Why Your Dental Products Are Slowly Killing You Transcript

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Introduction and Guest Background

Welcome back to the conversation. We're talking all about mitochondria and how to boost up your energy. Today, I have a very special guest and a sponsor of this summit, Trina Felber.

Welcome to the show, Trina. Thank you. I'm so glad to mouth off with you. I love your play on words. You are the founder and CEO of Primal Life Organics and it's all about the mouth.

Everything that you do. We have a special connection. You are a registered nurse. I am a registered nurse and a nurse practitioner. So my heart is always with the nurses who go out there and do big things with their life.

And you sure have because you disrupted the beauty industry. You exposed the hyper toxic personal care products that are it really poisoning our bodies by Big Cosmo.

And you started a natural dental and skin care company way back in 2008. You're the bestselling author of Beauty's Dirty Secret. You've been featured all over the place on Dr.

Oz Paleo magazine, ABC, CBS, NBC, Fox Affiliates, hundreds of podcasts worldwide. I think you even have your own podcast. And you you are, you know all about healthy oral care, dental products that don't make us sick.

And so we're going to talk about that today and we're going to talk about why that's so important to mitochondria. So welcome. Welcome. We're so happy to have you here.

Thank you. That's a mouthful. That was really great. And yeah, you know what? I always say that this is how I do my nursing care now and you can say this, we're still nurses.

Nurses care. We really do care. Sometimes we don't have time when we're hands on to really focus and care. Sometimes it feels that way. But now this is how I do it.

I put my nursing care into every product that I make. I love it. I love it. So let's connect real quick. Why we're bringing on an oral care company and an oral care specialist into a mitochondria energy summit.

So this is really critical. There's a couple of big points we want to make here, but why don't you start us off with letting us know why this is so relevant to the conversation?

Mitochondria is the powerhouse of the solid star energy, and if you're flooding your body with poisons and toxins and a lot of that happens through the gateway of the mouth, your mouth is the gateway to overall health.

I heard the expression, you know, good health starts inside the mouth. And what I tell people is that's either true or it's it's either true that good health starts inside your mouth or it might be where health ends for you.

Why Oral Health Matters for Mitochondria

Because if your mouth is not healthy, the rest of your body is probably not healthy either. The bacteria inside the mouth, if it's not a healthy, thriving bacteria, just like the microbiome in the gut, then you are open to bacteria entering through bacteria, pathogens, fungus, all sorts of things entering through your gum to and then traveling throughout your body, including to your brain, your heart.

You know, infertility is directly related, pre-term labor directly related to oral health. So it is the cornerstone of health. I always say, and I've always said even before I went into functional medicine, at least I knew this back when I was working in the Western world, that your mouth is a doorway for infection into your body and if your oral

health isn't in good shape, then the rest of your body is also probably not in good shape, which is literally what you just said.

100%. I remember as a nurse taking care of a patient, it was just not a regular unit. And this it was a young woman and I felt so bad for our young woman.

She was in her late twenties and no one could figure out what was wrong with her. But she sounded like a wild animal in the room. We, you know, it was hard to take care of her.

She was neurologically not okay and just in so much pain. And it took us about two weeks before someone had the bright idea of having a dentist come in and look inside her mouth.

He found an abscess and he treated the abscess. And the woman was fine after that, that infection was getting into her brain and her neurological system, and it started inside her mouth.

That's how important it is. That's unbelievable. Well, yeah. So let's unpack this, because our dental products are slowly killing us. It is true. I mean, we're having a lot of discussions on this summit about toxins in our environment and the products that are, you know, that we're using twice a day to brush our teeth, mouthwash, all these things that are maybe are not such a bright idea, especially mouthwash.

We can get into that nitric oxide, but tell us why our dental products are so harmful to us. Most of the dental products on the market are stripping and sterilizing your mouth, and that's not okay.

Think about when you take an antibiotic for one or two weeks and what happens to your your gut, you end up with diarrhea, you know, constipation or upset stomach.

