



Transcript of “Nadine Artemis: Holistic Dentistry, Root Canal Dangers & Benefits of Essential Oils - #248”

Bulletproof Radio podcast #248

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Dave: Hi, everyone. It's Dave Asprey with Bulletproof Radio. Today's Cool Fact of the Day is that you may think women are complaining about nothing when they talk about smells. New research shows that women actually smell better than men do. This could affect women's emotional associations and their emotions. It's probably because women have 50% more neurons in the olfactory bulbs of their brains than us men do. We don't really know why but you could guess that it has to do with the way women pick mates for reproduction. The guy has to smell compatible so you'd have to have good smell receptors in order to do that. It's kind of cool.

If you haven't had a chance yet to check out the Zen Tech filters that we make, I'd love it if you took a second and looked at the iPhone or computer that you're probably listening to this on and realize that if you look at that at night, it's affecting your sleep quality. The Zen Tech filter filters out only the narrowest spectrum of blue light that's most impactful so you can still use it during the day. I've had the thing on my phone for a long time so when I set the alarm at night, the phone isn't going to take me out of my melatonin zone. Zen Tech filters on the Bulletproof site, do check it out and support the show. Thank you.

Today's guest is best known for being the co-creator of Living Libations, which is a line of serums and essential oils that you can use on your skin. She is the author of a couple of books, including the recent one that I really enjoyed called *Holistic Dental Care: The Complete Guide to Healthy Teeth and Gums*. Now, some of you may read like Tom Clancy or something. I'm telling you, I don't read that kind of stuff. Actually, I do sometimes. This is a really good book and I do read that kind of book with regular frequency because it's really neat. There's a lot of good stuff in the book which is why I asked Nadine on the show.

I also think that there's something to be said for essential oils and I really don't understand how to use essential oils as sort of truth

disclaimer here. I have lots of them. People will give me their very best ones and then I smell them but I'm not really sure what's going on there. So I have room to go there.

She's also a frequent commentator and like The New York Times, The National Post, Hollywood Reporter, and all over the place. Alanis Morissette called her a true-sense visionary. Nadine Artemis, welcome to the show.

Nadine: Thank you so much.

Dave: Now, give me your story. You've been doing this health and beauty thing since you were 18. How did that come about?

Nadine: It's hard to say where it all began. I feel like it began earlier. I had a lot of exploration in nature, and in grade 9, I found a book in the library on recreating cosmetics naturally. For the science fair project at that time, I recreated L'Air du Temps using essential oils. Because in that book I found out that perfumes, I was obsessed with them at that time, but they're all the commercial stuff, that they actually came from plants. It went into the ancient Egyptian cosmology of it all and that was fascinating to me because also my great grandfather used to be the president of the London Egyptology Society who would go on archaeological digs so we had all these Egyptian paintings. I was fascinated. It was sort of my first hit.

Then it faded a bit but back when I was 18, as you and I were just talking about, I was reading some health books on food. From that moment forward, I realized that the whole structure of the supermarket was fake, and then metals led me to believe and understand that the whole structure of body care was completely fake and that all of my, I was so excited about the body shop then because it was just newly invented and then I realized there's no pineapple in the face wash and no cucumber in the face toner, so I started making my own food and my own cosmetics.

Then by 22, after I graduated, I opened up North America's first full concept aromatherapy store. I had all my distillers from all over the

world that I would get essential oils from. I realized this is a quality that's available that wasn't around in health food stores at that time. I did that for a long time and I just formulated tons of products. Then when I was about 22, I was starting to really getting into oral care and dentistry because I found there's a lot of alternative stuff for the body. I found that alternative dentistry, there was a big gap. Maybe you could learn about that hazards of mercury but there wasn't a lot out there. Then I started formulating some oral care products, just mainly testing them on myself and friends and then deeply going in into oral care after that. Instantly we have a huge line of oral care products with ozonated gel and really fancy botanical extracts. Later, they called them botanical biotics.

What's so fascinating now is to go into all the research about the mouth's microbiome, is that what we're finding is that we're getting scientific studies that are now confirming that why everybody had been using these botanical biotics for thousands of years, because they're confirming that things like neem, tea tree, frankincense, oregano, cardamom, cloves, cinnamon, all those classic ones for oral care. What they're finding now is that they are awesome at inhibiting quorum sensing, which is how pathogens communicate in the mouth or all over the body so the essential oils are able to clean up the pathogens, penetrate biofilms, but not be these indiscriminate assassins that antibiotics are.

Dave: You really got into some of the nuances of what essential oils can do and you talked about something else really important there, which is that you're one of the few people I've seen at a commercial level selling ozonated anything. Let's talk about ozone first and let's talk about essential oils because the effects on the microbiome are really important for both of those things. First, talk about ozone, what your ozonating, and why someone want to put that in their mouth.

