

The Critical Role Of Dental Health In Managing Menopause

Sharon Stills, NMD
with **Jonathan Landsman**



Sharon Stills, NMD

Hello, ladies. Welcome back to the Mastering the Menopause Transition 3.0 summit. It is our third year, our annual event to help you have a wonderful journey through your hormonal changes. I'm your host, Dr. Sharon Stills. As always. It's an honor and a privilege to be here sharing these very important conversations with you. I look at menopause as a very broad experience you're having. It is important that we get your hormones balanced and your body moving the right way and the right supplements and so on in your body. But today we're going to talk about one of the most important topics to me, which is your dental health. You may be thinking, What does my mouth have to do with my hormones? Stay tuned because it has everything to do with your hormones. I have a very special guest, Jonathan Landsman, who I just found out before we went live. He is like my soul brother, and we have all these overlapping connections, and he is a wealth of knowledge. I'm thrilled to have you here, Jonathan, to share with the audience and get them up to speed on what they need to know about their dental health and their mouth, and how it connects to this part of their life and their journey. Welcome.

Jonathan Landsman

Thank you very much. It's great to be here, and I do appreciate you and all of your efforts to bring us out to the people who listen to your program because it is important that issues in the mouth, infections, and toxic metals, which we'll talk about to get all of that cleaned up, simply put, are going to keep that fire down inside that chronic inflammation. The bottom line is that we all know whether it's conventional medicine, Western medicine, or integrative holistic medicine, it is very well grounded in the literature that chronic inflammation, even at a low level, is what's causing a tremendous amount of hormonal imbalances. Thank you very much for covering this topic.

Sharon Stills, NMD

My pleasure. I was saying to you before we went live that I am the doctor who kicks my patients out of my office and says, Let's get your dentistry. I learned 30 years ago as a newbie, as a medical student, that the big clinics that I ended up working with in Switzerland, in Germany, have the dentist and the doctor all under one roof, and the patients see the dentist before they see the doctor. I remember my mentor, Dr. Rao at the time, saying, I send them to the dentist first because it makes my job easier. I want to make sure I'm successful, and it's hard to be successful as a physician if there's a whole bunch of things going on here that are impacting the regulation of the body. Let's talk about that. What are the things that you find are causing the inflammation, and what can the listeners do about it?

Jonathan Landsman

These things are not necessarily in order, but as people are writing these things down, they'll find them to be very useful. The bottom line is, first, most people go to a dentist; I'll have tooth pain. Let's go drill and fill a cavity. great. But then a lot of times over many years, decades, people have gotten these mercury basic silver fillings. Silver fillings are kind of ridiculous because they make it sound like it's a precious metal that's being put into your mouth, and somehow all of a sudden your net worth goes up. But it's mostly toxic heavy metals, with mercury being the biggest substance. This mercury does not stay in that hard piece of material that they put into your tooth to fill it after a cavity is sort of drilled out; they clean up the area and then put that stuff in. The vapors are leaking out all the time. This toxic mercury vapor is leaking out in your mouth, going up into your brain, affecting your ability to think clearly and concentrate on anything at all. Mixing with your saliva, going into your digestive system, making your blood toxic. This is not a good thing when it comes to hormones. We want to see a biological dentist as soon as possible. You may have to travel far. Believe me, it's worth it. I've personally gone through it. I'm sure you've gone through your thing as well, in the past, but you can go to the International Academy of Oral Medicine and Toxicology at omt.org, and they have a search feature that's about 1500 of these holistic biological dentists throughout the world. But the bottom line is not just because they go through their training. You're going to have to search, make some calls, and see if someone's worth your time to go. If they resonate with you, then give it a try. But these are the dentists who are going to be able to extract those mercury-based fillings out of your mouth, and I would encourage everyone, anyone with that in their mouth, to take care of it sooner rather than later. There's also gum disease now, not the stuff on the internet where, you see a disgusting mouth with these photos and teeth barely hanging on, and it's horrible pictures to look at.

