Introduction to Doctor Talks and the Smile Body founders

And, so this is something that we're actually we're going to be introducing 25. So we're going to be a research facility. A lot of people are looking at us to kind of push the envelope with this and bring it into early and start helping people with it.

So yeah, we're very excited about with with our unique kind of, system that we created with our medical psych medical team, and our, and our demo team, the, with the, with the biological bonus.

And, we have that angle where we're looking at the body through that lens of, you know, as a complete system. When I was, like a revelation and all that, the technology is there.

There's some great technologies. Our with Weber, with photo by modulations, other kind of lasers, that, you know, VSL technology. This is all doctor talk I was talking with the other day, and he's, wants to be involved with and to creating a model together.

Welcome to Doctor Talks, the podcast where every episode leads to a healthier you. Join us as we navigate the world of optimal health, uncovering and groundbreaking strategies to conquer chronic disease.

In each episode, we'll bring you the latest insights from leading health experts, medical innovators, and wellness warriors. If you're seeking to transform your health journey, or if you're looking for answers to burning questions, you've come to the right place.

Get ready to unlock the secrets of lifelong health and vitality. This is Doctor Talks, real talk from real doctors on the issues that matter to you most.

Hi everyone! Today I am so honored to welcome to the show doctors Ben and Sean Javid. They are co-founders of Smile Body and we're going to talk all about their unique integrative approach to full holistic health, starting in the mouth.

And you know, these two are true pioneers because for over two decades, they have brought an approach to biological dentistry that have actually pioneered an innovative approach in health care that integrates both the holistic dental with the comprehensive medical services.

And they really emphasize the vital connection between oral health and overall wellness. And today, we're going to explore if your mouth could be aging you faster than you think, and if so, what we can actually do about it.

Welcome to the show, gentlemen. It's such an honor to have you both here. Well, thank you. Thank you for that wonderful introduction. It's, awesome to be here.

It's very exciting. We love what you're doing. Oh my gosh. Well, thank you. You know, I'm going to just jump right in because obviously we are here to talk big radical ideas.

And it seems so simple. Oral health as a whole is the unsung hero in overall health. So while people might not think it's radical, please drop in on and tell us all why oral health is actually radical when it comes to curating overall health and super longevity.

Well, you know what that you know, obviously, when you think about what are the limiting factors of longevity, a lot of time is disease, right? It's toxicity, the toxic load or other forms, limiting factors that keep us from our goals of longevity, vitality and health.

Correct.

Why oral health drives longevity and systemic inflammation

So it was the prospect of a biological that is what we look at is how do we reduce the toxic load. That is actually many times, limiting our longevity and vitality.

And it really affects these things on a daily level. And of course, then ultimately not be able to reach longevity. So what I mean by that is we look at the toxic load with obviously metals, heavy metals, we are looking at the the any kind of a lot of times there's infections in the mouth that are leading to a major autoimmune disorders and cancers.

A lot of times they're overlooked. So we're very much about that body and mouth connection, because a lot of times in the current medical system, it's we're treating them like silos.

It's you know, you treat the mouth and then you treat the heart. And then so there's a dark, doctor for the heart. And it's also great. So we believe in bringing it all that together.

That's why this brand, our brand is called smile by mouth and body all under one roof. Love that. Okay, so what I'm hearing really quickly is it's almost like inflammation.

The inflammatory process is really starting in the mouth, and it can happen in a few different ways. And you guys are specialists in that. So I'm hearing heavy metals.

And I have to tell you this morning I was getting ready and I was I was telling my son, I'm like, I'm so excited. I'm going to sit down and have a chat with these, you know, really amazing biological dentists.

He's like, what, biological dentist mom? And I'm just like, well, you know, years ago we didn't know that things like Mercury fillings were really bad for our bodies and that they were just politely putting heavy metals directly in our brain, like, right here, to just put inflammation straight up to the brain and just bring all those metals into the body.

I said, so these are the dentists that actually know how to safely remove this stuff, bring down that inflammation, and help our brains to be healthier.

He was like, oh, that's really kind of interesting. Yeah. It's amazing. I mean, as you know, we go to a lot of these biohacking events, right? People are trying to bioactive body like for what?

Like we've been saying for longevity. Right. That's the whole point of this. So we didn't realize there's so much toxicity, infection coming from the wall cavities like we do a lot of CT scans on every patient, which, you know, Covid CT scan is critical to diagnose what Ben was talking about to find bone infections, sinus infections, you know, cavitation.

These are kind of infective, which are, you know, infected root canals. I mean, there's a lot of things that we find that people have no pain and they have no idea.

And you can buy a hack your mitochondria as much as you want is, you know, at these conferences it's all about the mitochondria, right? If you have good help with your mitochondria, you're going to be have longevity.

But when you have toxicity pouring down from the old cavity, you cannot via hacked your body. So this is why we talk to patients about I listen, I'm a student today.

I want everybody listening to know I am geeking out as much as all of you are. So this is my private classroom. Thank you, gentlemen, for educating me. Stuart.

Let's just give a nod for a moment to Gary Brecker in the fact that he's been a real advocate to talk about root canals. Right. And how we can have all these different types of pain, low back pain, different things that are

correlated with a having a root canal.