Nadine: Ozone is amazing. It was invented by, it was Tesla, of course. His inventions are like they're so huge. You know what I mean? He put oxygen through olive oil which just seems so different from everything else he created. He was the first to do that. Then a lot of naturopaths at that time we're putting it into their practice. What we're doing now is

we're ozonating our healthy gum drop formula. We ozonated not only the oil that we do, jojoba, olive oil. Then we also ozonate along with it, the seabuckthorn, the rose otto, the peppermint, so it's very powerful. What ozone does, too, is it seems to act like there's some beneficial things out there like hydrogen peroxide, salt, baking soda, ozone, the essential oils. They're all able to clean up but not destroy the whole microbiome.

I really feel like it's these kind of botanical biotics again, or natural substances that are so important right now because of things like antibiotic resistance and because of things like antibiotics not being able to penetrate biofilms. What we need in our mouth is breathability and oxygen being in there. Then, when we have things in our mouth which are pathogenic like an old root canal, which we can talk about. There's definitely things in our mouth that fester and breed bacteria, and ozone is able to go in there and clean up. A lot of dentists will inject sites that they just worked on with ozone as well. It's very regenerative.

Dave: It sounds hard to believe for most people listening here who probably haven't heard about ozone in the mouth. We've talked about ozone with Dr. Rowen who's actually using it for ebola, like intravenous ozone. I actually did some intravenous ozone 3 days ago with Robyn Benson in Santa Fe. You can do things in your mouth that are crazy. I, this is many years ago, every night was drinking a bunch of magnesium citrate, that natural calmness as hot acidic drink it turns out and I drink it after I brush my teeth. Because it's like it's a sleep thing, I drink it before bed. I dissolved mostly enamel in my mouth that way and didn't really know it.

I went to the dentist, a traditional dentist, and they basically said, "Oh, you're gonna have to have, like, bridges everywhere. It's going to be four appointments of four hours a piece. We're gonna basically rip your whole mouth out and give you a new one." I'm like, "Good thing I run the Silicon Valley Health Institute, this anti-aging thing." I went to a resident dentist who, unfortunately, since passed away but he was one of the pioneers of ozone dentistry, same as Dr. Gallagher. He looks at me and goes, "Oh, yeah. Problem here." He ozonates you, like injects ozone around all of my teeth. Basically, has me rinse my mouth out, it was

ozoned to sterilize it. Then he says, "Great. Now, go home and brush with this for a week." It was something called remineralization paste. Magically, like \$30,000 worth of fake teeth disappeared with a \$20 tube of paste and like \$0.01 worth of ozone. That is how powerful this stuff is and literally my teeth are fine to this day.

Nadine: It was amazing and it's not.

Dave: It's amazing if you don't know that this is possible. One of the reasons I wanted to have you on the show is to talk more about that. I think we've had a Dr. Jennings who does jaw alignment but doesn't do ozone, so he wasn't able to talk about that. You're putting ozone in oil which is just something different than injecting the gas but what is ozone really doing in your mouth? Walk me through the steps here.

Nadine: It can regenerate, so you're getting new cell growth where you want it. I think the main thing, too, what we skipped over because everything that's going on with modern dentistry is about killing, this sort of periodontal scorched earth policy on the mouth's microbiome. You've got the really heavy duty mouth rinses, the toothpaste with triclosan and sodium lauryl sulfate, and all these chemicals. Then we're masticating meals with glyphosates and pesticides, so our mouths are like this microcosm for the whole, everything was going on with the world right now and our microbiomes are literally off-balance, like the soil of our mouth, just like the soil of our guts, are so out of whack. Ozone can come in, help regenerate, and then also clean up because what's happening, because we're missing microbes.

I'm sure you've read Dr. Martin Blaser's work. He has a book, Missing Microbes. He talks a lot about the guts and then how things get out of whack is because the microbes are actually missing some of their ancestral bacterial buddies. Every mouth has streptococcus mutans. It just depends if it's out of control or not. That's the cavity-causing bacteria. What they now understand from research of the human microbiome, which is really revolutionary, is that streptococcus mutans is a bit out of control because it's missing its bacterial buddies that would keep it under control. This is because of everything we're killing off all the healthy microbes through our regular oral care practices and

because of our diet. Something like ozone can come in and clean up the pathogens but still keep all the friendly bacteria active and healthy and proliferating.

Dave: What about hydrogen peroxide? Hydrogen peroxide and ozone are similar. If you're not a biochemist, for people listening, the difference is that hydrogen peroxide is H₂O₂, and so it's got this extra oxygen floating around and ozone is O₃, with an extra oxygen floating around. They both have free oxygen. What's the difference? If you're going to put one or the other in your mouth or somewhere in your body, why wouldn't people just use hydrogen peroxide which you can buy for \$2 at the drugstore.

Nadine: That's a good question. I feel like I'm always the one to do more. I feel like more is merrier. Hydrogen peroxide is also amazing but again you have to use that carefully because it can be quite astringent and you would want to use it actually at a diluted rate of 1%. It is really good. It's a natural whitener. It's not something I recommend to do everyday, though, because it can pull back the gums a bit from the astringent reaction. We want to keep our gums really healthy and around each tooth. I recommend doing it once a month, maybe once a week, if you're trying to get the teeth whiter.

