



Role of Oral Health on Mental and Physical Wellbeing

Guest: Dr Alireza Panahpour

Niki Gratrix: Hello, everybody, and welcome to the Trauma and Mind Body Super Conference. I'm here with Dr. Panahpour and Dr. Panahpour is a dentist, he's a doctor of dental surgery. Welcome to the Summit, Dr. Panahpour.

Dr. Panahpour: Thank you so much for having me, Niki.

Niki Gratrix: Now, just to share a little bit more with our audience. Dr. Panahpour, I know you're an amazing dentist, but you are one of the most experienced, if not the most experienced holistic dentists in North America.

You're known worldwide for your expertise in safe and effective and nontoxic dentistry. Things like removing amalgam fillings and dealing with wisdom tooth removal and all those types of things. So it's a real honor and a privilege to have you on Summit on actually an important topic. So thanks again. I just want to share with you a little bit more. People might be wondering why we have a dentist on a Summit?

This is the Trauma and Mind Body Super Conference. So let's talk about how the health of our teeth isn't just about the health, about the mouth. Your website is the systemic dentist, do you want to just expand on why people should know about the bigger picture of the impact of teeth health?

Dr. Panahpour: Well, think for the past 10 years, there has been numerous amounts of research presented on oral medicine. And basically, when I'm talking about oral medicine, I'm not just talking about the teeth, I'm talking about the gums, the cranium, all the associated neuro, arterial, venal and lymphatic connection.

Every subject that we're going to be talking about today, I can actually spend a whole weekend on any specific topic for you. And I've been called a lot of different things anywhere from a green dentist, holistic dentist, alternative dentist, biological dentist, and I use a lot of those keywords to let certain patients with the mind, with the same mindset to know that I'm available for them. But at the end of the day, I like to think of myself as a conscious dentist, which means that I have worked really hard, I've spent ample amount of time, finances, away from my family to try to learn as much as I can in reference to all aspects of dentistry. And that's what I see the issue with a lot of dentists out there is truly the lack of continuing education, proper education.

So when a patient calls me from Zimbabwe, Louisville, Kentucky, what have you. We can't get to you, I have three kids, etc. etc. How do I know who to go to? Well, anybody can take a

weekend course and call themselves a biological dentist. But at the end of the day, is about their curriculum vitae, is about their CV.

If you are searching for a dentist that is, basically you want to get a filling done, or you want to get surgery done, or you want to get some sort of therapy. I think it is always proper to ask for their CV and find out when is the last time they took a course on those subjects? How updated are they? Dentists have a pattern of falling into a certain wheel and just keep on doing the same thing over and over again. So I would say continue education, continue education, continue education.

My grandfather used to say, "you cannot see what your mind doesn't know. So the more you learn, the more you see."

Now, the true common denominator in my practice, the fundamental of my practice is I consider tooth decay, gum disease, clenching, grinding, cranial disharmonious, infected root canals, what they call cavitation sites. Will cavitation is not a scientific term, but basically about localized infections in the jaw due to some sort of a trauma, poor dental work, poor healing, etc. etc. All of these have one thing in common. They're all chronic inflammation on your immune system.

During the early 90s, we were taught in dental school that if you have a patient that's diabetic, make sure you take extra care of their gums, because most diabetics have some sort of a gum disease. Well, 20 years later the research is telling us, well, is the gum disease that causes diabetes or diabetes causes the gum disease? We don't know because diabetes is, one of the manifestations of diabetes is due to chronic inflammation. Second example, I have a patient that comes in that has tooth decay.

Patient brushes, flosses suddenly out of nowhere they get to start getting tooth decay. Of course, I have to use the most advanced methods, air abrasion, laser, ozone to help oxidize or remove that decay and place a, try to conserve as much tooth structure as possible. Don't just slap a crown every tooth that comes into my office, because we know 70 percent of all teeth that end up getting crowns end up getting root canals. This was a survey done by Delta Dental Insurance Company and placed in nice clean material instead to replace that loss of tooth.

But at the end of the day, my question is, how did you get that tooth cavity? What is going on in your system that your teeth are not getting cavities or you're not getting enough minerals or you're not eating right? Because we know one of the reasons for tooth decay is lack of minerals. When the body's not getting enough, it starts searching for other avenues, compensating to rob minerals from your gut, from your muscles, your teeth and your bone.

Niki Gratrix: Right, which would cause complications and other diseases as a side effect as well.

Dr. Panahpour: Correct. Or is it that you're not digesting? Your gut flora is so damaged because you were diagnosed, for example, with Lyme disease or risked the Lyme challenge, and they just pumped you full of antibiotics for the past two years, that has completely destroyed your gut.