And you're just talking about there's so many cavitation, there's so many places where inflammation can be brewing that we have zero idea about. Our brains would never connect, and we could think it's the mold.

It's the gut. It's, you know, it's an environmental toxin. Maybe at the end of our fork, we're not really thinking about we it could just all be festering right here, you know, and and if so, what do we do about it?

So just for a moment, there's a lot we're going to talk about today. Talk to us for a moment just about root canals. Talk to us about these hidden sources of inflammation and how they could potentially be creating these phantom pains, or correlating with other downstream type of problems, that we would never connect the dots as just an average layperson or even another health care professional.

You know, I wouldn't necessarily think I'm going to go right to the mouth first. So help us like kind of put that together a little bit. Well, root canals is somewhat of a controversial topic because in dental school, you know, that we're taught, you know, when the nerve is dead or dying, you go and do a root canal, which is you're cleaning out the nerve that in theory, is causing, the pain or infection that's also causing pain.

So it's a pain treatment. Really? What is what it is. And in theory, it's great for treating pain. Now, but here's the thing. We. Well, we actually got an extra shot, and I both got a lot of extra training and doing workshops.

We took, we were. Yeah, we were, we were. Anytime we want to do something, we want to make sure we're get the best possible way. Right? So we did extra training. We were doing.

Root canals, cavitations, and hidden oral infections

We've done thousands of kills over the years between, and so but the thing is, as you evolve, you know, we, we kind of realize that it's not for us anymore.

We haven't had them in so many years now. And for us, we we don't see, it as a long term solution. It will not as we find infection. So that it's like, just like any other infected tooth you do on a commitment and then come sit down.

We find a lot of infections, and that's why we have to go back and forth with the antagonist. All the time. And a lot of people don't know they have infections or sinus infections the time.

So we just want to have something that's biocompatible for the body and it's long term. So that that's basically that's the most important thing for us.

The thing is a lot of times people associate infection with pain, right? They'll think, well, I had anything wrong with it, I would know. But guess what? You don't know.

You don't know that 90% of the time when we scan someone that has root canals and we scan everyone, anyone, everyone that has a workout get scan automatically, it's not something optional.

And because they shouldn't, we should talk about the cone beam because this is very important. We talk about a lot of people don't know what the scan means exactly.

Oh it's amazing, you know, have you heard of a common CT scanner? Almost. No I but so yes, let's let's unpack that. Let's unpack that. Yeah. That's why we have that a lot.

Like we know what it is. So let me just say quick scan. And they don't know really what we're talking about. So this is a 3D machine. Is it cool. New CT scan is it's a huge machine that actually I'm not sure if you know Doctor Pompa Daniel Pompa, he's a guy that understands about oral toxicity.

And they check he checks every patient. So as we do. And so basically we do a coding 3D scan of the mouth and

the skull, the whole skull. And we kind of that way we can see a lot of bony sections, sinus infections that you cannot see on an x ray.

Okay. So a cavitation teeth infections, root canal infections, sinus infections these all show up in a 3D. Corbusier. So if you don't have a 3D scanning you cannot really diagnose stuff because X-rays are really just for two dimensional cavities.

Yeah, it's really for the treatment. And so it's a whole new leap in technology from a regular dimensional actually, because you can see way more. And then, what's cool about the quick scan compared to the regular CT scan that you get at a hospital, this cone beam technology actually makes it so you get significantly less radiation, similar to yes, we can get a full set of X-rays when you do that.

That is not the same amount of radiation, which is keeps getting less and less with the current technology. So you're getting a lot of information for the patient with minimal exposure, which is important for us to as a biologic, this we don't want to ever, add to the toxic load.

We want to reduce the toxic load. So, that's really, really important for us too. So the coming technology gives us really the vision to be able to actually diagnose, so much.

So at this point, I mean, we've got at this point in our career now, we have so many functional doctors throughout the country that they take Holby City scans on their patients, and they send it over to us to tell their stories, to be a read, a CT scan for their patients and do a telecoil and find out their oral infections before they treat.

Those are the really the true functional doctors are smart. You know that. They understand the longevity revolution is about more than just searching online for a few hacks, or any one of us moving our biomarkers in the right direction.

It's about coming together to learn, share, to connect and create the unlimited future we want. That's why you need to be at Rad Fest 2025, in Las Vegas from July 10th to the 13th.

Rad Fest the Revolution Against Aging and Death is proud to be partnering for the first time with Doctor Aubrey de Gray and Longevity Escape Velocity Foundation.

The form the single most comprehensive, advanced, informative and inspiring event on age reversal for a general audience. Meet the people you want to make forever with Rad Fest 2025.

Take advantage of lower advanced pricing now at Round fest.com. Okay, so let me ask at this juncture, because this is just a common sense question. So you do the scan, you find infection.

And maybe it's in a several different areas. And I, I do want to kind of blend the loop with the root canal and also bridge it into this, because if we all understand root canal is potentially so it's it's a nerve that's dying or it's inflamed, it's causing pain.

So anything that is inflamed, whether it's the nerve root itself or another source, a cavity that's just, you know, sitting there and creating that cavitation or just that pooling of of just bacteria and inflammation, you know, kind of in, in the mouth the moment you see it, then what do you what do you as practitioners do?

