offer.

That's what I call it an oral wellness program. Because if you like, literally, you nitric oxide is going to help you first of all get pregnant because it's going to increase blood flow to your reproductive organs and it is going to help dilate the areas in there that need to be dilated for implantation and fertility and, you know, even an egg to be released.

And then on top of that, once implantation happens, nitric oxide is going to support that pregnancy. And then all the way through delivery, nitric oxide is going to be excellent.

So if you're someone who's got an unhealthy mouth and I don't mean that in a bad way because you might be thinking, Oh, I do everything right. I brush my teeth twice a day, I eat healthy, I do this, I do this.

But if you are an acid producing mouth, then you are not producing nitric oxide. Not in the extent that you should be, because there's two pathways, one's internal with enzymes, and the other is in your mouth, your mouth bacteria and your gut bacteria have to be healthy in order for nitric oxide to to be produced.

So basically if you eat nitrates and I'm not talking about the nitrates in like hot dogs and processed foods has to be nitrates in real foods like like green vegetables and things like that.

Yeah. You eat those, you're good bacteria breaks down the nitrates into nitrates and then in your gut the nitrates get converted to nitric oxide and that's the pathway.

So if your gut and your mouth are not simultaneously healthy, you're going to decrease that production of nitric oxide that will ultimately lower your production or your your salivary content of nitric oxide as well, which then creates a whole cycle of, you know, it's a hamster wheel, okay?

There's no good nitric oxide in your mouth. It can't support a healthy bacteria, you know, and then the bad bacteria grows. Now you're not making nitric oxide.

It's just a hamster wheel. But it's easy. It's super easy. And that's why I really feel like if we can make the switch to

good oral health or oral care prop products and get that switch inside the mouth to be alkaline instead of acidic, you will probably see less people having problems.

This is my opinion problems long term with infertility. I think that you would see a lot of people that were not able to conceive now be able to conceive with minimum assistance, assistance of any assistance.

Lovely. Let's get into what is what how does the oral microbiome outside of nitric oxide. I think there's like more how is that affecting other parts of fertility, labor, etc.?

It has a lot to do in inflammation. So nitric oxide is also very important for a healthy immune system. And any time that you have any kind of inflammatory response happening inside the mouth or in the body, your body is going to prioritize what's more important, your heart or your uterus.

And that's an easy one. You are without a heart for mom. There is no heart for baby and there is no heart or B for baby. So if. You. Are someone who has unhealthy bacteria inside the mouth and the inflammation happening inside the body, your body is always going to prioritize your health over or sorry, unfortunately, reproductive health and that's you know, it's part of the survival of the fittest, you know, I mean, really, when you get down to it, you know, the healthiest specimens should be the ones that are procreating.

So and I'm not trying to be mean or upset anyone, but that's just how life in general happens for every species, not just humans. And inflammation is just it.

It's it's a killer. And many ways that we don't even know, because it's the root cause of almost every disease, including heart disease and infertility.

And inside the mouth, that inflammation, it just nitric oxide can suppress or nitric oxide supports a healthy immune system. It supports healthy sleep, it's supports healthy brain.

All of those things are sending signals to your body that, okay, you're good, you're healthy, and then your reproductive system can be on target to reproduce.

Yeah, yeah. I would say also just to add to that, peace is a survival of the fittest and there's an innate need for our own survival before we procreate.

Inflammation, digestion, and pregnancy impacts

So I feel like I say this so often, which is like if we don't have an overflow of vitality, if there's a part of our body that's like, Oh, I need help, I need help, I need help, then that part gets attention because that part is going to be integral to our survival, whereas reproduction is like a bonus.

It's like, yeah, like we could do this if we have extra, but it's not making me, it doesn't affect my survival as an individual at all. So like any time there's these like calls for attention and information is a perfect example because you can have an inflamed mouth, you can have inflammation in the gut, you can have inflammation in the vagina wherever you want to go, like any level of inflammation is going to be like, pay attention to me, I need help.

And that's like, sorry, reproduction. Turn it off. Like that happens. And your body knows innately. It takes a lot of energy to produce another human being.

It literally will suck all of the life out of you. You know, the first trimester moms, I remember it. You're like, oh, my gosh, I have no energy. Well, it's because you're creating a human and your body knows that intuitively.

It's intuitive and it's going to protect you from having to go through something, especially if you're having health issues that you may or may not even know of.