A really neat thing that you can do at home is just take like a teaspoon of your diluted 1% hydrogen peroxide and then put a teaspoon of baking soda. Those are loose measurements. You mix up together and you let it evaporate. Just leave it in a jar and leave it open. It'll evaporate in a few hours. Then you have a dry, very potent, sort of baking soda powder and then you brush your teeth. I like to use two types of toothbrushes: a manual and a round-headed electric, just really inexpensive \$25 one. Because the round head can get back further and then you're not really focusing on the gums, just going to focus on the teeth.

Then you will polish them. I think it like the janitor that would do the high school gym floors. You're just looking at this as like a buffing, polishing stage. That's really good for removing old plaque and getting the teeth white. It's a good part where hydrogen peroxide can come in.

Once again, hydrogen peroxide is able to handle and tidy up the pathogens without destroying the good bacteria.

Dave: I'm going to ask you about one of these things that I do on occasionally, maybe every 3 months. I get food grade diatomaceous earth, which is incredibly abrasive. I put a little bit of the XCT Oil that we have, which is basically, it has topical like bacterial properties and stuff. Then I'm using my electric toothbrush and I polish my teeth with it for 10 seconds and it totally removes all the stains, hasn't seem to cause problems in a long time of doing that. That's similar to the polishing agent that a dentist uses. Is there any reason people shouldn't be doing this? Because it seems to work.

Nadine: I think that's a great idea to use clays. I mean, you could even do that same thing and use your activated charcoal product

Dave: I do that, too, for sure. Actually, charcoal isn't so abrasive. I can do that more often. It takes the stains off. The other stuff, it's like it'll get rid of tartar on the back of your teeth if you wanted to but you could also could grind your teeth away if you did it too much.

Nadine: I think because you have the oil with it though. That's a really good lube.

Dave: It's amazing. I don't have the world's whitest teeth naturally. I just have like quite brown teeth and they're much better than they used to be but I also don't do a lot of the laser... the cosmetic dentistry thing. I don't really know all those stuff they do, but like laser is in paint or Bondo, whatever they do on the front, like they put fake teeth on top of mine. I haven't done any of that stuff. It's interesting though just so you can do naturally.

I also use, this was a while back. I realized it wasn't working but I used to make my own mouthwash. I'm like, "All right. Let's kill everything." I would take vodka and I would take xylitol, which is something that inhibits bacterial growth in the mouth, and then some essential oils. I'd shake it up. I noticed when I would use it, it took me 6 months to figure it out, when I use these, I'd wake up with the world's driest eyes, super dry eyes. Do you know what's going on there? Because I quit doing it for

that reason and there's some other reasons to not do that. Tell me what I was doing wrong there.

Nadine: I do think it's alcohol. I do think when we're doing mouthwashes, we don't want to use alcohol at all even if it's a really great alcohol because it is drying and that is shifting the microbiome. Why? I feel like the amount is totally connected up to the body. It's very neat that your eyes went dry. I can't totally speak to that on a scientific level but it's all connected.

Dave: I'm guessing it had something to do with nitric oxide and I read something about it eventually. Because we have these bacteria in our mouth that make nitric oxide which just causes better circulation. That's my working theory. I had no idea for sure why. I probably never will know but it was repeatable. I could not rinse and I wake up with normal eyes. I could rinse and they would get dry. It was one of those things that you wouldn't think of unless you're one of those walking event correlation engines like me where you just notice stuff and see if they're related.

Nadine: That's what I like to do.

Dave: You do and, in fact, you have a quote from your book where you said, "The system of treating symptoms creates a perpetual loop of appointments, medications, surgeries, scrapings, bridges, crowns, and fillings that never reaches the underlying root causes of the symptoms leading to the statistic that 90% of 60-year olds will have 63% of their teeth missing, filled, or decayed." It's like eating a low fat diet. Everyone gets fat doing that but we just keep doing it. Now, you're saying that 90% of 60-year olds who do what their dentist said, which is floss and brush with these chemicals and put fluoride all over the place, that basically more than half your teeth are going to break by the time you're only 60, which is like a third of where you should be living if you're under 60 now and you're in good health and you're planning to live like that. We have technology now.

Nadine: Yes, and then it also shows like if you had followed through with that dental appointment. I mean it's not like every one of those 60-year olds

had the decayed tooth that came out. A lot of them would have been removed through just modern dentistry.

There's a couple of good investigative journalist reports. I think there should be more, but one Canadian with the Canadian Broadcasting Corporation had her teeth checked at the University of Toronto. She only needed one crown on one tooth. She went across Canada to 20 dentists and the quotes ranged from 300 to every, like veneers on each tooth and getting root canals. That was crazy. Then another gentleman in the US had another dental examination and actually all he needed was a crown replaced in his tooth. He went to 50 dentists. He showed them the same X-rays at every single one and again the quotes range from 700 to \$19,000 from crowning every single tooth to root canals and bridges and all that kind of stuff. Actually 15 of those 50 dentists missed the molar that needed to be crowned entirely. I think it also shows us that while we think dentistry is very black and white and it's scientific and lab coats and sterilization and all ended up... X-ray

X-ray is like the golden image. That's the image that everybody is supposed to interpret but all these things are completely, you can take the same X-ray and have 15 interpretations. I think that's really good for our minds to know so we can undo. Because when you're at the dentist, you just think they know everything. Actually when American Dental Association responded to this journalist who went to the 50 dentists, they weren't surprised by the inconsistencies because, they explained that dentistry is art based on scientific information, so I thought that was a really interesting quote.