So even if you're eating well, you're not able to digest it. Or are you dealing with some sort of toxicity? Your body is very acidic, the P.H. is off and that's affecting oral flora. The biodome of the oral cavity and allowing this gram positive, gram negatives to work overtime in that acidic environment to just suck the juice out of your teeth. That's what I pride myself on, being a conscious dentist now.

Niki Gratrix: That's awesome, brilliant that you make that connection and you just mentioned, issues in the mouth lead to chronic inflammation. And we know, for example, there's a whole set of depression caused by chronic inflammation. If we've got chronic inflammation, how easily would that spread to the rest of the brain?

Dr. Panahpour: Absolutely. I see that a lot with patients that are dealing with clenching, grinding TMJ issues, infected root canals. Their body has been used to constantly fight, fight, fight, fight, fight. And they crash. We call it adrenal rush, adrenal fatigue. Heart starts pumping high blood pressure, anxiety, all of this has been linked to clenching and grinding.

Niki Gratrix: Amazing.

Dr. Panahpour: Yes. So my patients. Well, instead of them running to their GP and then a heart specialist, that puts them on different types of medication afterwards.

Niki Gratrix: Not dealing with the root cause.

Dr. Panahpour: This route to make sure that there's nothing else on underneath, of course, you can take a pill and easy, easy. But remember, that pill will start affecting your liver and your kidney. And then you got to take another medication to counteract what's happening with your liver and kidney. And before you know it, you are on seven, eight, ten, fifteen types of medication, which unfortunately leads me to the pandemic that's going on in our world right now.

People that are being seriously affected and I'm not talking about what I hear on the news. I'm talking about truly watching videos or interviewing, being in some of a dialog with true doctors that are really on the frontlines and they see the truth. What we see is that chronic, all my patients are calling me right now. It's all about the immune system. It's all about the immune system. The stronger that I am, the stronger my body can defeat anything that attacks.

Niki Gratrix: So teeth health is affecting immunity, if you've got bad stuff going on in your mouth, you've got less strong immunity and you're more likely to get, to come down with things and be more seriously affected by Covid.

Dr. Panahpour: That's what we're seeing, the people supposedly that are dying of Covid-19 right now is due to lack of immunity, diabetics. And patients that are on multiple different types of medication for different reasons. They, because their immune system is so diminished that this is the after effects, they are easy to get Covid and what have you. We also have a lot of other patients around the world.

They get the Covid-19, few sneezes, some temperature, little flu like symptoms and they're done.

Niki Gratrix: Exactly because they have good teeth.

Dr. Panahpour: The teeth are true barometers of one system, in my opinion. Teeth are just like warning signs.

Niki Gratrix: Yes. They definitely. Everything's connected in the body. Can we talk about, it's a big topic, a little bit more about the amalgam, the mercury fillings. I mean, we know there's probably connections with things like Alzheimer's, brain degeneration, neurological disorders and toxicity, that type of toxicity causing mood disorders.

Share a little bit more about what you know, in terms of the research with that, and also what's the safe thing to do? What do you do about that? What's your recommendations for people?

Dr. Panahpour: In India, late, middle to late 90s when I was invited, different symposiums and talk shows, TV shows and what have you. And I started sharing my knowledge with people. A lot of governmental agencies did not appreciate that. And I was prosecuted, I've been attacked not only by my peers with different governmental agencies on this matter.

Well, I want to keep it very simple. I want to keep it simple, especially now I've been talking about toxicity in our environments and all of this is suddenly the Covid-19 hits and now there's a huge evolution.

In order for me to get to dental school I have taken physiology, histology, biology, chemistry, organic chemistry, genetics. I had to take so many science courses to be able to increase my knowledge, take it into the admission test and then apply to dental schools.

Now, undergraduate, high school, college, all these science courses have one thing in common, the periodic table, table of elements. That was a common denominator between all of them. And the number one most toxic substance on our planet is plutonium. And what we do with plutonium, we enrich it with uranium and we make atomic bombs.

Number two is mercury, mercury is the second most toxic substance on our planet.

Now, I don't need to be a scientist, I don't need to have any kind of agenda. But, why would I even have one drop of mercury in my fillings? And that was my question as a young student, I did all these courses I got at dental school and this is what you guys are telling me. Wait a minute. Just quiet, do your courses.

Niki Gratrix: No critical thinking.

Dr. Panahpour: It doesn't. I don't want to see any research. I don't need to see any documents on if it's good or bad for you.

Niki Gratrix: You already know, yeah.