And it's because it's killing off not just the bad bacteria or whatever's causing the infection or the problem, but it's also killing off the good stuff, too.

So it takes a little while for you to rebuild that good bacteria. You might have to take probiotics and things like that. Well, the same thing happens inside the mouth with the dental products on the market. First of all, they're acidic.

Most of them are acidic by nature. And they're killing not just the bad stuff, but the good stuff. And when you're brushing with that twice a day, it's like taking an antibiotic and swishing with it inside your mouth twice a day and hoping that your your mouth or your gut is going to be healthy.

On top of that, studies have shown there was a study that they did about triclosan, which was a common ingredient. It's in a lot of things, but it's also it's also been found in dental products, mouthwashes and toothpaste and what they discovered was that the minute amount that gets swallowed when you're not trying to swallow your toothpaste, this wasn't people's toothpaste on purpose.

How Dental Products Harm the Mouth

This was the minute amount that gets swallowed has was disrupting and causing dysbiosis or an imbalance in the gut bacteria. They weren't even studying.

So, you know, it's common sense to think that if that might be causing dysbiosis in the gut, it's destroying the bacteria inside the mouth. When you sterilize the bacteria inside the mouth or you get rid of it, you're not able to fight the the things that you're supposed to fight.

You're not able to produce nitric oxide the way that you should be producing nitric oxide. And I know we want to dove into nitric oxide, but that is one of the key components to health inside the body.

And it's a key component is that it has to you have to have the right bacteria inside the mouth, the gut and the saliva. Those are the three pathways to make.

And produce your own nitric oxide. And nitric oxide is critical for your heart, your cardiovascular system working. And we're going to bring speakers on here to talk about nitric oxide because it is so critical.

And and they're going to be teaching our viewers that you better stop using mouthwash. This is one of the big killers of your ability to produce this.

And, you know, I feel like the mouthwash campaigns on advertising is I mean, I always felt guilty. So true story. I have never been a mouthwash user. I absolutely hate mouthwash.

My body is repulsed by it. I never wanted to use it. Perhaps if my body was wiser, you know, than than what? I was getting hit with an advertising. But I always felt bad that I didn't use it and felt like I was doing something wrong or like I wasn't clean.

Yeah, your stop. You were ahead of the game, and I never liked mouthwash either. Like, it was not. It wasn't good for me. For whatever reason. I didn't like the sensation it left my mouth with.

But yeah, mouthwash is really the key. And not just mouthwash, but the toothpaste as well. If you're not using the right product and I can go into what the three key ingredients that I feel are important for healthy and healthy toothpaste product, the three, the okay.

So the three key ingredients, it's easier than telling you what not to get these. So if you're if these three things aren't in there and these really are the only three things that you need to find in your toothpaste or tooth powder because powders. Great.

I make a lot of tooth powder. We sell that more than paste Blue Knot. But, you know, these three things need to be a part of your dental program. Let me start with you don't really need to brush your teeth to clean them.

You know, that's what we're being sold. We're being told that, you know, you have to sterilize your mouth. You have to brush your teeth twice a day to clean your teeth.

In reality, your saliva does that. And if you're eating the right foods, your mouth will self clean, it will self wash, the saliva will get rid of the bacteria.

That's it's hard to get rid of the bacteria or the product, the food that ends up between your teeth. But in reality, your mouth will self clean. So you don't really need to clean your mouth by brushing your teeth.

What you do want to do is you want eyes, your mouth, so the products that you're using should be alkaline. And this, you know, the basis for this is the same reason that people have been able to cure themselves of cancer.

Cancer cells, just like the bacteria inside your mouth, creates an acidic environment so it can thrive. If you are exposed or you're exposing those cells to an alkaline environment, they die.

They can't survive. Same thing inside your mouth. The products on the market increase the acid level inside your mouth, which will just help the bad bacteria grow and flourish.

But if you are brushing with something that's alkaline literally can destroy that bacteria very quickly inside your mouth. So it has to be alkaline. The number one ingredient that I tell people to look for is baking soda, baking salt.