Dave: It's a fair point too. Medicine is the same way like you go to different healers, dentists or healers, you go to different healers and they use different techniques. They've been trained in different traditions, they have different tool sets. It's reasonable that you wouldn't see exactly the same thing every time but the variance there seems pretty horrifying.

Nadine: You can mix things like insurance or if somebody, because he was asked a lot of if he had insurance, so then in different billing thing. There's definitely influences, all that kind of stuff. It's good for people to know because if your dentist says you do need a root canal, you may, but you

also may not. I think we're going to need a dentist at some point in our lives. Sometimes we need them to undo previous dental works, so it's so important to have a very leading edge dentist, one that uses ozone. There's even dentists now that use the plasma, the PRP therapy. You might have heard of that for joints?

Dave: I just did it 3 days ago on my knees.

Nadine: There you go. You had a busy 3 days. If they remove a root canal or if there's a receding gum and shoe, they'll inject your own plasma and then you're healing that area for 6 months. That's amazing. Stem cell tooth regrowth is probably still about 4 or 5 years away. They have done it successfully in pigs so it's only a matter of time.

Dave: I'm not sure that most people listening know the dangers of root canals. I've been fortunate. I haven't had to have one. Can you talk about why there's such a big deal? I think traditional dentistry doesn't really talk much about them. It's like, "Oh, you just need one." What are the risks of root canal? Why do alternative practitioners talk so much about root canals as they all do?

Nadine: They do and they are, it's really interesting when you go into it. There actually is now in Dontics Journals which is not anything we're all going to be reading, and most dentists don't read them. They're now discussing that, yes, it is impossible to sterilize a root canal. That's very exciting. That information doesn't filter down. The whole goal of a root canal is to take an infected tooth and then they scrape out the whole pulp chamber and the nerves. It's like scraped out but you're still keeping the cosmetic appearance that you have a tooth in your mouth and it is your tooth but actually it's a dead tooth. Because no, now the blood supply has been taken out of the tooth. What happens is then it becomes a little necrotic nest festering with pathogenic bacteria that every time you chew gets squeezed out and into your body and no blood can get there and so you basically have a full anaerobic setup for this bacteria.

What they found is this can cause issues in people. Dr. Joseph Issels who's a physician in Europe who's been working with cancer patients

for 40 years has found that 96% of all people, women with breast cancer have a root canal on the same side. That doesn't mean if you have a root canal you're going to get breast cancer but women with breast cancer had a root canal on the same side. Also for his male and female patients he asked them to remove the root canal before they start their treatment because he feels like it's this thing that's just challenging the autoimmune system so much that somebody can't fully heal.

One of my most respected dentist friends is Dr. Stuart Nannally. He is in Texas. He did the first independent lab study of root canals. The root canal tooth had to be textbook perfect, not causing the person any issues because some of them is going to have a root canal and then few years later you're like, "Oh, it's really hurting." They had to be perfect. They had to show zero pathology on an X-ray. Then if it qualified that way they remove the tooth and then the independent dentists select the date that could go to the lab to have DNA testing. What they found is that every single extracted tooth had pathology and it had severe necrotic bacteria. Obviously, that ranged so some people had higher levels of severe bacterial. The interesting thing, too, his they also found older diseases. They found things like syphilis, leprosy, the bacteria for that, and Lyme disease was also found.

Hopefully, you don't have to get a root canal. People often ask them what are the choices. The best choice is to actually, if the tooth really is a candidate for root canal, you'll actually want to get it extracted if it's already far gone. You do want to get it extracted properly, which means that the periodontal ligament also has to be removed. You have to go to a really good good dentist for that that also knows this because, then, if the periodontal ligament is left in, then 10 years, 20 years down the road, you could have a jaw cavitation which is where the jawbone starts to rot. That's how you would want to clean up a root canal.

Now, if it's a bad molar, you can just let that be and actually have the space in your mouth. If it's a front tooth or something, that's a hard decision to make because then you are looking at things like bridges. There are implants but you definitely don't want titanium implanted into your body. There's better. It seems like in Europe they're using a zirconium implant which is helpful.

Dave: Why would you not want titanium in your body?

Nadine: Because it's a heavy ...

Dave: That was hypoallergenic.

Nadine: Maybe hypoallergenic but it's a heavy metal. Dr. Hal Huggins always called any heavy metal the marriage of microbes and metals. He found that any microbes in the body just love to feed off the heavy metals and the titanium can rot. My husband had a titanium root canal and we got that pulled out. It was gnarly when they showed us the tooth.

Dave: It's interesting. My wife and I used to run a lab testing company in the US that would test for white blood cell proliferation in response to environmental things, including titanium. We found that about 10% of people would make white blood cells when their blood was exposed to titanium. We're using a radioactive cell counter. We also found that most titanium isn't actually titanium. If it's less than 2% another metal, they don't have to tell you what's in there. There could be nickel, there can be other toxic metals in these things.