Gum disease goes all the way down the scale to just gum pockets—these pockets between your tissue and your teeth that get bigger and bigger. Now, unfortunately, most people don't even know what my gum pockets are—one, two, three. In a little probe the measurement that they'll do at the dental office. If you're going to a decent office, they can check it out and tell you about each tooth on the front and the inside. They'll just stick the probe in there. The little pointy thing is a little uncomfortable, but not a big deal. They'll tell you you're either one, two, or three. But

each time you go, if it's three and it's four and it's five or six, you start getting into four, five, six, seven, and eight, and it's going up and up. That's a concern because then that's going to allow debris to get into the body, and that's not a good thing. Your defenses are breaking down, raising your risk of chronic inflammation. and this infection going throughout your body. If you brush your teeth and there's a little blood, I don't know about you, but the last time a little blood was coming out of my finger or my toe or my leg or something, I kind of addressed that. But I'm sounding a little campy about this, a little silly, but in all honesty, I find that a lot of people don't look at it bleeding in the mouth. That tissue, when you brush your teeth and you spit out, you see a little blood; that's pretty serious. That's gum disease. That's weakened integrity, cellular integrity throughout your whole body. Just being represented in your mouth. This kind of inflammation that's there and a sign of infections is not a good thing. If you're looking to balance your hormones. There are also root canal-treated teeth. This is the third aspect of oral health. You've already mentioned how you had your experience in Switzerland, so I'm sure I don't even have to ask you if you agree with this or not. But the bottom line is anybody who kills the life force of a tooth by having a root canal-treated tooth procedure done.

The bottom line is you get a cavity. It hurts the drilling bill. This is the process. Still hurts. What should I do? Most conventional dentists. Next step. Let's sort of sever the nerve. We'll save the tooth. I say it that way because most of the conventionally trained dentists will make it sound. If you search on the internet, it's praised. Is it one of the most intelligent things to do? Save your tooth and it will kill the nerve. You'll have no more pain anymore. Voila, is a miracle procedure. Having a root canal-treated tooth. But the bottom line is that, again, is insane because now you have a dead tooth, a dead body part in your body. Nowhere else in medicine are they killing something, seeing something somewhat dead as part of your body, and then just sort of sewing you up and saying, you're good to go. Yet in dentistry, this is happening; millions and millions of people are walking around with these teeth, and the deadness of that tooth means that bacteria and the waste products that get spit out from this nasty bacteria build and build, sort of like you're in a shower; you see a little bit of mold that's a teeny little speck, and it grows and grows and gets blacker and blacker and more and more disgusting-looking. It's kind of what's happening in the mouth, in and around these teeth. that doesn't stay local to the area. It spills out into the rest of the body. This is causing a lot of problems for people, and it's not being addressed.

The biological dentists—it's way beyond the scope of this conversation we're having today. But you need to get with them to discuss, depending on how old you are. what your personal needs are, and where that tooth is located in your mouth. Maybe you're 75 or 80 years old, and it's the last tooth in the back, you just pull that tooth out and clean the area up. You have so many other teeth. Look, that might be it, but it's a tooth right in the front. No, you don't want to look like a hillbilly and have a hole in your face. Right, there is your smile; a bridge, zirconium, or ceramic implant might be something that you need to do again. everybody's different. Every situation depends on where it is in the mouth. However, there are a lot of different options that can be discussed with a biological dentist. The last issue, which is a biggie and often ignored by a lot of

people and affecting a ton of people, no exaggeration, is cavities. No, I did not say cavities. Cavitation is a bone infection. Just to keep it simple for today, a lot of times this will happen from improperly and properly extracted wisdom teeth as just one huge example. It gets yanked out and then the gum. Let's go to seal up. There's no bleeding, anymore. within several weeks, okay. You're fine. Mind you, there is no pain necessarily with any of the things that I just mentioned, and all these minutes from there. Mercury Bay, silver fillings, many times no pain, gum disease, root canal-treated teeth, and cavitation. You're walking around feeling fine, which is why this is so often overlooked in Western medicine and even in holistic natural medicine circles. Most are still not talking about this. I've been talking about this for over nine years now, nonstop. These issues don't necessarily cause pain, but they create tremendous physical stress on the body. I mentioned already low-level chronic inflammation, but this stress is gnawing away at the immune system all the time, wreaking havoc on hormones and affecting us physically, mentally, and emotionally.