As you know, it's edible, it's in food and it will make the product alkaline. And so that's my favorite ingredient. The second thing is a host of minerals.

Your teeth, loose minerals consists entirely throughout the day.

Key Ingredients for Healthy Toothpaste

Every time you eat something that's acidic, almost everything we I mean, I would say almost everything except for vegetables and some fruits. So if you're eating red meat, drinking coffee, wine, tea, processed foods, anything that's really not a vegetable, it'd be more acidic by nature.

So every time you're brush or you're eating those types of foods, your minerals are leaving your teeth, leaving you with holes and pits in your teeth and your saliva is supposed to be able to put those minerals back in.

But because most of the glass are mineral depleted, then your saliva is mineral depleted as well. So you're not really able to keep up with that. And if you're using products that are keeping you in an acidic environment, your mouth acidic, there's no way that the minerals are going to go in because it has to be alkaline and your saliva is not really alkaline, it's neutral.

So it's not going to be able to neutralize the acids after you eat all the acidic foods or drinks. So you want to be able to read minerals, criminalize your teeth.

The best ingredients hydroxy apatite is the new like the new fluoride. It's the better fluoride hydroxy apatite is calcium and phosphate phosphate and that is the primary makeup of the enamel.

In fact, your enamel is actually Roxy Apatite, so using hydroxy apatite in the nano form, it has to be in a nano form in the dental products, otherwise it'll be too big to fill in the pits or replace those minerals in your teeth.

The other component I just read this, this is so interesting. Nexium, the magnesium ion is a must. It is the key component besides the calcium and phos, what happens with magnesium?

As I'm reading these these new research articles that are coming out is that magnesium actually activates the hydroxide, the hydroxide, the appetite or the calcium in force and creates this hardening effect of the calcium and fast.

So I've always wondered why my dental products work really effectively at creating a really hard enamel. And it's because I don't just offer calcium and phos, I offer magnesium other ions through clay.

So clay is the other ingredient to look for. Bentonite is widely used. I use a blend of bentonite, kaolin, French, green for different reasons. They all have minerals, but they all do other things and that encompasses all the minerals because your teeth have primarily calcium and fast magnesium.

I know now is a key component to hard enamel, but the other, you know, it also has some manganese and silica and you have to replace that the the mineral that was lost.

So if you lose a manganese, you can't replace it with the calcium that will be a hole in your tooth until you replace it with silica or whatever that iron that mineral is.

So calcium or the hydroxy apatite and clay is extremely important for the re mineralization. But the third component is it has detox your mouth. If it's not pulling things out of the tissues and I'm talking your tongue, your soft tissues of your palate and your gum tissue, you are going to those those toxins impure, these heavy metals.

That's I think that's probably one of the primary ways heavy metals gets into our body, will get in through your gum tissue into the bloodstream because your gum tissue is highly vascular.

So using clay has a double whammy. Not only is it going to be, not only is it going to help to replace the minerals that you're losing, but it's also going to pull those impurities, those toxins out of the tissues of your mouth, making your gum tissue so much easier to repair if you do have gum recession or bleeding gums or things like that.

And if you do have that, that's that is a gateway into the internal environment. So three really important points here that you just said that I just want to reiterate.

So instead of looking at what's not in your toothpaste, look what is in your toothpaste, focus on that first. So baking soda for alkalinity, you want minerals and you want clay.

Know, I've heard you say that you actually can repair cavities without drilling and filling the drill. Fill bill. So let's talk about that. So you also mentioned you can reverse gum recession.

I want to talk about gums, too, but can we talk about cavities really quick just because we're on this topic of the actual brushing the teeth? So how does one solve a cavity without drilling?

Yeah, and it comes down to the environment. Inside the mouth cavity are formed when there is acid inside the mouth, sugar, you know, from fruits, from foods, natural sugar or any, any sugar is going to feed the bacteria that then causes both cavities and gum disease.