Like, you know, when you're talking about the inflammation inside the mouth, the other piece of that is digestive

health. Like your digestive health starts inside your mouth.

The gut starts inside the mouth, the whole oral cavity, that whole to my I call it the tube that goes from tongue to tail is literally outside of your body.

If you were to take your mouth and all the way down and stretch it all the way out, you should be able to look straight through your whole digestive system and realize that that entire tube that runs through us is not considered inside of our body.

What happens is because of the wrong bacteria in the mouth, which then leads to leaky gums and in the gut, we call it leaky gut syndrome. That opens up the the gateway for things that aren't supposed to be in your body, whether it's toxins, it's chemicals, it's anything including like heavy metals can then cross through that barrier and get inside your body so that leaky ness is causing that inflammation and your inflammatory markers to skyrocket.

And then your body will go into, you know, obviously protection mode. But what happens also that we don't even think about and this is probably in my opinion, also connected to your innate your body's innate knowledge of whether you can support a pregnancy or not.

When you're not absorbing nutrients, you have malabsorption syndrome because you have leaky gut or Crohn's or, you know, different types of digestive problems.

What happens is you can be taking supplements, even prenatal supplements. But I take all my vitamins. I take all my vitamins. Well, of course you do. But your gut is only absorbing 10% of what you what you're bringing in.

You're not really absorbing those minerals and those vitamins. So you end up with low levels of things that your body needs, like calcium. You are going to create a baby that is going to be have teeth and bones by the time that nine months, ten months is over and your body has to have a good calcium level in it without a high in calcium phos and other, you know, mineral level, your body is automatically going to go, nope, you're not going to be able to support that.

So done. But the other important thing with oral health is that your saliva content also drops and this happens during pregnancy. A lot of women I've heard I never had this problem, but I heard women say that they get a cavity for every baby born.

And it's because of the concept that as your body has to have excess or enough calcium, which is why prenatal vitamins are so important as because baby's taking those minerals from mom.

It's like a little, little, you know, fetus just feeding and taking all the nutrients. Yeah, they say just the most loving way possible. It's a parasite.

Let's all be real. It's a parasite. Look, I have my little parasite. I do this. I love my little props. And there's a little heartbeat. You can see the heartbeat, but the little parasite is stealing all of your your nutrients, which is great.

And you're more than happy to give them up. But if you don't have enough to give up, they're going to take them anyway. And that's why women start to have other kind of health issues when they're pregnant.

One of the things that happens is they start to their teeth. The calcium that's in the saliva starts to be depleted. And over the nine month period of depleted calcium in your saliva, the re mineralization of your teeth doesn't happen.

Nitric oxide production doesn't happen, and your teeth start to become weak and your gums become even weaker. And then at the end of the pregnancy is when you typically go, I have a toothache and I don't know why and I know why and I know how to fix that.

And I've helped prevent that for thousands of women during pre and during pregnancy. So why does that happen and how can we fix that? How do we fix it?

So you know what? It's a simple switch to using dental health products that are formulated correctly. So back when let me let me give a little detail about how I became this person who talks about dental health, because I never in my life thought that this is what I'd be mouthing off about.

But my daughter, when my daughter was two years old, she had a molar erupt that had a natural defect in a natural cavity and the dentist took a look at the tooth and said, We're going to have to pull this tooth within a year.

He said, we'll put a temporary filling in it. Since she's two, the temporary filling will only last 2 to 3 months and every time it falls out, we'll decide, do we pull the tooth now or do we put another temporary filling in it?

He knew I was upset because I know that every tooth is connected via a meridian to an organ. That means one of your teeth is connected to the uterus and to all of your reproductive organs.

So if there's any if there's any issues in either area, your body is sensing the issues. And so when I was leaving, he said, Don't worry, mom, we put a temporary filling in it and now we just hope for the best.

And that triggered me. I thought, there is no you don't know me. I don't hope for the best for my kids ever. I'm going to do something about this. So I went into like geek mom mode and I started researching and I came across Dr.

Weston Price, who is a dentist in the 1900s, early 1900s, and he discovered the link between sugar and cavities. And he did a lot of research in third world countries on why is their oral health so good.

Like even this was in the 1900s before we supersized everything. But what he noticed was that they had like when you look at National Geographic, they've got big jaws and big teeth and their teeth are white and their guns look healthy like you can.