But also if we think or know, like I could have it or I just want to reduce my risk of how do we as the the patient become proactive in our oral health.

So there's kind of the two prong. What's your approach as a practitioner to radically bring this down. And then what should we be thinking about as consumers and patients to help ourself?

You know, kind of in this process as well? Well, as I said a lot and again, most probably you will know if you have an infection, the root canal, unless the infection gets so bad, think of it as a leaky closet.

You know, he's when there's a faucet that's leaking, it might be a such a slow drip that you won't notice the leak even has happening. Right? Or it could be dripping and drizzling where you're like, wow, okay, I have a leaky faucet.

With your job, when there's a bacteria leaking from an infected tooth, let's say in this, in this case of infected workout, it's the same thing. It's leaking into your system constantly.

Now, that might show up as just lethargy or tired. You know, you might have brain fog. You might you might have some symptoms, right? You might not feel like yourself.

You might have sinus infections repeatedly if it's in that upper area, but otherwise you generally don't know. You won't know that there's anything going on.

You won't have to be tuned out. It's just that this slow leak, it's going, you know, this system, it's going throughout your whole body. So it my my number one recommendation is if you do have a root canal, you should you scan with a qualified biological dentist to and and see the health of these root canals.

And and make sure that if there is any leakage happening on the because you want to know you want don't look for pain. Pain is not going to be the solution here.

And concept of replacement joint if you want to explain. I mean there's some great options now as an option to replace. I mean I mean that's a good point.

There's a lot of patients that we find it convenient. Can you do that inflammation or infection that they don't know. Right. And what happens is we all we're educators.

So when people come to the wellness center, we talk to them. We don't we never tell any patient what to do. They're always asking, well, what do you think, doctor shout?

I'm like, we're just educators. We can give you our opinion, but we you have. We give you literature to read and you have to make a judgment what you want to do with your body.

You have two options. We can refer the patient out to the conventional world to to want to go get retrieve the root canal.

Cone beam scans and diagnosing oral toxicity

That's an option if they want to do that conventionally or in the biological world, we usually recommend to take if it's infected, take the tooth out, and then we don't use antibiotics.

So we try not to use antibiotics at all because the microbiome of the gut. So we usually use ozone therapy to clean the infection laser. And lasers. Absolutely. And the from your blood.

So we don't use any kind of synthetic bone or anything like that for the people that don't know is, where it's called platelet rich, vibrant, where we actually draw your blood, your own blood centrifuge, you get growth factors from your own blood stem cells, stem cells, leukocytes, other growth factors.

We drive and we use concentration and use it in your own healing process in that area where like any surgery, if there is root canals that are bad, that we're taking out or and replacing or one anywhere we want wound growth.

This is a super, super, wonderful technology that hasn't been around that long. Yeah. Just commercially, commercially, they use cadavers so that we don't want to use anything like cadaver cow bone so that we use your blood.

You know, that's a great point. And then after that, we use zirconia implants, which, you know, we don't want any

metals in the body like we talked about.

So zirconia is is a biocompatible material that is basically a very, very dense, structure that's more porcelain based. And we place it in there and, it keeps your meridians open and it's very biocompatible.

And it's a that's really well, to the job. Sean mentioned the meridians, the really important thing because, you know, when you have a root canal, we know it's a blocking your meridians.

And for the viewers, I think most people know about the gradients, like the acupuncturists or, you know, you go back punctures, they work on meridians.

But but yeah, we it's we know that root canals are block memory, that also titanium implants are blocked in that meridian as well. So not only do these metal titanium implants, you're introducing metal.

You're blocking radiant and blocking the electrical flow of the body. You're also an antenna for the EMS when you have that metal in your body. But when you have this ceramic implant and some of the technologies that are advancing, that ceramic implant technology is just next level.

Now with the with the brands that we're using right now. It's no lock in your meridian system. No metal really in your body, and you treat it like your own to it.

So there's really great solutions. Now, are you ready to redefine aging and unlock your full potential as a longevity leader at the Human Longevity Institute, our world class certification programs train doctors, coaches, and wellness professionals.

How to deliver cutting edge, integrative longevity health solutions so people can live better today for longer, healthier, and more vibrant tomorrows.

If you're ready to join the Longevity Revolution, visit Human Longevity institute.com to enroll. Become a practitioner today. So should we. Okay. So, all right, as the patient, we have either prior root canals that have been done.

We've got cavities that could be mercury or some other titanium. So we could have implants. We've had we're at a certain age. We've had dental work done before.

We knew about amazing biological dentists like yourself. Is it safe in okay to go find somebody like yourself? And we can kind of exchange out all the hardware and clean it all up with ozone and slow down?

Any rate. So what I'm hearing is a lot of this stuff obviously is going to continue to stoke the fires of inflammation, can also create a host of other problems.

So potentially mercury fillings, things like that. Again heavy metals is going to add to that toxicant burden in the body. Any kind of heavy toxicant load is just going.

All that's doing is giving our body more work to try to process. It is pro-inflammatory as we know, if we think through the hallmarks of aging. You know, one of the big ones at the core of all of this is that inflammation aging process.