So you want to limit sugar, but you also need to keep your mouth more alkaline. And then, you know, what I usually say is if you're using the right products, which are alkaline by nature and have the minerals in them, your saliva, which is really it's the secretion I was talking about.

Saliva is a secretion no one's talking about. And it's probably the key component to help. If you're saliva is able to do what it's supposed to do, it will protect you 24 seven from not just losing minerals and neutralizing those in your mouth, but it is it does have proteins.

That is where digestion starts as mammals. Humans are the only mammals that actually have digestive enzymes in their saliva. But if your mouth is acidic, those enzymes don't work quite as well inside the mouth, so digestion really can't start inside the mouth.

It also has an eye microbial, antibacterial antiviral properties to it.

Healing Cavities and Gum Disease Naturally

If your saliva is not functioning right, then you're swallowing all of those active antigens, which then can, you know, either get into your gum tissue or your digestive system and make you sick and cause more inflammation.

It's all about the inflammation inside the body, as you know, that will then create the pathway for disease happen. So creating that wildness inside the mouth with the right products is definitely, definitely going to make a big change and cavities.

Let me go back to that. Yeah, sorry. So it's all about the environment switching from and a city here man getting rid of the wrong ingredients allows your saliva to function to protect you.

24 seven But also a cavity is a loss of minerals. And if you are brushing with the right product, you are able to then create the ability for minerals to go back into the teeth.

I usually tell people if there's no pain and no infection, you do have the ability to heal that cavity. If you make some changes, if they're pain or infection, I would suggest doing what your dentist recommends because, you know, that's a cavity that's further along. But my story is that my daughter at the age of two had a cavity, a tooth come in, a molar, come in with a natural cavity.

And I didn't even know that was a thing. And he told me that, told me that the tooth would need to be pulled within a year and that we would put a temporary filling in it.

Since she's two and the filling, the temporary filling would last 2 to 3 months, every time the filling falls out will decide is now the time to pull the tooth.

And when I was leaving the dentist office, he said he knew I was upset. You know, every tooth is connected to an organ through a meridian, which is a channel.

It's a communication pathway and I said he said, don't worry, mom, we put a temporary filling in it. Now we just hope for the best. And I thought there there is no way, no hope for my son. Okay.

I'm going to go figure out how I get this tooth to one day, one year and one day. And that's how I developed my dental program. I found Dr. Weston a price.

He was a dentist in the early 1900s, discovered the link between sugar and cavities and, you know, basically presented it to the ADA that if we limit sugar and we create this right environment inside the mouth, we can prevent cavities.

And of course, you know, we know where that went. And he was shut down and all his research was kind of hidden. But I found him and that's how I how I basically formulated all of my dental program, my dental products and my daughter's tooth fell out naturally at the age of 12.

And that original filling that was supposed to last two months was still in place. Her tooth had mineralized over that filling to protect it from bacteria via and infection.

And that original filling was still in place and we had no problems with that. So it lasted ten years. That tooth filling lasted ten years. Wow, that's insane.

That's amazing. And you know, back to that Weston Weston Price comment that his work was hidden. And, you know, what came up when you said that was a lot of really good work in the world is hidden because it's counter it counteracts what big food big pharma is selling us.

Big dental. Yeah, big. Dental. Dental as well. The Cosmo, all of them. Yep. And so summits like this, you are getting the truth, you are getting resources.

So I applaud those of you watching right now and really seeking and looking for your own solutions and information, because this is a format that we can bring all that information to you.

And it's not censored by media. So, so good. All right, Trina, I want to make sure that we talk about some different therapies that you offer that can really support, like red light therapy for the mouth.

And I want to talk about your, you know, your dental packages that you have for people who want to get started with this. So real quick, can you just talk about about gum recession and how we solve that?

How do we reverse that? And why is gum recession so, so dangerous, so bad for us? Yeah, gum recession, it it's when the gum the initial part is when the gum tissue pulls away.