You don't see too many obese, you know, with bad teeth type of people over there. And it's not necessarily because they're they're not eating enough. It's more because what they're eating is full of nutrients and it's real food.

It's not processed foods. And what he discovered is when people start eating the wrong foods, supersizing a lot of the you know, the processed foods.

How Trina developed her dental detox approach

Is just like empty calories, essentially. Yeah. The first thing that goes is oral health. Their oral health declines first and then they show up at the doctor, they start to get obese, they start to get sluggish, they start to have high blood pressure and diabetes.

I mean, you can just literally go down the line and see the trend of what's happening from someone who was previously healthy, now just converted a diet to, you know, what we would call the sad diet in America.

And then now all of a sudden just you can just predict it. Okay? First of all, you're going you're going to end up with cavities and gum disease, and the next thing you're going to have is heart disease.

And then after that, it's going to be diabetes and blah, blah, blah, and the list goes on. So unfortunately, it's but it's a simple switch. So I found him. Okay, let me go back to my story.

I always forget the punch line. So I found him. I did it. I looked at all his research and I said, You know what? I'm going to see if I can save my daughter's tooth if I can get it one year and one day I will be so happy.

And so I created my dirty mouth to Powder was my first dental product that I made based off of Dr. Weston Price's research. So there's three things that need to be in dental products.

This is like the none of them ones on the traditional shelf of toothpaste contain these very few. There's there's a

handful of companies that are actually putting out the right type of product.

So what you want in a dental product, people say, oh, you brush your teeth to clean them. Honestly, your mouth will do that. Your saliva should do that.

You should be brushing your teeth to alkalis your mouth, re mineralized your teeth and detox the tissues of your mouth. You will most likely clean them while you're doing that, but the cleaning of your teeth should actually be natural and be done by your saliva.

So those were the three takeaways has to alkalis, a mouth has to contain minerals and it has to detox the tissues. So then I got to work with what am I going to use?

What type of ingredients can I use that will do all three of those things. And then I formulated my dirty mouth to powder. I used a blend of three clays. By the way.

What's that? I love it. This is what I do is I try to get my son to use and he's like, what the. I'm like, this is so good for you. You can use it. I, you know what? I now make toothpaste so I can I can send you some toothpaste and give you my beam.

I like he will get on board with that. Yeah. So I use a blend of three different clays. Clay's are amazing. Amazing. So Clay actually has all of those properties.

It has its alkaline slightly alkaline. Alkaline, not overly alkaline, but slightly alkaline. It has minerals, a ton of minerals. Now your teeth have more than just calcium force in it.

Your teeth have manganese and magnesium and silica and all sorts of minerals. And when you lose a manganese you have to replace it with a manganese. And if you don't have manganese present until you get that present and it's alkaline at the time that you have manganese present at that spot, you will not put a mineral back in your teeth.

And the problem is people live in an acid mouth with acid mouth all the time. So they're constantly losing minerals because when your mouth is acid, that's that acid erosion you hear about.

So people that have linea and are vomiting or during the first trimester of pregnancy for women when they've got morning sickness in their vomiting, it's so oral health is so important that first trimester trimester can really upset your mouth because of that vomiting of the acids wearing away your enamel. So we want to make sure that it's alkaline.

So basically what I created was a blend of three clays. I added baking soda to it. The baking soda is the signal to you if you're using it, if you think your product is good and you're using a natural product, look, look at the ingredients.

There's no baking soda in there. It's probably not alkaline enough because Clay, some of them contain clay. Clay is slightly alkaline, but because of the intensity of the acids in the mouth, the clay is not alkaline enough to do its job effectively.

So I added baking soda hydroxy appetite. Nano hydroxy appetite is one of the newer ingredients on the market for dental products. Nano hydroxy apatite is basically the calcium and phosphates in your teeth and bones anyway, and they just call it actually your enamel is actually called hydroxy apatite.

So Hydroxy Apatite is being added to a lot of formulas, unfortunately, a lot of brands are not using the right kind of hydroxy, but it has to be nano, which means it's so microscopically small.

Some brands use micro, which is too big and you brush and spit it back in the sink. So hydroxy apatite clay, a blend of three clays and then baking soda.

And then I use essential oil. And the really cool thing about the clay is it detoxes it's it's pulling toxins out of the tissues of your mouth every time you brush and heavy metals this is where a lot of heavy metal infestation happens just exposure to heavy metals in all sorts of like foods and water and pollution and everything.