Dr. Panahpour: We know that. And I have a video of a congressional hearing where the head of the FDA a few years ago admitted, the vapor releases out of the mercury fillings and gets absorbed by the body.

Now, if you have a strong immune system, strong genetic pathway, your cycles of your kidney, liver, all of that is working efficiently. Yes, your body will be able to get rid of it. But when you have lived in certain big countries that you for three, four generations, you've been raised on modified food with hormones.

That has caused a certain genetic damage in your DNA of these pathways. So it's a little different for everyone. Now above and beyond the toxicity, that absorption, and let me tell you, one little single feeling of amalgam has a half-life of 25 years.

Niki Gratrix: Wow.

Dr. Panahpour: I'm not even gonna get to the amalgam filling itself and the fractures and the damage it does on a tooth. I'm just not. That's another podcast we could do. But another point is that whenever you have metals next to each other, you create what we would call a galvanic effect, a battery effect.

Now, all the nerves in your teeth, gums, eyes, forehead, ears, all of this, all these nerves come from one ganglion, one server, is referred to as the Sphenopalatine Ganglion, which is off of the fifth cranial nerve. So imagine when you have a battery effect on teeth that have an arterial, venal, lymphatic, neural connection. Of course, the mercury and the metal residues are absorbed by the tooth through its tubules and the vapor. But also that battery effect is affecting those nerves, and is keeping them at a charge. That charge will cause a short circuit.

If you look at our parasympathetic portion of our autonomic nervous system, five of your major parasympathetic ganglions that govern your parasympathetic function are also connected to your teeth, gums, cranium, you name it. So why is it that every time I take a little mercury fillings out, the teeth die and I end up getting root canals? It's like one evil for another, because as they removed that battery effect, along with other issues that they've been having, neurological what have you. They caused the short circuits and that short circuit further affected their nervous system.

Suddenly, all the tissue around them mercury fillings start releasing mercury that they've been holding onto because that battery effect is gone.

That nerve is sitting there, wait a minute, what's going on? Why has this environment changed? And they start firing. And if certain acupuncture or neuro therapy is not followed, that nerve dies. Again, not everybody's this way, but someone who is dealing with some sort of a neurological issue is more of a burden on their system.

Niki Gratrix: Yes. And that's also, this neurological.

What happens to the nerves, again, could that spread and affect things like the autonomic nervous system balance?

And people then get anxiety because they've got these imbalances?

Dr. Panahpour: Again, everybody's different. That short circuit has a ripple effect and for everyone.

I mean, I was a part of the research where the patients came in, the gentleman could barely move his hands, he couldn't even hold on to a key. As soon as we removed his amalgam fillings, he started moving his hands. And that could be one in a thousand, one in five hundred. But for that person, those medals in the mouth were causing a short circuit and the vicious ripple effect, which is another person wouldn't be the same.

So it is not just about using a rubber dam, suction and all those things to protect the patient from inhalation of that vapor. And of course, my assistant, me, the office environment, because that vapor is not what it just dissipates.

It either has to go through a special suction or if it gets in the air, it's going to go everywhere in the office and through the air conditioning system. It can even go to a part of a different building.

So it's not just about protecting the patient like Dr. Huggins protocol, smart protocol all these protocols that are out there. But it's also about understanding for that specific patient, how the body's going to respond when you remove that burden, when you remove that charge.

Niki Gratrix: So it's very important if someone, maybe they've health issues, maybe they've got maybe disorder. One of the things they should be considering is what's going on with their teeth and fillings and things like this. And they must go to a good qualified dentist who knows how to properly address the issues, and also remove a filling with mercury safely and effectively, right? That's critical.

Dr. Panahpour: Correct. And also be able to rebuild that tooth. I give a lot of lectures on restorative dentistry and I showed pictures before and after. And all these dentists, depending on how much tooth structure there is left they just want to pop a crown on that, too.

Niki Gratrix: Yeah. Easy way out.

Dr. Panahpour: There are ways there is an Academy of BioMimetic Dentistry, which I'm an instructor of. And we look at these restorations completely differently than your average dentist. And if those average dentists spend the time, money, finances, take these courses that are not cheap. I may ask to go through at least the multiple protocols of truly mastering biomimetic dentistry, is going to cost you about ten thousand dollars a continued education. It's fine, in my opinion, it's tax deductible. So instead of me giving it to the IRS I give it to them a little bit, the IRS, honestly.

So this is actually on YouTube. I gave a lecture to two of the biggest dental biological holistic dental groups in America. This was in Nevada, Reno somewhere in there and I was talking about dental epigenetics, the next frontier. I truly saw during my lecture that I was not connecting with my audience and these are all supposed to be biological dentists.