I have props. So, you know, people can see this a little bit and you can see what I'm talking about. As you know, these are healthy gums. And then as the gum tissue starts to get more red, more red, you can end up with periodontal disease or disease that actually affects the root of the tooth going all the way down into the bone of the tooth.

And then that's where it's really severe. Not only is it dangerous to that local tissue, but you also get that information that enters the bloodstream.

And then that's why it's linked to heart disease and Alzheimer's. And, you know, all of those inflammatory diabetes, all of those problems that we've you know, I'm sure you've talked about in other ways, but I directly connected.

What it's really important to know is that just like cavities are reversible, like this blew my mind when I went to the ADA website. I've tried to find it.

I don't even know if it's on there anymore. I found that they they even say on the web website or they used to I don't know if they still do. Cavities and gum disease are 100% preventable.

And that makes me angry because almost every adult has at least one cavity and is struggling with gum disease. We don't really know it. It starts in our IS and by the time you're in your forties, you're like, wait, what's this?

So it's really frustrating that even the ADA says that it's 100% preventable, yet we're not preventing it with any and in any means in the normal consumer products. So.

You know, sorry, but I just have to interrupt here. Prevention is considered. Get your teeth cleaned by a hygienist every six months and floss. That is the western way to prevent the western way is not talking about minerals is not talking about clay, is not talking about an acidic versus an alkaline environment.

Well, yeah, 100%. And they send you home with the wrong products. I mean, it's not it's not even just about what to do.

Red Light Therapy for Oral Health

But they send you home with the products that are going to cause you to come back in six months and need a filling. And that was the plan. That was way back when they met.

Dr. Weston Price was pretty much kicked off the ADA. They said, No, we want people to come twice a year. We're going to switch it from one year, once a year to twice a year, and we're going to put sugar.

That's when they started putting sugar in in toothpaste so that people could would need to come in every six months. And they would have a reason to be to need to come in every six months.

So gum disease and cavities are both preventable, but they're also treatable. But it's all about the environment. So the same thing I said about cavities, you change the environment from an acidic environment.

And, you know, it's not like you can stop eating those acidic foods, but there are things that you can stop doing that will allow your body to be able to compensate for that.

And the same thing with gum, gum recession and gum disease. It's all about making just a couple changes with some of the things that you're using, maybe changing your diet a little bit as well, maybe swishing your mouth after you eat or drink something with some water.

But for the most part, it's swapping out some products. It's not that hard. You're not really going to be spending hours in the bathroom. It's really just buying out what you're using and buying.

You're buying toothpaste anyway. You're buying dental products anyway. How about buy ones that aren't causing a problem? And then you also have some extra gadgets.

So in the time we have left, I want to talk about red light or light therapy or it's blue light. You're blue light and red light. So this is my mouthpiece device that I developed and it has both red light and it has blue light and it has a combination setting that you can do both red and blue.

So let me walk you through what this is. This along with a gel peroxides another. No, no. It's going to destroy your gum tissue. It's it's harsh. And it's also going to kill your good bacteria so that the gel that I created has all the same things that I talked about with the tooth powder.

It's alkaline has minerals. You're going to be restoring those minerals while you're doing it. It's alkaline, all those good things. But the blue light Harvard did a study.

This is amazing. This is, you know, blows my mind. People don't know this. Harvard did a study and the bacteria inside the mouth that causes all those issues.

Little thing in it. I always say it's like a little hymn, but it's a little portion to it that when it is exposed to the right blue

light, which this is, it explodes.

And when that piece explodes, the bacteria literally explodes or implodes and dies. And so imagine putting this inside your mouth. Whenever I do this, I always think, Oh, God, I think of all that bacteria that's just dying inside my mouth.

It's really gross. But it's true. What's really cool about light therapy is it penetrates tissue. So not only are you getting the surface area, but you're actually able to possibly get the bacteria that might be in the pockets or between the gum tissue.

So you're not just affecting the surface level of the gums, it's actually penetrating. So this is really going to help destroy the bacteria, set you up for healthy bacteria inside the mouth with the blue light, the red light, and then go to the red, the red light.