If your mouth is in your gum tissue is not so healthy, you can get and that's where heavy metals can then work their way into your body, the mouth and the gut.

So pulling those toxins out of your tissue with a clay based toothpaste or two powder is really, really beneficial. And we've seen the switch. People will have what we would consider an unhealthy mouth.

You know, somebody that says that they've had sensitive teeth, you have sensitive teeth or bad breath. That's a signal to you that your teeth and your gums in your mouth is declining, not healthy.

You should not have sensitive teeth, you should not have bad breath. So we need to switch that. That's an environment inside your mouth that's unhealthy.

So making the switch to oral care products that contain baking soda, clay, nano hydroxy appetite, essential oils are great not just for flavoring, but they also increase blood flow and reduce inflammation in the gum tissue.

So that's going to speed healing as well. Love it. Love it. I've heard it's I feel like I heard a dentist, like a functional dentist or whatever they don't even use like mint products.

Is this true? Like mint. Even mint can like imbalance, the microbiome or something. Okay. There's a lot of dentists that don't like the essential oils, the use of essential oils inside them, but they feel like they're going they feel like they are like alcohol, that they kill everything.

But it's simply not true. Of course, if you use a large dose, which you wouldn't in in oral care products, it could have some opposite effects. But in the amount that's being used, essential oils are extremely healthy.

I've been using them for years and we've been very successful with reversing cavities for people and gum disease and all sorts of things. So I love essential oils.

The people that don't typically don't understand how they actually work. Yeah, and I think it still comes from that perspective of like, oh, antibiotics kill everything.

So natural products also kill everything, you know, from herbal medicine. Like that's not actually true. Herbs and plants have more fine tuned ness to what's healthy for your body versus what's not and have like selective.

So optimization of the stuff that's not healthy. Well, I like to.

Best ingredients for healthy oral care products

Say, you know, when you're using plant medicine or plant therapy, which is what essential oils are, you have to stop and think. Plants have to survive.

Like you were saying, it's survival of the fittest for a plant. They're exposed to pollution, radiation, bacteria, fungus virus. They're exposed to everything out there.

They have to figure out a way to keep themselves alive but kill all of that. And that's why plant therapy is so beneficial for us, because the plants have figured it out.

Now we're just taking what they're used. The essence of the plant. That's what an essential oil is and using it in just microscopic amounts. And it does wonders.

It does wonders and it helps like increase blood flow and reduce inflammation, which those are the key factors. You

know, I'm a not practicing nurse anesthetist anymore, but one of the key like I loved to have patients wake up really comfortable from an anesthetic and reducing inflammation and reduce pain are the main two factors that will speed healing.

So we know that if somebody has like hip surgery and we can put ice on the hip and we can reduce the inflammation and the pain and get them up faster, they will heal so much faster than someone that just lays in bed and doesn't do anything.

So basically that's the same idea inside the mouth is reducing pain and reducing inflammation. And that's why I love the way that I formulated my products, that I put a blend of three different clays in one of them.

So I use bentonite, white, kaolin and French, green, French green clay is actually from the sea. So it has a lot of nutrients that most clay wouldn't have because it's exposed to algae and other phytonutrients from the plant.

So that's really beneficial for your gum tissue for healing. But one of the key factors or key components is that it's analgesic and it's anti-inflammatory.

So basically it does those two things, reduces pain and reduces inflammation. So healing the gum tissue is a lot easier when you can when you when you're using French green clay and you can help reduce those two factors inside the mouth.

Red light therapy and blue light therapy. I don't know if we've ever talked about that, but red light therapy and blue light therapy inside the mouth are other benefits or beneficial modalities to keep your mouth healthy? Mm.

Mm hmm. I want to sidetrack for a second with just like, oral health for the male partner. I feel like we focus so much in the fertility world on women.

So how is this affecting men? Well, let me put it first this way. Cavities and gum disease are contagious. So if you're taking care of your oral health but you're kissing someone who's not, then you are exposing yourself to that bacteria every day.

And at some point you may not be able to to fight it. In fact, I had a oh, a dentist. It was a dentist. One time telling me she was she had a client of hers who got divorced and had been a client for years, 20 years.

This was an older an older woman, been with this dentist for 20 years. So she knew her history, never had problems with cavities and gum disease. All of a sudden showed up in her office and she had cavities.