In so many cases, it's not looked at as something I just had to knock off my list. I have a stressful job. I don't know why I'm anxious or why I'm having trouble concentrating. I must be just getting older, and I have dementia, so it's always like somewhere else. Somebody is looking. But if we could clean up these aspects in the mouth, what a difference somebody will have in their life in terms of weight, improving their health. I've spent time with the likes of Hal Huggins. He's a pioneer in biological dentistry, and so have so many other physicians who have shared with me incredible stories—even my personal story of talking about hormones. You said hello, ladies, but I hope the men are watching this with their ladies, that's for sure. Because, from a man's perspective, I hope people can appreciate a little bit of my humor. If you're a woman who has some hormones that are off, maybe this is your top priority as well. But all kidding aside, my personal feeling was so much better mentally and emotionally in every aspect of my health when I had cleaned up all my fillings that were mercury-based and cleaned that up, I felt so much better after my last visit. It was four visits that I took to clean up all the quadrants in my mouth. What a tremendous feeling! That was mild compared to the tremendous change and people's clarity of mind, their vision, and their ability to see more clearly. The list goes on and on. People are having heart attacks because they didn't address it. then their cardiovascular system, their inflammatory markers, everything going way down and improving. All of this came from just immediately fixing these issues in the mouth. I hope I didn't go on too long or spill out too much to make people's heads spin. But these four areas are very important to look at with a good biological dentist.

Sharon Stills, NMD

No, you, it's funny as you're saying this; I'm playing with the stitches in my mouth because I just had my cavitation surgery. I'm two weeks and two days post-op, and it was. I had known for years. I'm like, I had my wisdom teeth pulled when I was like 15. The very next day, I left to go on tour with the Grateful Dead and did all sorts of things that you can imagine. I did not have the optimal healing situation going on. I just knew once I learned about holistic dentistry and biological dentistry, I was like, I have got to have cavitation. I've always had chronic swelling and

gland issues, right in that area. When people were just doing panoramic X-rays, no one was picking it up. I was like, no, I've got to have cavitation. They're like, no, it's clean. then now with the CT cone beam scans, the 3D scan, which I highly recommend everyone listening go and get and have read. I just want to go back, Jonathan was talking about the IAOMT and the website, and he said there are like 1500 dentists on there. I just want to re-emphasize that just because someone hangs out a shingle saying they're a biological dentist, they could have had a weekend's worth of training. You need to look and figure out or work with someone like me or Jonathan to help guide you to the right dentist because having just gone through cavitation surgery with a great dentist, dental surgery is not for the weak, but I had we just got the pathology back of the bacteria and the viruses and the fungus and all the stuff that was hanging out in my jaw. They go in and clean out your jaw. One of my cavitations was from a tooth that needed a root canal. I wasn't getting a root canal. I had the tooth pulled. But if they did it with someone who was supposed to be a biological dentist and they did pull the periodontal ligament, they did do PRP, but I don't think they did it right, because three years later, I had a cavitation in there that needed to be handled. It is like you're saying, No one wants to go to the dentist. I was in that chair for four hours, thank God. I thank God I'm a seasoned meditator. I just meditated for four hours because that was not fun. it's painful. I was a disaster for a week after I couldn't get out of bed. It was a lot. But if we want to be healthy and have our full expression of health, we can't. Like you said, we can ignore this. This is first and foremost, in my opinion.

Jonathan Landsman

Without a doubt. What you're emphasizing is that you can't just do this on your own. I'm sure you cover as part of your program that you're presenting to all the women in your audience that eating well is extremely important. We can talk about some good at-home care as well, which is extremely important, and know it is not enough to just simply brush your teeth and floss. People go to the office and there's bleeding gums, and they think they've gone to a barely okay dentist. They say, how are your habits? I brush, but I could probably try to brush a little bit more and floss every day. It's not the answer. if a dental practice is telling you that you need to go somewhere else. and I like that you're emphasizing, that it's common sense; you have to have good people around you. God forbid something happens to you. I say this as much as possible, even though I can give you all kinds of bits of information. The reality is, when you feel so distraught, you're so emotionally at your wit's end, your energy is low, and you're aggravated. I get it; we're all human beings. But you need to have someone close to you that sort of. You just know, no matter what has got you back. Because you're going to need that help. Advocate. I encourage people; it doesn't seem like, Come on, that's not an answer to my problems. You better believe it. even if you have no trouble at all and you want to tune out of this conversation. I don't have much of a problem. Big deal. If you don't have this in order in the 11th hour, when you need that person and they're not there, I have heard I'm sure you have two horror stories after horror stories when those people are in the clutches of Western medicine and that health advocate isn't there. Build this team up. Some friend who you can rely on that will fight for you. What a great feeling! medically speaking, have that good dentist, have that good naturopath, medical doctor, D.O., Doctor Of Osteopathic Medicine, whatever you want to call it, that health

care provider. Have those people around you that you know you and know them well in case you need them?