So it's a as we chronologically age, you know, one of the things that we're always looking for is how do we mitigate, how do we mitigate that rate and pace of just all the different factors that could be stoking the fires of inflammation?

So the more that we can, I call it taking logs off the fire. We don't want to keep it burning. So hot, so strong, so long. So something like heavy metals could be one of those things leading to that toxicant burden that's going to speed up that rate and pace of aging.

Obviously you're saying then other metals, right, titanium become the whole other and the whole other thing we don't even often think about. We become antennas.

So what are we emitting with the frequencies and the frequency distortion? So are we able to come in any time along our trajectory, find a biological dentist, and first of all, have the have the outdated stuff upgraded with some better quality, much safer, less inflammation producing hardware.

You know, I like let's talk about mercury fillings real quick okay. Because you brought that up is very critical to talk about this. So and the reason we say mercury fillings a lot of people used to call it silver fillings, but it's actually 53 to 54% mercury.

And what people don't know, it's not like gold or titanium. And like, we talk about releasing mercury all the time in your mouth and your system. Right.

And so it or taste it, you can't smell it. Bubbles are mercury. So coming on so hot. Cold just chewing is releasing mercury. Now when you pick up your cell phone, the EMF, like you said, is acts as an antenna.

So it goes to the metal first.

Safe mercury removal and biocompatible replacements

But in this case it's not just metal. So this is double the amount of mercury all the time. And people don't realize that. Right now. Where do you guys oh my god, keep talking.

I tell everybody you were lecturing and we're with a crowd of people. I did like, oh my God, I'm going to thank you. I'm going to go back to my dentist. I'm going to drill it out.

We're like, no, no, no, no, no, don't do that. Do not do that. Because what happens is there's a protocol. I have to take it out safely because as a dentist myself for 30 years, I, you know, I used to drill on these mercury fillings all the time.

I didn't know, just like if it's a cavity. Right. And when you drill on this, 3000 microns per minute, come off the mercury. Right. So when it sits on your skin, hair and anywhere and it goes right away to the pituitary gland, to the thyroid resides in the thyroid.

And then when it gets into the blood, the way your blood cleans it up and goes into the organs so it resides in the organs. And so then you're going to have a lot of metal toxicity in the brain.

Don't forget. Yeah, red fox thyroid issues, you know, organ issues. And people have no idea why you're a major neurotoxin, you know. And so there's a critical way of taking out mercury fillings like you were talking about is biologically, we drape the patient from head to toe.

There's oxygen plays the garden with charcoal is special high powered vacuum for next to your face so as vapes come off inside the mouth, you know also inside the mouth to protect any kind of anything getting inside the mouth.

And then once it's eradicated and safely out of the mouth is cleaned out, then we use biocompatible materials. Here we have a laboratory. We fabricate things on site like porcelain structures, and we place it in same time.

So removal from structure of it is very critical how you remove. And then you have to work on getting it out of your body. That's another whole times you talked about not just, cellular level detox is critical to now because now you're getting rid of a source.

Now, then we have to get it in our bodies. And there there is, you know, testing systems that we utilize in the office. There's great technology that we can test these the metals and minerals in your body, that heavy metals in your body at the tissue level, not in the blood, because that's a really important thing.

Lots will come. Say, you know what? I've had my Mercury's out. I went and got a blood test and yeah, I'm clear. They said I'm good. But guess what? Mercury is not your blood. Generally, people don't realize that blood or urine

tests are just not really where your mercury stored.

Yeah, if bodies is intelligent, it actually is absorbing that out of your blood on a regular level, putting in like transit in storage areas like fatty tissue.

But that bucket gets full, as Sean said, you know, over time and over time it flows over overflows, is toxic really coming from everywhere. And this is just one thing we're talking about, which is mercury.

But all metals have no place in the body. And then and then ultimately going to the right. And, and people have there's this many stories. I mean, the most like I mentioned, probably he went through this journey himself where he had major mercury toxicity and it was causing psychological issues.

It's a neurotoxin. Because when you get to the brain you're having, there's depression. There's major emotional issues that come up that, you know, we're not looking at, we're ignoring, in this with adolescents.

And another big thing to remember, it's not about just what you are exposed to. It's also what your mom was exposed to and what her because these metals are actually we know now are transferred to the child.

Not not so you're this child is born now has a toxic burden of the mom. Yeah. And now adding to it from society. And what has happened to this is it's a cumulative effect.

Yeah, 100%. And so it's super interesting. And I could just keep going and going and I'm like, there's so much I keep I want to talk about. And we've got like stay with us everybody because we're kind of at our halfway point and we're just getting started.

But what I'm hearing is, you know, one of the things that we teach our practitioners at Human Longevity Institute is understanding that three out of every four people out there are dealing with some foundational health disruption and issue already diagnoses disease breakdown, dysfunction.

And when we already have signs symptoms, dysfunction, we are already aging at an accelerated rate and pace faster biologically than we are chronologically.

Right. So the birthday could say 55, but our body could be aging and already at a rate of 60 or 65. So when we talk about this biological expression, things like inflammation speed it up, things like these different toxicant burdens, the different burdens or stressors or loads that come on to the body.

They add more work for the body, and the body is intelligent, and it is always going to find the path to keep us, first of all, alive. That is priority number one.