We had a number people who were customers of this lab test who got surgery, got titanium, and got sick and never got better until it was removed including an 8-year old where he was going to die from this. He had this huge thing in his chest. We ended up getting a compassionate exemption from the FDA to import zirconium. This was like 8 years ago and it certainly saved his life. The whole point here is that titanium may be the harmless for someone but it's not risk-free by a long shot. It's not just titanium. It's titanium and some other things that they might tell you about if you call and ask.

What I would recommend you do there is you get zirconium if you can afford it and you can find a way to do it or maybe ceramic or something like that because anytime you put a metal in there, like there's that risk and then there's the electrical current risk where you make a battery when you have one piece of metal somewhere in your body and a different type of metal somewhere else and water between them. You

generate a current and those currents compete with the currents that are in your body. It's really complex and most people don't know this.

Nadine: That currents you can get with the mercury fillings as well. Even porcelain, it's good that you brought up metal purity because even the porcelain fillings which people, they think, "Okay. It's, they're trying to do the right thing and they spend more on the better filling," but it's got nickel in it as well. It's not a pure metal.

Dave: I didn't know that.

Nadine: Nickel is one of the most carcinogenic metals. Then you've also brought up a point, like for some people titanium is okay but then I think it all depends on the constitution of that individual, their microbiome, their DNA. What's lining up with that? That's just what some people can have mercury fillings and they can function with it while other people, it might lead to something like some severe autoimmune issue. It's all depending on the terrain of the body that's meeting that titanium metal.

Dave: Right now, we've got people going, "Oh, no. I have root canals," like is it the end of the world? That's one of the reasons why you might want to pay attention to that. Let's talk about what they can do about it, like who to go to. I'm very skeptical about all this stuff, at least I was. I've seen enough of it. In my own experience, personally, and just with clients and just in the world around me, and anti-aging and all. I'm not skeptical about it anymore.

If you go to an acupuncturist or an aware holistic dentist, you'll see a map of which teeth line up to which organs. Now, the western side of that's like: "What a bunch of superstitious, religious BS." Then you go back to what happens in the womb and you realize, "Oh, wait. Like each of these teeth is plugged into the nervous system. In fact, the front four teeth are derived from your neural stem cells, like they're plugged into your nervous system even more so than others. If you have a problem with one of your front four teeth, it effects you neurologically. These maps, mostly from Chinese acupuncture, are pretty accurate. If there's a liver problem, this tooth is going to be more sore. It sounds crazy except there's actually evidence for it.

I noticed that especially when I was a raw vegan. I would get this incredible tooth pain and cold sensitivity and all that would map the specific areas in the body. It's just weird but you could put a laser on that part of the body and the tooth would stop hurting. What's going on with this? I don't think it's all psychosomatic. There's method to the madness, so that said. By the way, do you subscribe to that theory?

Nadine: Absolutely. I have that chart in my book.

Dave: There you go. I don't remember that page but okay.

Nadine: It's there early on. That's okay.

Dave: This may be completely news to you if you're listening to this and that's okay because a lot of the people just don't talk about this or it just seems like too mystical. It's not mystical at all. It's just repeatable. When you look at what's going to happen when you go to the dentist, how should people find a dentist? Let's say you want to get checked out. You want to see if you have safe fillings. You want to see if those root canals are festering and harboring all sorts of stuff in them. How do you find a dentist who is going to be able to have the level of conversation that we're talking about?

Nadine: That's a great question. You know what? They really do exist. Sometimes you might have to travel for them. One of the first thing to do, I'd like to recommend is called Hal Huggins Institute because they have a list of biological dentists in your area that have trained with Hal Huggins, they've learned the protocols. That doesn't mean, because I know, I've also called some of those dentists. They're not all leading-leading edge but at least got a good start. Then what you have to do is call that dentist, that dentist's office and then speak to the dentist and ask questions.

In my book, and actually I have a free article on our website, which is all the questions you need to ask a prospective dentist to really see if they're very leading edge. For example, doctor Nannally in Texas, people fly in all over the world to see him. Recently, I talked to another dentist who's in Canada and she is so into remineralization and she really gets

it. She's not even filling teeth anymore because she really believes that if she empowers people to do so, she won't need to fill teeth. She does phone consult with people all over the world in video calls and you can send her your X-rays and then talk about it. I love that even as a first step and finding out.

My friend's 5-year old went to a normal pediatrician dentist. They're like, "You know, we're gonna have to put her under general anesthetic. She needs four root canals and like nine mercury crowns." Nine mercury crowns this day in age because they're easier. Mercury is easier to place on children. She took those X-rays and called the dentist and totally different story when you're working with another dentist.

Another really good dentist is in Alberta. They use ozone, PRP. They actually buy our ozonated gel and sell it at cost so that people can afford. They have a very great practice and they even like lowest costing dental practice in Alberta. They're awesome. Can't remember the name right now but I can always put it up later. They took the time to talk to my client for half an hour. I just feel like when you're really finding the right dentist they're so passionate. I really feel that a dentist that really is leading edge won't even perform a root canal because they really get the pathology of it.