Sharon Stills, NMD

It's important to have a team, and it's important to be proactive because when I work with patients who are diagnosed with cancer, this is something that happens. Now we're at that point. This has to be handled. There's no well; maybe every root canal is connected to a meridian through traditional Chinese medicine. I don't want to say always, but close to always, there's always a connection. The patient has lung cancer. The root canals in the tooth that are related to the lung patient have breast cancer. The stomach meridian to the upper molar is where the root canal is. We see it over and over again. I do CRT, which is computerized regulation, and thermography. We scan the regulation of every tooth. We can pick it up before there's an issue. Being proactive takes it, not waiting till something's wrong but realizing fixing the whole mouth situation all these things that Jonathan pointed out that are leading to this inflammation and low-grade infection. This is like a gift to give yourself now. I always talk about menopause as pausing. It's not just the menstrual period that's pausing. It's this opportunity, this invitation for you to pause and take stock of your life on every level, emotionally and spiritually. Pausing and looking at your dentistry is like the invitation we're putting on the table for you now.

Jonathan Landsman

Again, to a shout-out to every woman who's listening. Even for the men who are listening, you have to have a lot of respect for a woman's intuition because you're making me think about my wife's situation. She had three root canal-treated teeth, which aren't there anymore, and she's taking care of them. But her gut told her—remember I told you at the beginning—it's not necessarily so much pain or anything to talk about. Let's think about it all. But her gut was telling her, I got to get these out. It's bothering me that much. On a mental emotional level. When she went to our dentist when we were up in New York. I'm down here in Florida now, but when we went there and she had those extracted, you don't have to have an MD after your name or a PhD to understand. This was good that I got them out. The smell was disgusting, and you could see the pus at the end of that tooth being pulled out and how horrible that was. The body has an amazing ability to sort of try as best it can to wall off infections in the mouth. But again, that goes back to what I was saying about distracting your immune system and causing tremendous stress on the whole body, hormonally, and in every other biochemical way you can imagine. But to see it up close and to know, this was just so good that she took care of it. I'm sure anybody listening to this program right now just follows your gut instinct. If you have root canal-treated teeth, if you've got those dark spots in your teeth, those mercury-based silver fillings, just go search out, find a good dentist, and connect with them. Don't panic. Don't add stress to your life. Take a deep breath, pause as you say, and just start making the steps. For a long time, many, many years ago, I didn't have the money for any of this per se, but I saved and I saved and I saved, and I was doing all these programs so many years ago, talking to all these health care providers. It was on my mind, but I just kept chipping away and putting the money away each month until I had enough to be able to do the work. Long story short, I am so glad to this day

that one of the most important things I did was to clean up the errors in my mouth. I'd love to talk for a few minutes about what people can do at home because I think there's one thing in particular that is important.

Sharon Stills, NMD

Please tell us.

Jonathan Landsman

Water tech, I hear this all the time now I'll just tell you the device I use with a tremendous amount of positive personal experience and professional experience as well. Maybe people out there haven't seen any of my programs. I've created many programs on the Internet. I've been out for a long time, nearly 40 years in the health and fitness industry, and a good 15+ years now on the internet. I've interviewed many of the finest healthcare providers in the world. All of them have reported experience with this. It's always positive that you need to get a HydroFloss unit in your house. It's a bucket; you plug it in electric; it's a little bucket on top. You fill it up with clean water, and you just have this little tip there. There are different tips, but to be quite honest with you, if we had millions of people, everybody out there now would just go get one of these units and blast away on the outside and the inside of every tooth in your mouth. Let's say that's one bucket of water that's gone. Just simply fill it up again and blast away again. Perhaps now with the same regular tip that comes with the Hydro Floss unit, do it closer to the gum line and the tooth and blast away on the outside and inside. What did I just describe to you? Two buckets of water each bucket may take? I don't know how long it took me. Two or three minutes. Let's just throw it out there. Six minutes every day. if you have gum disease, don't get me wrong; you may not need to do this two or three times a day, morning, midday, and night as well. it depends on what you're eating.

A lot of sticky foods, a lot of sugary foods. Yes, you ought to do that. Maybe right after you eat even better, especially if you have a serious health issue and you're dealing with issues in your mouth. Two or three times a day would be great. But I can tell you, without a shadow of a doubt, doing this one habit, we had enough people doing it. Most of the dentists would not like me at all because it would put them out of business. those gum pockets I told you about before. Every quarter, maybe twice a year, or even once a year whenever you go. If you were to get these gum pocket numbers, you knew that it was going up. By the way, if you do have a problem with your mouth, once a year is not enough. I have no issues to speak of, and we go every quarter. It's just that we visit the dentist; we get our teeth cleaned. Can you please measure the pockets of all my teeth? Just call out the numbers. You go one tooth after the other, and two two two three two one one one two two, you just hear the numbers. They're just going along your mouth, and you just listen. Everything seems good every quarter. Just check that out. But the bottom line is, if you are going up and up with that number and you start deploying this habit of using a Hydro Floss every day for just 30 days or so, your next visit, two or three months from the time that your pocket sizes are over at three, you will see that those numbers are going down, and that's going to encourage you a lot. You're also going to hear that even in a biological dental office, they're