So it will compromise. It will compromise things to say, hey, I got to keep you afloat. And it might not be perfect, but I'm going to do what I got to do to just keep you above water today.

And obviously we don't want to just be above water. Here at Rad Cars, we're talking about radical life extension. And in this moment, we are dealing with three out of every four people really have some major foundational health issues.

So what I'm hearing is from a biological or oral health standpoint, step one is we come in and we're going to look to say what could be some of these root contributing factors that are adding to this accelerated rate and pace of aging that you might not even know starts in your mouth, right?

If we're not flossing, you can have inflammation going on just from the food that's hanging out in your teeth, as an example. So you've been sharing one of the key things that many of us deal with, which is mercury or metals in our mouth that become an important issue to have looked at.

But you folks have done something really unique in your practice, which is you've gone several steps beyond, not

beyond. First of all, you've gone beyond conventional dentistry with being biological dentists.

Then you've gone several steps beyond biological dentistry to create an integrative, really what I would refer to as a longevity hacking. So again, we teach longevity medicine, right?

And you guys are doing we teach our practitioners how you bring life style and molecules and regenerative technologies, advanced therapeutic technologies, into one protocol to really reverse age, create rejuvenation in the system so that the body can, like we're about to hit longevity, escape velocity within the next decade.

Like how do we how do we help this human system be ready, be our best so that we can live radically long, vibrant lives? So let's talk let's let's just put a button.

We could we could spend this entire hoc just going through foundational health. But let's kind of move into this innovation that you guys have brought to your practice that I think you're bringing to dentistry overall, which is, like I said, kind of this longevity hacking center.

Building an integrative dental and medical wellness center

Why did you guys decide to extend beyond what you are already really doing so well with removing the heavy metals using the ozone therapy? You know, starting with biological dentistry, what took you to that next step?

Well, I mean, it's a great question that we have today. All the patients always ask me that. I mean, I've been actually practicing for 30 years, right?

And the first 15 years I was a conventional Dennis, you know, like, so I was implant ologist and a cosmetic dentist. Look at thousands of mercury fillings exposing myself and my patients and all that.

You know, so. And then, I became a biological dentist 15 years ago when my eyes opened up, I'm like, went down the rabbit hole. I'm like, oh, my God, I'm hurting my patients.

I'm hurting myself. So. And then the journey. Then I've been taking so many patients. We're talking to us, doctor Sean, you know, I need a, pediatric holistic dentist.

You know, there's no waiting around, you know? Please. And I'm like, I don't see children. So that was, like, hurting us. But we really want to help. And there were so many patients coming in that there were ill, you know, their heavy rainfall got issues, you know, different kind of autoimmune issues.

We're always talking about this. And, you know, we're trying to send them to functional doctors around. A lot of people didn't want to drive a car and they weren't really happy.

And we finally southbound, we said, you know what? This is something that we have to kind of change a trajectory of where we're going, and we have to be able to treat patients in our facility medically as well as orally. Right.

So we put our minds together. We're like, we're going to encompass this center. And so we went from a 2000 square foot center to a 7000 square foot center to be able to fit this.

And so we brought on five functional doctors that we handpicked. And they're incredible. I mean, they're I mean, they're pushing, thinking it's amazing.

We created an IV center and we created, hyperbaric oxygen chamber and red light therapy and the kind of biohacking equipment that we have in the center.

So that way when we find things orally, we can send them right over to the functional doctors right after to see how we're going to treat them medically as well, because they're suffering.

So now we detox and we make sure that there's no toxicity coming from the oral cavity. So we know that 100%, we took out all the toxicity, their bone or any kind of infection they have.

And right over we send them over to the functional doctors for lab work. Or sometimes we get ahead of time to kind of take a look at the lab work. And then from there they either get IVs or whatever treatment also in therapy, you know, hyperbaric, whatever they need to do to start decreasing the toxic load, like there was talk about when you bucket gets full, it overflows and they're sick, you know, and, you know, to add to which honestly, you know, for me it was, it was there was a big frustration because, the current medical system is, it's not really health care.

It's it's sick care, as you know, and it's, it's, creating a toxic situation for these patients coming in with more and more prescriptions on their health history, more and more health issues constantly. So.

And it wasn't just about, you know, diet. Diet is the basis of everything for us. Yes. Nutrition. But we realized the system is not set up for true health, longevity, vitality.

It's not set up for that. It's set up to create, obviously income for, for the select few of the big pharma, big food industry. And, and it's working really well.

That system for that works really bad for us. So for so for us, we, you know, yes, we can go fight the system. But, you know, we said we're not going to fight it.

We're just going to do something better. And we were literally, drawn to this, because, you know, it was we felt like in many ways, this is our path. And, and because we of our own personal, journey, not in health journeys, Sean has had his own health journey.

I've had my own health journey. We have been, exploring the potential of health, longevity, vitality on our own, personally. So it was so many, so many things have brought us to this point.

And I, we feel like, you know, this is just we're kind of here to expedite this next chapter, not only in oral health, but actual health care, because we believe that not it's important to not treat patients as in silos like we're talking about.