You know, I know Ari Witten is the big red light guy. And he he just loved this. The red light therapy inside the mouth. That's the same thing that red light therapy on the skin does to the skin.

It increases blood flow, it reduces inflammation and it increases collagen production. All three of those things are the root causes of gum disease. When you have inflammation and you have reduced blood flow and you have reduced collagen, you're going to get inflammation and you're going to end up with a broken, you know, broken system.

Your gum tissue is going to wear down. And all those pathogens, it's leaky gum syndrome, just like leaky gut. And the brain usually starts with leaky gum syndrome inside your mouth, red light therapy is going to increase blood flow, reduce the inflammation, and then increase collagen.

So again, the red light is going to penetrate, get into the pockets, get between the teeth, possibly even affect the, you know, depending on the depth effect, the bone, which is extremely important because obviously you need collagen and things like that.

So red light therapy, 20 minutes. I've worked with a couple biological dentists that have used this advice or their patients have used this device and they always comment that they can tell the ones that do it because their gum tissue heals so quickly.

So it's really not it's a matter of stopping the process first for what's causing cavities and gum disease, which is typically acids in bacteria. And then changing that bacteria or changing that environment to a healthy environment so that healing can begin.

This is so critical. You know, as you're talking about this, what's going through my mind right now is the huge amount. And I think of my grandparents and I think about how much money they spent on their mouth and trying to solve their their dental and gum problems and seeing a periodontist.

And I'm thinking about the huge, you know, billion dollar, multibillion dollar industry that dentistry is and periodontist work is. And the oral surgeons that get involved to solve all the infections and problems that occur in the mouth and this sounds like a super economical way.

This is like my where my brain is going. It sounds like a super economical way for people not to have those big dental. I mean, I know people here. I live in San Diego.

They go to Tijuana, Mexico to have dental work done because it's so expensive and it's not always covered. Or maybe they don't have an insurance plan that covers it.

And this sounds like a super economical way to have good oral health and prevent all those big dental bills. I mean. Yeah, I mean, this is a one an NGO through the summit.

You know, everyone gets to the opportunity to purchase this at 60% off.

Dental Detox Kit and Getting Started

So there's an even better savings there. But like you're talking about long term, not only is this going to help with your gum tissue and the bacteria, but the way that I formulated the gel is going to help put those minerals, you know, minerals back in your teeth form that hard enamel when your teeth are, when your enamel is thicker, your teeth are warmer and they're cavity resistant.

So it's not just going to help with the gum tissue. We sell it as a teeth whitening system because that's what really people want. But it does all these other things on the back end and whitening your teeth is one of the things it does.

Because first of all, the bacteria that causes cavities is yellow. So if you have plaque or bacteria on your teeth, it's going to look dingy anyway. So it's going to help get rid of that, but it's also going to strengthen and thicken the enamel so that it's it's thicker, it's whiter.

Be nice if you're in your dentin. And the dentin is off color and opaque or it's off color, it's like usually bluish or grayish. And as we get older, we don't even realize that our enamel is getting so thin that you see the dentin beneath it.

So you need to rebuild the enamel. What peroxide does the way that peroxide whitens the teeth is that it pulls the moisture out of the dentin layer of the tooth, which is the infrastructure of the tooth.

And when when you dehydrate, this is the dentin, the blue layer is the dentin. When you pop out of that infrastructure, that's what supporting the tooth you've just made your whole infrastructure which is weaker.

So you're going to be more prone to tooth fractures and things like that as well. Well, so we'll have clickable links on the summit where you can go to Primal Life Organics.

You can also go to Laura from TerraCom, go to our Trusted Partners page, and you'll find primal life right on top there. Also can you show us in the few minutes that we have left, I know you have a kit that if people just want to get started with criminalizing their teeth and taking good care of their mouth if they're not ready to go the full light therapy route, what do you have?