going to say, "Boy, your teeth, they scrape, scrape, scrape, and they're blasting you with the water and all this stuff. What are your teeth? Same clean this very little plaque. Now that's weird, but most people out there in general, go to the dental office for a visit once a year or twice a year. Scrape, scrape, scrape. There is a lot of plaque in those teeth. These people are brushing or flossing, but they're not getting this stuff away, and it's sitting there doing its damage. When you start doing the Hydro Floss, it will be like the best car wash for your teeth. It will blast him away. You will feel great every day that you do it. It will reinforce that habit, and you will see the results more in the dental office as well. That's going to make you happy. I would strongly encourage that one habit. Sure, there's sea salt rinsing. Great. a spoonful of some sea salt and clean water and swish swish swish spit it out. Do it again. Swish it around, spit it out, and go through a whole, whatever eight, ten-ounce glass of whatever you're doing that will calm down. Some little achy nasal pains after dental procedures. Or if you feel like your gums are a little sensitive, it's a great thing to do. I have an essential oil blend. Peppermint, clove, and neem, kind of all mixed together, is taking one drop on the finger and just kind of rubbing. It feels nice. I'll put that on as well, but there's nothing compared to using that hydro floss unit. Make it a habit. You will not be sorry.

Sharon Stills, NMD

I did that post-cavitation. One of the things that's been driving me crazy is that I wasn't able to use my water because I had to let the air in. I'm just getting to the point where, like, now it's safe, but I. I never had mercury fillings. I never had root canals. but I had gum problems. I used to have nines. Through water picking and through, my biological dentist and I agree with you. I go get a cleaning; now my pockets are not nines, but I still go get a cleaning every quarter. When I had the bad pockets, my biological dentist was also using lasers and doing cleanings. But the water pick? Yes, I tell my patients, to get a water pick, right? I love my water pick.

Jonathan Landsman

There's also one other thing I want to jump in and just say again to calm people's anxiety and nerves about this. You may have over six months to nine months. Don't freak out. A lot of times a quality biological dentist will tell you when they look at it. If you're beyond the point of installing this good habit and let's say you were five or six, seven, eight, or nine, and it goes down to like a four or five, and it's clean, although somewhat a little bit bigger than ideal. You're going to be, and I don't want to try to draw any kind of strange analogies that I lose people. But the bottom line is it's like if you have cancer cells in your body now, we don't want billions and billions, trillions and trillions running amuck in our body, but we all have some cancer cells in our bodies. a little bit of a pocket size, a little bit of some cancer cells. Your immune system is strong, your energy is good, and you're eating well. You are hydroflossing all the time using some essential oils and seeing a good biological dentist. They're checking you out. You're not having cavities. You're going to be okay even if your gum pocket size is four or five, even if one is six. Don't get me wrong; you don't want to have your home now six, seven, or eight. like I do to Hydro Floss, that's probably not going to happen. But if like one area of your mouth is just a little bit more than

those one two threes, you're going to be okay. The main thing is to get into this habit right away. You won't be sorry.

Sharon Stills, NMD

You heard it here. What are we all doing? We're all going and getting a water pick immediately after we are done listening to this lecture. This has been. I, everything you said, I'm like, yes, yes, and yes 100%. This is such; this is why I wanted to have you on this. Do I want to have this conversation? We need to be thinking about this in our menopausal journey. But, also for your husbands, your children, and your great like everyone, we need to always be putting our dental health first. From a holistic perspective, it's not enough to just have a holistic physician on your team. You must have that coupled with a holistic dentist. Where can the listeners learn more about you, Jonathan?

Jonathan Landsman

Just go to naturalhealth365programs.com

Sharon Stills, NMD

Wonderful. That's naturalhealth365programs.com. Thank you so much for being here and being a part of the summit, sharing your wisdom on a, truly important topic. Everyone, put your mouth first, and let's all water pick together. I'm like, I'm so excited to be able to start my water again. I can't believe you just started talking about that. That's fabulous. Thanks all for being here. We'll be back with another talk real soon for you.