We have to bring we all have to work together. The chiropractic is a natural part of the world, and these are open minded that are really working, integrated with the wonderful nurses that really feel like, you know, there has to be a better way.

The all these just prescriptions over and over again and just surgeries. It's not it doesn't make sense. So we're we are trying to and it's been amazing this past year or so or two.

We feel like yeah, it's just like a shift. We feel like, you know, not only are we have as we've been building this center, that we're in now, so many, so much alignment, has happened with the right people coming in and getting behind.

We're almost riding a wave. We're not even doing it at this point. We're riding a wave because this is something that has to be done. And people get behind this and are wonderful, amazing people that we, we meet, are helping us create this because it's what's necessary for the next chapter of health, not just for health, real well-being.

Right. And I think that for all of our listeners, you know, unfortunately, not only as we have all been classically trained as health care practitioners and providers, but also what we are marketed to as laypeople is this idea that, that the body is not intelligent, that it is a machine, that it is pieces and parts, it is siloed.

And that's exactly not how it is. We are a complex, dynamic, living organism. We are innate intelligence expressed, and we are literally nature expressed.

And so, you know, we're really coming into this time that we get to look at ourselves differently. Everybody is is feeling the way things have been isn't really the fit anymore.

We are at this exciting time. You know, I speak often all around the globe about longevity is a paradigm shift. So longevity isn't just, oh, let's live a little longer, feel a little healthier, add a little life extension.

No, it's it's a totally, entirely different model in approach to how we live as humans across the planet because we are at a time through the regenerative medicine scope.

And I want to talk to you about regenerative dentistry just for the few minutes that we have remaining. And I want to have a couple rapid fire questions coming your way.

So hang tight, gentlemen. But we are living in this time that from a health care standpoint, you know, more and more practitioners to your point, are feeling the call.

We are waking up and realizing, yeah, no, we're not pieces and parts and we're not just machines. There is intelligence. And so we all need each other and we need to respect the human system differently.

We need to not take on ownership that we're here to fix a patient, but we are here to empower a patient to take back their own health, to get engaged and get curious and be just thrilled about, you know, the the life essence that flows through them.

And I think that's what's so beautiful about Rad cast and Rad Fest. It's really a celebration of our aliveness and the life force that is within us. And so I hope every listener today, you know, if you've been sitting here going, oh my gosh, maybe I've got cavities and I've got this problem, it's easy to think, oh my gosh, I've got a problem, okay, but we don't have to beat the drum of the problem.

We live in a time where so many solutions are available. We get to stand up, go take a new action, be proactive because we want to curate more aliveness.

And so I really celebrate the two of you for being innovators, especially from the oral health route. Yes, there is an awakening. Yes, longevity is the paradigm shift that's going to radically transform health care and human existence as we know it.

And so let's talk for a moment regenerative practices. Because regeneration, you know, there's the one side of, hey, let's bring down the inflammatory load.

Let's just help to like a lot of people are suffering with issues like we do need to meet people from a foundational health standpoint there. And then what?

Because this system, we're not here to just feel like cop all the time. We actually this system is designed in our very DNA to evolve forward into greater and greater and greater states of flourishing and thriving.

Regenerative dentistry and future oral health technologies

So when we look through the lens of regenerative medicine's regenerative growth factors, things of that nature that all of a sudden can give us these net that positive gains of kind of giving us more biological youth and, you know, staving off kind of the breakdown chronologically will tell us about what's coming through regenerative dentistry.

Where can that fit in our overall longevity? Stacks are radical life extension. How do we want to think about some of the, the, the, some of the solutions that are available to us that we as laypeople might not know of yet, but we should know about?

Well, you know, regenerative medicine is amazing. And unfortunately, it hasn't, it's just barely starting to get into the world of biological the industry.

It's not really getting it. And actually, we're pushing that on the road a little bit, with technologies and such as stem cells, peptides, you know, a lot of that, that exosomes, exosomes, these technologies, combining them with,

butterfly margin lasers and hyperbaric and red light infrared, all these things, all these modalities are there now, these technologies that are here, we can't ignore it.

And in the world of biological dentistry, so it combines this technology with current research and ancient wisdom, you know, ancient wisdom we can't overlook, you know, like we talked about meridians and, you know, and, you know, the natural intelligence, the body.

You know, if we now combine that with these technologies, the potential is is tremendous. And again, it's not just about saving a tooth, regenerating bone, with stem cells, access all these things where we where we before we thought there's no options.

Now there are options. But really, these are the things that's going to change how we see what's possible. And the impact of that connection. Bath body connection.

Because it I can't say it enough. The connection is, is is so much more than we even realize right now. It's just so much more than we even realize. You were just getting a glimpse of it.

And our bodies are just. I mean, our connection. Every all this is this. Everything is connected to such a higher and deeper level than we even realize right now.

It's exciting. Why? What Ben is talking about? Because biological Dennison is not really considering this at all at this point. And we've been approaching because we've been pushing this ourselves to bring in Stem cells and exosomes and start introducing it orally because it's not being done right now at all, even in biological dentistry.

So because we want to see how we can help patients, heal faster. Right. And, so this is something that we're actually we're going to be introducing 25.

So we're going to be a research facility. A lot of people are looking at us to kind of push the envelope with this and bring it into orally and start helping people with it.