If you don't want to remove a root canal because also that is invasive as well. A lot of dentists will maintain it with the PRP injections and ozone, or perhaps it's not a convenient time to take it out. Maybe you want to get pregnant soon and I wouldn't necessarily mess around. You might just want to inject it with ozone and just maintain the immune system that way.

Dave: That's a really good answer and we'll put links to those in the show notes so people can find that. It really matters which dentist you go to. What about fluoride? What's your take on that?

Nadine: Fluoride, I think the evidence is out there if you look. The side effects are crazy. If side effects are receding gums, crumbling bones, it messes up with your collagen synthesis, it makes your IQ lower from a higher route study. The information is so out there. It's not good at all. I mean

that's the bottom line. It's just not good. It crumbles your teeth. I think what we're not understanding to with dentistry is that what most dentists don't know is there's a dentinal lymph system, so every tooth has a lymphatic fluid and that's totally connected to the parotid glands to the hypothalamus.

Of course, everything goes back to the hypothalamus. Through the hypothalamus activating the parotid glands that are activated when you're chewing nutritive food. This information goes down into digestion, comes back up into the teeth. That's where the roots, just like tree roots, will draw up nutrients into the tooth, into the pulp chamber, then it goes out onto the tooth enamel where it coalesces with the saliva to remineralize the teeth, to keep the microbiome healthy. If a cavity is beginning to start, then it will activate so that more saliva goes to that area.

Now, when we're eating a diet high in sugar, we're having blood sugar spikes, eating a low-fat diet, devoid of fat soluble vitamins of A, D3, and K2, and when we don't have enough minerals in our diet, what happens is this lymph system stagnates or, even worse, it can actually reverse. This is how a cavity is formed. When it reverses, when the dentinal lymph system reverses, the capillaries in the tooth begin to suck in bacteria and everything else in the mouth like a straw. Rather than this royal system of the nutrients coming up into the teeth, it reverses and then the teeth draw in bacteria into the tooth. That's how, that's the genesis of cavity creation.

When we go back and we think about things like fluoride, antibiotics, and even chlorine, if you're brushing your teeth with chlorine, all of these things affect the systemic connection. It's actually supposed to nourish our teeth. Through there, you can get crumbling teeth. I'm sure you might know about cipro or tetracycline that makes the teeth gray and actually, through the fluoroquinolone antibiotic group, teeth are crumbling out of the mouth.

Dave: Those are fluoride-containing antibiotics for people who haven't come across those before. They are known for staining your teeth as well and not to mention causing bigger problems. Now, I think we've talked a lot

about teeth and how foundational they are. If someone came to you and said, "All right. I'll have a, I have a little cavity in my kid," what would you tell him to do, came to you, came to consult with you?

Nadine: Of course, we cannot treat or diagnose anybody but if it was my own kid, I would really look at diet, keeping blood sugar low, below 80, amping up the fats.

Dave: Blood sugar always below 80 even after eating?

Nadine: Let's say about 80. Maybe you're blood fasting, fasting blood sugar. Exactly.

Dave: Got it.

Nadine: That's the right word. Not having these spikes and then really looking at minerals because through the work of Dr. Weston Price, Dr. Ralph Steinman, who discovered the dentinal flow. He found that if we up magnesium and phosphorus alone, the decay rate goes down by 80%. Dr. Melvin Page found that when phosphorus gets too low in the blood serum, cavities begin to form. I would look at all that stuff with diet for remineralizing the tooth and then I would be working with the mouth's microbiome. I would be applying the serums. Brushing the teeth but literally pouring on the serums with all those botanical biotics in them everyday.

Dave: You wouldn't fill the tooth?

Nadine: No, I wouldn't fill the tooth unless it got to a really, but hopefully what you can do at that point is you can, a cavity is active when it's mushy. That's how a dentist checks if they're instrument is getting mushy going right into the thing. Even in dental textbooks, it talks like in their dental textbooks at school that a cavity can be halted. Once you fill the tooth, you have no other option. That can be like slippery slope because, as you all know, some of you may have had fillings but then 20 years later you're getting a crown.

When they have to do fillings, even though there are things with lasers now and there's a lot of improvements, they're drilling away healthy

tooth, so once you have a filling. Then also no filling is perfect. There are better ones, there are ceramic ones, there are lots of the zirconium ones. You're putting something in the body that has BPA aluminum. There's all those issues.

If you can get the tooth to remineralize, just like you were able to remineralize your teeth, I think what you can see is that the mouth is actually alive. It's connected to our blood system. It's connected to digestion, the actual core of the tooth. When we can get the body activated, then we can prevent cavities because if we just put a filling on it, then we're not actually addressing what caused the cavity in the first place. Then the child in another year might have a few more. I think it's really good to address it and do all you can to remineralize the tooth because that's basically what it means is that the tooth is losing its mineral source.

Dave: That's a pretty strong statement. You wouldn't fill the cavity most of the time or you wouldn't recommend that your child had it filled. That's possible.

Nadine: Absolutely.

Dave: For people listening, most people hearing this right now had no idea that you could halt or reverse a cavity. I think that's really cool to understand it. Your book explains the lymphatic flow in the tooth really well. It's just cool.