She had a cavity and had some gum disease happening starting. And she was like, What is going on? You've never had this problem. So she started asking questions because it took a little digging to figure out basically happened is she got divorced a couple of months earlier and started dating someone and when the dentist asked about his oral health.

So yeah, his teeth and gums aren't good. She's we need to either fix that or you need to stop kissing him because you are catching his bad mouth bacteria, which now implicating not just your teeth and gums, but ultimately that implication his whole body health declines as well.

So that's how, you know, especially, you know, every woman, you know, a lot of women are the ones that buy the products for the family. But, you know, making sure that whoever you're living with is using healthy products and their oral health is is good.

Beyond that, the same thing happens for men. As for women internally, any inflammation decrease in nitric oxide production is going to have an effect on sperm motility.

Sperm count, sperm health and even erectile dysfunction. So nitric oxide is one of the key components for having erections. And I mean, obviously that's why there are some pills out there and nitric oxide.

People that take men that take nitric oxide notice a difference in their sexual health as well. But without nitric oxide production, all of those things decline with men as well.

Yeah. So in terms of erections or orgasms, is there anything additional that is contributed from the oral health that will help have better orgasms? The nitric oxide, seriously, the nitric oxide is nitric oxide, nitric oxide.

Everybody's going be like, where do I buy that nitric? You can buy like you can buy pills, but and for what I like, there's little capsules that you can take.

So those are really they're really helpful. I like to look at those things as a short term or a let's see where I'm at, but let's fix the root cause. Who wants to be popping a pill all the time and getting that up and down effect of nitric oxide?

When you can change the microbiome, it's a simple change of the microbiome inside your mouth.

Oral health, partners, and male fertility

And then sometimes you might still need, you know, a little nitric oxide support, but you don't want to depend on that because your heart pumps blood.

24 seven It doesn't want the roller coaster of nitric oxide. Oh, yeah. Now I'm happy. Oh, no, not so much. So we really want to make sure that getting that nitric oxide is actually being, you know, it's being created by your body as opposed to popping a pill or a tablet.

Again, those things are great to get you over the hump. If you're someone who's really low and needs to get that boost to start jumpstart the health, because of course, if your nitric oxide level is normal, your body will heal much faster internally and in your mouth will heal because again, low nitric oxide in the body means low nitric oxide in your saliva, which means then, now all those other problems start to happen.

You get cavities, gum disease, you can't make nitric oxide, bad bacteria, all of that. So getting that bump up, but then hoping that as you make the changes with your oral care and, you know, diet, exercise, mindset, all of those things start to come into play.

Your need to actually pop a pill for nitric oxide goes down, down, down, down, down to the point where maybe you only need it occasionally, maybe under stress.

Or, you know, if you had something that wasn't as healthy to eat a bunch of sugar or something. But yeah, making that switch in your oral care is really probably going to be the biggest impact.

That's why they say health starts inside your mouth. And I always say that might be where it ends too, right there at your front door. If your mouth isn't healthy, you probably don't have any chance of being really healthy internally.

I don't think I've ever seen someone smile and had a really nasty smile. You know, by nasty I mean bad oral care or their teeth and gums looked unhealthy and ever saw someone with that kind of mouth present and be like very healthy?

Doesn't happen. Typically if you have a healthy smile and people judge you. This is the other piece that's not really very nice, but it's true. The very first thing that people notice about someone is their smile.

I've done a little test on this. We have a couple of images where a woman is missing a tooth right there on her front of her mouth and we've shaved off her eyebrow and people never notice the shaved eyebrow.

They always noticed the mouth. People. Yeah, people judge. It's funny. It's like, yeah, you didn't notice she's missing an eyebrow. Not, oh, my gosh, no.

I was focused on her teeth. Exactly. That is why it's. Yeah, and as bad as you know, it sounds so shallow, but it's just true. And they've actually done studies.

If you don't have good oral health, you are less likely to land the job because people equate good oral health with a healthy candidate and if you show up in your mouth is a mess.

They're going to think she's calling up all the time. She's going to get sick with the flu and blah, blah. And all of those things are true. If your mouth isn't healthy, you are going to be more likely to have sinus infections, flu, colds, and all sort.

You're going to feel run down more. All of that is true. They have every right to think that. And my goal, you know, when I when I put this all together for my daughter, I don't even think I told you guys that tooth that was supposed to last just a year fell out naturally at the age of 12.