So yeah, we're very excited with with our unique kind of, system that we created with our medical psych medical team, and our, and our demo team, the, with the, with the biological dentists.

And, we have that angle where we're looking at the body through that lens of, you know, as a complete system. When I through with like a revelation and all that, the technology is there.

There's some great technologies our with Weber. With photo by modulations, other kind of lasers, that, you know, vessel technology. This is all Doctor Todd I was talking with the other day, and he's, wants to be involved with creating a model together.

So what we believe is, that if we all working together with all these amazing people, we can actually push the envelope to a whole new level. Only level.

So that's that's what excites me. For me, it's it's the potential is so much, and we're excited. Now we have someone hopefully, Bobby Kennedy can make a change and open up doors more and.

Yeah, take off the handcuffs. Of that that's been on this industry. We're we're able to do as much as we want it to, and you, we're going to Mexico in with to and we have colleagues in Mexico that are doing wonderful things and we that we love in fact, our one of our natural paths.

She has a clinic in Mexico. And so she it's so what we have to just do. Our goal is bring these top leaders together. And we saw this at a forum, and we saw this big room of amazing thought leaders in this and added together, working together, this past weekend.

So it was it's exciting. It's super exciting for us to see what's next. Really. It is it is and I feel it. And I love your

passion and enthusiasm. So let me ask you this.

Let's get some let's get some, like practical, practical. I need some doctoring advice. You are the oral health expert. What's the one action that you would tell every listener that they should absolutely be doing or taking today to improve their overall oral health as part of their longevity?

Living plan? How would you take that? So just basic oral health. Things that we tell patients is, you know, the getting down to basics, you don't want to disrupt the microbiome of the mouth.

Okay. So our oral hygiene wise, we always tell patients we do not want to use any oral mouthwashes on the, you know, on the countertop. There we go. There are guys that have that toxic like.

Yeah, a lot of them, they do kill 99.9% of the bacteria, but we don't want to tell them no. Right. So no mouthwash. Yeah. No swatches okay. And so toothpaste. So yeah.

So what happens when you change the microbiome of the oral cavity that goes to your gut. So people don't realize that. Now you change the microbiome of the gut that causes gut issues.

So we tell people we the over-the-counter mouthwash, is it all right? Coconut oil pulling is amazing. It's how you vetted method has been around for a thousand years.

So we tell patients they can do that, right. People have that, you know, a good hygiene, water picking with, hydrogen peroxide, you know, 2 or 3 times a week.

That is a fantastic idea. If you don't have an awesome machine that you can use, you use that to clean the tissue and around brush, you know, and no fluorides at all in any of the toothpaste.

You know, you have to make sure the toothpaste are super clean. So we can't just. Yeah. You know, I mean, most of the viewers on this podcast are somewhat educated on these basic things, but really, they're the basic things.

You know, first, it's like you get you don't want it. You don't want to introduce more toxicity in our body with what you eat, what you mean, what you know, what you're putting on your skin, what you're putting in your body.

At least let's cut out the toxic load from what we haven't sold. Well, let me ask you this. And I mean, because we're always told to floss. Yeah, for a lot of people, depending on their gum health, when they floss, they could be cutting the gum, and then they could actually be creating more, you know, micro traumas and and openings, if you will, for greater inflammation, inflammatory processes.

So where do we stand with flossing? Do we floss every day multiple times a day? Do we floss only with a water pick? You're a person. How to do the right thing.

You know, you know, at this point, flossing, don't forget. And the other thing is that most of these devices have major microplastics, you know, and, and you're now every day, you know, you're ingesting these microplastics when you're flossing.

So that's another thing to think about. There's a lot of not very good brands, out there. Glide. They're one of the most great. That's the biggest brand out there.

And, you know, a lot of microplastics. And you're utilizing that, it's like putting, you know, you know, the plumber's tape and, it's utilizing the same kind of material, in your body on a daily basis.

There is, there is a place for flies. I mean, there are more natural products to look for. Cocoa floss is a better one brand in the market. But there are, there are.

You have to look for the better brands and look at who have what's what. It's made up. Yeah, but here's the thing.

Better solution. Trying to say, you know what, as far as ortho goes, coconut oil, poly and more importantly, oral hygiene is not the number one thing that actually prevents health issues.

And it's not oral hygiene, right? Most people think and conventional dentist what we say, like what I used to say is, you know, when you see there's bleeding gums, you see, you tell them, oh, you know what, you need to floss more or you need to brush your.

But guess what? That is important. Oral hygiene is important, but it's not top, top on the list. What's top on the list is that oral microbiome. The Sean was talking about what you nutrition your balance internal balance of your all your oral and systemic biome is what's going to give you rock, heart and strength.

So if you have the right mineral balance like vitamin D and T two and all those important minerals and vitamins in your body.

Daily oral care, nutrition, and longevity habits

So like if someone has unhealthy gums in our office, we don't tell them to brush. In class C, we look at your mineral balance. We see it. Nutrients three C is a day low vitamin D, you know, let's see what's going on in their body.

Maybe we have to make an adjustment in what they're eating. We we eat fast. Nutrition is a conversation for every patient that comes in this morning. And so if we actually balance it. Yes.