Let's shift gears a little bit. Let's talk about the other thing that you do, which is not just teeth but it's beauty. You are one of the other few people talking about vitamin D sulfate. I had Stephanie Seneff who's one of the big fans of that on the show recently. We talked about how you need sunlight to make vitamin D sulfate. You're talking about it from a beauty perspective. What is vitamin D3 sulfate and why do I need it for beautiful skin?

Nadine: Nice question. I love that podcast, by the way. I love her work. She's so awesome. We need it. It's like so, because if you think about beauty, generally we think about avoiding the sun. I think that's what we got

going on in this modern age but we need it because it actually, it juices up the body in so many ways. Our skin was literally designed to be exposed to the sun's rays. We can't just take vitamin D and ignore the sun. We need our vitamin D and we need the kind that we make with our blood. When the sun beams touch our skin, we make the vitamin D3 sulfate, which is water soluble. All the supplements are fat soluble. We only have that coursing through our body.

Then we have health and vitality and beauty and we're preventing lots of things from happening. What's also important is that we have thousands of vitamin D receptors all over our body and in places where the sun doesn't shine. When those vitamin D receptors are not filled with vitamin D3, then what happens is bacteria langhans come in. There's this sticky bacteria and they literally shut down the immune system. We need to be brimming with the sunshine vitamin and we need to start early in the spring if you're in a nontropical climate, sun tan up until about solar noon. Try and get 20 minutes, an hour in, flip.

What actually causes hyperpigmentation and wrinkles, its a few things. Literally what's really bad is when you're eating a diet high in polyunsaturated fatty acids and then being in the sun and applying the sunscreen which doesn't allow us to absorb vitamin D at all. It separates is a UV ray from the UVB rays. I think we're finding in some scientific research is that it's the UVA separated that's also a little more than damaging. Let's say if you're always driving and then sun is hitting the side of your cheek, you're getting through the window, is causing the separation of the UVA and UVB. We need them together. Sunscreen separates, windows separate. We need them together. What's also happening when you're wearing sunscreen is your turning off your alarm clock that's saying, "I have been in the sun too long."

We've got to build up our melanin and these things prevent the hyperpigmentation and all the aging. I think it's actually totally anti-aging to be in the sun and where you're really seeing aging happen fast is with the PUFAs, the polyunsaturated fatty acids and glycation, which is when you're eating basic, I mean, really simply put, it's just eating a lot of sugar or having a spiked blood sugar levels.

Back in the twenties, there was a lot of talk about how the sun created like beautiful skin, prevented acne. I think it really just works with the microbiome and having our skin's microbiome be fully functional.

Dave: With teeth, you talked about breast cancer. With beauty and skin, is there a connection to breast cancer? What should women do specifically to avoid that?

Nadine: I love talking about breast health well.

Dave: Me too.

Nadine: Why not. I feel like there's a lot of connection there. I always feel like there's a lot of patterns that are connected. Of course, there's a lot of studies like by Dr. Garland that showed like, when you have vitamin D levels brimming, you're 50% less likely to get breast cancer. I think other things that's showing up, what they found when they analyzed cancers breast tissue is that 100% of the breast cancer tissue had mercury, 98% had ascomycete fungus in the breast tissue, and 99% had parabens. I feel like it's a whole mix of things like lack of vitamin D, exposure to the molds and grains and peanuts and food.

Then, with the parabens, we've got deodorants and all the pounds of cosmetics that women apply every year and that stuff doesn't leave the body. It stores up in our breasts and then why the breasts are a little more susceptible, like why is it not happening in our elbow, then we're often wearing bras which is creating this lymphedema in this areas. A lot of breast cancer is actually happening in the lateral part which is really the armpit.

Dave: What's lymphedema for people who don't know that term?

Nadine: It's like the lymph just becomes stagnant cesspool basically and it's not doing its job of circulating and taking, removing the pollution from the body. You get like a little stagnant cesspool in the breast and then the breast is really rich with fat and connective tissue so it can store up a lot of toxins. I just feel like our modern lifestyle of no sun, wearing bras, and mercury, and then tons cosmetics and bathing in chlorine and fluoride.

All of this is creating this thing that are making our breasts a barometer, really showing us things aren't necessarily balanced right now in the world.

Dave: It's interesting that you brought up that fungal connection to cancer. There are hundreds and hundreds of studies talking about the connection between mold and the toxins mold makes and different types of fungi in cancer. It's not all cancer is that but there are people, countless people who take potent anti-fungal drugs and have their cancer resolved. Every chemo chemical they use is an anti-fungal on top of all the other things it does, like I said. It's interesting. I'm not saying cancer is caused by fungus. I'm just saying that there are times when it's a major contributing factor. There are some times when it is caused by fungus.

Nadine: I agree. I feel like from other doctors what they do show. The cancer cells act like fungal spores. They love sugar. They love no oxygen and they eat their way through connective tissue the same way, the fungus and the cancer, they behave similar.

Dave: Let's talk about collagen, which is another thing for beautiful skin. What can people do to have healthy collagen in their skin? What's its role on the skin? What do you do to keep it there?

Nadine: Of course, they can eat your supplement, which is great.