So it lasted ten years, ten years. And the original filling that was supposed to last two months was still in place. That original filling lasted ten years as well, and the tooth had remain paralyzed over that filling so that it protected it from bacteria or any kind of problems.

We never had one problem with that tooth. My kids are now my daughter's 15. I have 13 year old twin boys. They just went to the dentist the other day and they all have zero cavities, zero plaque.

And the dentist even said this is the fear of the dentist. And he said, you guys are going to put me out of business. You had no plaque and you guys have no cavities.

You're going to put me out of business and I'm like. Like, we better. Unlike Mom's like a major CEO of a really good dental. I'm like, Don't you think you should be providing your patients with my products?

Like food? But no, the fear of the debt. So that's why so many people and I love dentists, don't get me wrong. People, you know, they're a profession that people look up to and they trust.

And unfortunately, on the other side of the spectrum, is the dentist going?

Why healthy mouths support overall wellness and conception

But if they don't get cavities, I'm not going to have any business which, by the way, is not true. That is not true. The biological dentists of the world have proven that that's not true, that if you can create a wellness program where people don't get cavities, your business will actually flourish even more than the fear mangled.

Oh my gosh. I have to make sure they get cavities so that I can fill, drill and bill. So I'm here to support anyone who wants to stay away from the drill.

Fill in bill and step into the. Yeah, my mouth is healthy. I have no plaque and I have no cavities, but. Yeah, absolutely. Well, thank you so much for being with us today.

This was awesome. I always love talking to you about stuff because every single time I just learn new things about oral health and I'm like, Wait, we're we need to do this for all of our people.

So thank you so much for being with us. For those of you that are listening in to the Beyond Infertility Summit, leave like just pay attention. I feel like the oral health nitric oxide conversations this time have been it's kind of like the cutting edge.

You know what I like? And I love being on the cutting edge, but it's really like it's pushing the envelope, really. Here are some really fundamental things that are supporting either like very pro fertility or very fertility.

And the ways that you can fix it are relatively simple. Like this is not go out and buy $10,000 worth of supplements.

You don't need them. Fix your mouth. Fix it. Yeah.

No injections. I don't serve any injections. It's a. Simple fix. And I actually created a whole program. It's called the Dental Detox Kit. I put it together because that was the piece that people were like, I don't know what to do.

I don't I don't know what to get. And I'm like, Here, I'll just put together a kit that does this for you. It's a 60 day kit, and it helps to transform your mouth.

That's. It's simple. It's simple. And I want to help as many months so really quick, my story of how I started my business actually started because of a miscarriage.

I actually started my company because I had a miscarriage. And I we started I was seven weeks along. I was almost 40 years old. And when I miscarried, I was like, I don't know why.

I don't know what happened, but I'll out what your meaning was and why you spent seven weeks with me. And then I got pregnant with my daughter pretty quickly afterwards and I was at week seven where I was like, Oh gosh, I'm at that.

We, you know, it's that anyone that's had a miscarriage, you get to that weekend like. Oh. And so I was really in tune. We had changed our cleaning supplies to Nontoxic.

We had changed our laundry detergent, like all summer air purifiers. All these things never dawned on me. My skin care was polluting my body with chemicals that were causing cause infertility or cause hormone problems and cancer and neuro problems and all this stuff.

And I discovered the toxins and personal care products and decided I'm going to make all my own. And that's how I started my company was because of a miscarriage.

And I turned it all around and then ended up with twins. I fixed my infertility and, you know, the problems that I had. And then I ended up with my my twins.

So anyway yeah it's amazing. Utter the the dental story came out with your daughter like how do we fix the teeth problem so I feel like you've just done such a phenomenal job of like digging into the science and trying to figure out like, what is the root cause and how do I fix that?

So yeah, I just I love it. I'm a big supporter. I love that you're doing this in the world. Your products are amazing. You're not in pitch. So I did actually get paid to say that.

But it just the truth. Like, you know, when someone genuine and they're doing it for the right reasons and it is making a tangible difference in the world.

So that's what you're about. I love that. And thank you for being here. Thank you. I appreciate you taking the time and interviewing me again, because this is such an important topic that, like you said, it's an easy switch fix.

And if it fixes the problem, wow. How relieved will millions of people be? So thank you. Absolutely.