Right there, even if someone has oral hygiene, they're not going to get cavities. They're not going to have problems. Their gums will be healthy because the oral microbiome is keeping and healthy.

This this is this is something that is known and it's been known for a long time. Wesley Rice, as you probably know about he talks about this in his research many, many years ago in the 30s.

You know, and he saw that if we based on science, the, the tribes that you would visit if their nutrition was not the current Western diet, they had straight teeth, they had no cavities.

They were healthy individuals. And and then as soon as these same tribes, the Western diet was introduced to them, you, they or these next generation was born with rotting teeth, crowded teeth, deformed jaws.

Where there's no room for wisdom teeth, there is, you know, all that all this stuff that West, the Western world we're dealing with, where everyone has to get braces, everyone has to, you know, get get cavities, that this is not normal.

This is that we we come to accept like that. We die at age of 60. We've come to accept that you're, you know, oh, we're going to just hell have dentures.

You know, we can't accept that. We're just going to get cavities and we're going to have to go to the dentist to account. This is something that we cannot accept.

We have to actually look for a better way. And the information is there. We just have to change the system back away. So. So let's do this, gentlemen, because we are right at time.

But I have I have one question I want to ask both of you. But give me this. Give me less than 30s. Give us the most important foods right now that we should be eating more of.

That will really provide a optimal oral health, environment. Best foods for best dental health. I mean, I'm a big health advocate, you know? So, you know, I get up in the morning, I'm doing fine.

I'm by. Actually, my body red light ice flowing through all that. And my diet is the most important thing. I'm on a carnivore diet. So for me, if it's manmade, I don't have it.

Okay? And I basically feed my body everything. This natural organic foods. You know, all kind of meats and, organs and different, and stuff that basically is my micronutrients for my body.

Yeah. And like anything that's clean, I feed my body. They can break down every process, but I don't have anything processed at all. Okay. So that's my plan.

And that's what I talk to patients about. You know, I do not have processed foods because the medicine for your is what you put into it. Right. And so if you're putting toxic materials into your body and you call it a food that in your body is going to become toxic.

I mean, just to add to that, for me, it's also not what you just put it is what you don't put is more important. Yeah. It's the you have to be again. Cut.

Sean said you processed foods. But in addition to that, it's all the price of sugar. You know, the wheat and gluten in, in this country in particular, and conventional dairy.

And the biggest of all is C to us. So for us, as far as nutrition goes, it's get these core things out of your diet first. And then if you want to do some carnivore, great keto great paleo great, you know, there's different ways of going about it.

And yeah, I don't think there's one right way out of all of those, you have to kind of look around and see and try to maybe try different things, but at least you remove the toxics that we just talked about.

All right. Fantastic. So 30s are left for each of you, and then we've got to do, we got to do a wrap up. I want to know your longevity. Living vision.

Ben, tell me, what's your big vision of how you want to be living your longest, healthiest, most vibrant life? To what age? What does that look like? Inspire us?

Well, you know what? It's all these things we talked about the bio hacks, the the technology, you know, the combination of all health and mental health that is great.

But one of the things that we cannot overlook is mental health. And, and one of the biggest toxins in your body is also what are your thoughts in your mind?

We can't overlook that. If we are just doing all these bio hacks and now we're pouring this toxicity on your mind. Every day, which is this negative self-talk that happens with a lot of people, everyone.

So many, we have to address that as well. So for us, it's we want to always be partnering up. If we're looking at the body as a whole, mental spiritual health is so important as well.

We're we're grounding. We're we're, meditating, and we're looking at ways of getting the gut healthy so that also that it improves your mental and well-being at the same time.

Amazing. Sean 30s, can you you're I can yeah. No, that was amazing. I mean, you're right. I mean, I mean, for me, like you said, taking vitamin G like men is all he talks about.

Gratitude is the most reality, you know? So I wake up with gratitude every morning. And I wake up at four in the morning. I biohacking my body, I eat right, so, I spend two hours in the morning on myself to make sure that I can have optimal.

When I come over to my practice, I can talk to. So I walk the walk basically. Right. You know, I don't tell patients to do something when I'm not doing it myself.

And the reason I'm doing it, I have three children. I have a beautiful wife that I love, and I want to be there for them

a long, long time. And I want to be working in our wellness center for a long, long time helping patients.

So if I want to do that, I have to walk the walk first, you know, so my own body in mind to make sure I can do that for the long term. I love it, I love it, Ben and Sean Javid, the co-founders of Smile Body.

There will be links in the show notes of where you can find out more about these incredible visionaries. And listen, we have broken it down today. But yes, your mouth does matter not only what you put into it, but what you don't put into it.

It is our mouth, our minds, our bodies. Because getting if we are here to live a radical life of super longevity, it does begin in how well we are living right now, in this moment today.

So as we close, I inspire you, I empower you, I invite you to staple, to stay curious and go foster your own enhanced state of aliveness today. Thanks for tuning in.

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

Each day is a new opportunity to make choices that empower your well-being. For more insights and strategies, subscribe to our podcast and visit our website w WW dot doctor talks.com.

Stay connected, stay healthy and join us next time on Doctor Talks. Real talks from real doctors on the issues that matter to you most.