Dave: Well thanks. I wasn't fishing for a plug there but that was appreciated.

Nadine: Because there it is and I think it's a great thing to add, just movies and everything. Whenever I'm thinking about anything for the body, I'm really looking about how I can do the least amount and create the most maximizing situation. I like to just have it so simple. What can I do that my body is self-regenerating all on its own? That's the way I like to do it.

I feel like if I'm going to eat anyway, I might as well be eating the best food because that's obviously going to contribute to beauty and anti-aging and to my teeth health and all that. I really feel like we have to eat good amounts of protein, good amounts of amino acids because the

collagen is like a lattice work and it's holding up all the tissue in the body.

When the skin starts to sag, then it means we've lost some collagen in our body. What's also interesting is that there are these enzymes there that are not good because I mean, I usually associate the word enzyme as a positive thing but they're kind of these negative enzymes. They eat the collagen and the elastin in the body. What's good thing about essential oils is they show that they are, they inhibit those enzymes from eating away the collagen and the elastin. I think that's a huge beauty secret as well.

Dave: You just rub the essential oils on the skin basically?

Nadine: Yeah. An essential oil, even though it has the word oil in it, it is not oily at all, which is fine for a lot of applications. If you're doing something acute or if you have a cut or a burn, I would just be putting on peppermint or frankincense straight on because I want to clean it and get the skin going back over. Once it's all closed up, then I'll be diluting that with a jojoba, virgin coconut oil, or the MCT oil. Then you're just applying that to your body like as you would. Generally we apply moisture to our body any way to help the lipid barrier. If you're going to be doing that anyway, you're just, again, using essential oils with the fat.

If you eliminate everything and just use coconut oil, that's amazing because you just eliminated a whole bunch of chemicals from your life. Then if you want to like take it to the next level, upgrade it, and then really activate that, then you're going to want to add the essential oils because, then, you're getting like the active properties and the things that actually regenerate cells, repair the cells.

Essential oils also show in different studies that they're able to inhibit the pathways. I can't remember the exact word, myelin? I think, the pathways that basically where the cells start acting abnormally. The essential oils inhibit that activity in the body and they strengthen connective tissue. I just feel like every year, there's more and more as science studies essential oils. They're so awesome.

Dave: Nadine, thanks for coming on Bulletproof Radio. We're coming up on the end of the show. There's a question that I'm really curious to ask you about. That's, based on all the stuff that you know, which is pretty broad, teeth, skin, beauty, and things like that, and all the other things you've learned, what are your top three recommendations for someone who'd come to you and say, "Nadine, I wanna do better at everything. I wanna kick more ass. What are the three most important things I need to know?"

Nadine: It's like do I do I answer philosophically or like scientifically, I feel like ...

Dave: You can do both.

Nadine: I can do both.

Dave: You have three answers.

Nadine: I feel like on a level of living, you want to listen to those early childhood fascinations and curiosities and go with those strengths. You want to focus on your strengths. On a living level, I think it's so goes back to every morsel that we ingest is important. It's either feeding you or it's like taking away from your health, Really maximize out on the best, purest, everything that you're going to be ingesting and have fun with it. We're so hardcore pure but we eat the best things everyday, from ice cream to whatever. It's so good. Whenever anybody comes over, they're delighted to eat the crazy food that we do.

Maximize out on purity because there's enough in our lives that we can't control, like air, that kind of thing. Maximize on purity and then maximize on purity on what you're applying to your skin, so what you're bathing in, what you're showering in, and then what's going on topically. Through there, I think life will be pretty smooth.

Dave: Thank you for that answer. Thanks for being on Bulletproof Radio. Where can people find out more about your book and about your website? Where can people find you?

Nadine: The book is on our website and Amazon. Our website is LivingLibations.com. Of course, we've got all the regular channels like Instagram, YouTube, and Facebook.

Dave: Excellent. We'll put all those in the show notes so people can get an understanding of where to find you and all, to just come check it out. While you're at it, if you go to the transcript of this, and this is one of the few podcasts like it where we pay someone to go through and type every one of these words. We use technology and all that. You can actually read everything that was here. We're also the first radio podcast of anywhere to use a technology called SearchPoint, which means you can go into the transcript, you can click on anything, and we'll take you directly to a 30-second clip on YouTube, which means if you want to share just a little snippet of the conversation, you can do that. It's remarkable that you can just go there and say, "Wait, this isn't just like what I copied and pasted. This is actually what they said and how they said it," and you can basically just go to exactly that part in the technology. That's pretty cool. I'm really happy to be like the first beta customer for that.

The final thing that you might be interested in knowing is if you saw me rocking back and forth a little bit, this is the Bulletproof Sleep Induction Mat which is full of these little spiky things. I've been standing on it one leg or the other for most of the podcast because it stimulates all these acupressure and acupuncture points on your feet, in addition to helping you go to sleep faster. Sleep Induction Mat is on the Bulletproof website. Thanks again for listening to bulletproof radio this time. You know where to find us. Go out to iTunes and click Like on there, leave a comment. I really appreciate that. We actually read all the comments and I do my best to take it to heart whatever you got to say. Have a great day.

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