What do you recommend? Yeah, I always got asked. What what do I start with? How do I start? So we put together this amazing little kit. It's called it's with the lighting.

It's hard to see, but the dental detox kit and it's a 60 day supply of everything you need. So it's a little tool kit and it's got everything that you need.

So don't use anything else when you're using this. At least give it 60 days to see how it how it transforms your oral health. It has a morning and nighttime tooth powder a usually start people with tooth powder we make a paste if you want to convert to paste afterwards great go for it.

But initially powder is paste without water, so it's more concentrated. I really want to get you healing faster. Getting those minerals in your teeth.

The bacteria were transformed, so the powder is a morning and night time. The only difference is that the black formula at night has charcoal added to our formula.

The charcoal is going to help with whitening a little bit more, but it also is going to help detox your mouth a little bit more while you're sleeping.

You get a copper tongue scraper. If you haven't scraped your tongue, you're in for you're missing out on a lot. The bacteria that lives on your tongue is creating more acid, which is supporting the bacteria you don't want.

So scraping your tongue, like with it takes 3 seconds, 10 seconds, you know, once or twice a day is going to help speed you along faster are gumdrops replace mouthwash these go directly on your gum tissue put a little drop on your finger put it right on your gum tissue.

It's going to help support good bacteria, reduce inflammation. People love these. They help transform the gums. Very quickly, a toothbrush. This is a bamboo toothbrush with charcoal activated charcoal in the bristles and then floss picks that are plant based.

The floss picks are going to obviously be what you want to floss with morning and night to get rid of the the leftover food between your teeth. And I do.

It comes with our protocol. I have a protocol on when to use and how to use everything. So oral we call it our oral wellness program that you'll get that in the kit as well.

So good. Now our audience is really interested in improving their energy production.

Oral Health, Nitric Oxide, and Energy Production

They're here to learn all about mitochondria. We brought you here because, like we said, your mouth is a doorway for infection into your body. Infections are one of the stealthy ways that your mitochondria function declines, and if you aren't addressing oral health, then you're going to have a longer road to mitochondria recovery.

There is an absolute direct link there. You know, people are really good about taking their supplements, about, you know, they're learning all about how to positively stress their bodies with with, you know, heat therapy and cold therapy and, you know, nutrients and exercise and all these things.

And don't leave out the oral care piece because it is so imperative. It's so critical. Absolutely. And like we touched on, I know you going to have a specialist on talking about nitric oxide.

It's imperative when you talk about nitric oxide as a nurse, we both know how do you treat someone with a myocardial infection or infarction, which is nitroglycerin?

Yeah, nitro. Right. Because what does it do? It takes the blood vessels from eyes and dilates it because you want to increase blood flow, you've got to get oxygen to that myocardium.

Otherwise you're going to end up with damaged a damaged heart. So the same thing like for energy, everything you're dependent on nitrogen, nitric oxide, production.

If your mouth isn't healthy, you aren't going to be producing enough of it to maintain energy, immune support, heart health and fertility. You know, infertility, it's all directly related to blood flow and then increase in blood flow also increase his nutrient delivery.

So that's going to speed healing with anything you've got going on to any organ. And then you're also increasing the detoxification process because if you don't have blood flow, you've got junk that's, you know, in your tissues clogging your tissues that you can't get rid of.

And it's just going to sit there and sludge things up. But if you increase blood flow, you'll increase the ability to get rid of those, get that that toxic sludge moving so that your body can detox that through the pathways that you have, through your breath, through your sweat, through your, you know, gut, and also through your urination.

So good. Thank you so much, Treena, for, you know, your dedication. I love the way that you've shifted your nursing heart and care into really focusing on oral care and putting that nursing love into all of your products.

You are making a huge difference on the planet. I am honored to call you my friend and to know you personally as well. So thank you so much for being a contribution here.

Awesome. And I wouldn't have missed this for the world. I love this. I love what you guys are doing. So thank you so much for having me on. Yes, it's such a pleasure.

We'll take good care of everyone until next time by know.