So I stopped the lecture and I asked and I started asking me a few questions.

I said, "when was the last time any of you took a course in adhesive dentistry?" bonding things together, basis of what dentists do.

Not even one person raised their hand.

I asked, "when is the last time anybody to get in restorative dentistry?"

Not even one person raised their hand.

I asked them, "how many of you guys do cavitation or root canal remove?"

Four or five people raise their hand.

And I asked them individually, when was the last time you had a course?

Oh yeah. Last we were in this meeting, there was an hour course on the subject.

I was really, really disappointed and I said it out loud. And again, this is on YouTube, that you guys should be ashamed of yourself. You call yourself a biological dentist and to me what biological dentistry, systemic dentistry, alternative dentistry, holistic dentistry.

Which means, not all of them know what the word holistic is, it means looking at the whole not just the parts. If you're calling yourself these things that means you have advanced in every aspect of dentistry.

Niki Gratrix: Yes it should be that.

Dr. Panahpour: But unfortunately, different reasons, a lot of people just take a few courses and that's it. They call themselves a biological dentist.

Niki Gratrix: So they need to be picky and do their research.

Dr. Panahpour: Absolutely. Absolutely. They each have some sort of a security, like a protocol together. I was subleasing office space from another dentist about a year ago, a very prominent Beverly Hills cosmetic dentist.

And he advertised that he basically is, he was a part of these different organizations and he's called himself a biological dentist, he advertised on it.

But he wasn't following any protocols as such. And when I asked him, he didn't have a suction at the vacuum for mercury removal.

So when I asked him, you don't have any of these toys, why are you calling yourself a biological dentist? He said, well, because I think biologically.

Niki Gratrix: Okay. The answer's great. It's another, the message, I think the take away message is buyer beware and your teeth are very important and make sure you do your research.

Can we touch on, coming towards the end of a few things here, about the connection between teeth, infections and teeth issues and Lyme disease.

Dr. Panahpour: Correct. I just had a couple that came to visit me that had both been diagnosed with Lyme. So I spent about a couple hours sharing the same thing. I'll try to keep it as simple as possible. Early 90s, dental school, first class in microbiology, they taught us that there's 350 or more different types of bacteria in the mouth.

This was the early 90s, 20 years later, the research tells us it's actually over 2,000 different types of bacteria, virus and fungus, they all live together, these colonies.

We just got to call it biofilm. So biofilm is plaque calculus that builds up around your gums. Biofilm is basically tooth decay and biofilm is where we'll be found in these infections of the root canals and what the so-called cavitation sites. Biofilm has also been found in the arterials of the heart with a plaque build up.

Biofilm has been found in pretty much any cancer lesion that has been removed from the body when they've done pathology. And we also know that the Lyme virus hides in biofilm. Biofilm is an anaerobic type entity, hates oxygen, can thrive without oxygen.

So Lyme and there's a lot of videos on YouTube so you can actually see under the microscope, you can actually see it. So for patients dealing with Lyme challenges, it's very important that they have a perfect clean mouth, good gums, no tooth decay, no infected root canals, no so-called cavitation sites. So they're not harboring any biofilm whatsoever.

Second part is that we know that we cannot, you can't get rid of Lyme, you have to create a symbiosis with this. So you need to make sure that there's nothing chronic, chronic inflammation, chronic issues are going on with your body. I mean, I'm talking about your body.

I'm thinking about you as a physical energy, mental, intuitive, spiritual individual. It's not just, it's where you live, your relationship, your connection to divine all of that. If you have a bad relationship, that's a chronic issue.

Niki Gratrix: Yes, big time.

Dr. Panahpour: And also, we know that clenching and grinding creates muscle spasm, unbalanced bite which affects your oxygenation, tensile strength, etc. etc. And there's also this cranium that is responsible for your lymphatic movement, it's called the cranial pulse.

Now we know that our Lyme patients, the ones that are moderate to severe, can't go to the gym, they can't work out to increase the lymphatic movement by breathing and moving. Because the Lyme virus hides in the joints, it doesn't live in the blood. So every time you struggle moving around, your body starts releasing Lyme.

So because of that we see a lot of Lyme patients. 90 percent of the Lyme patients that I see are clenching and grinding.

Niki Gratrix: Wow, is that because of the Lyme or did the Lyme cause them to do that? Which came first?

Dr. Panahpour: In this case I would say the Lyme caused them to get these issues. The body is under stress and we know that when the body is under stress certain things happen. And some patients started clenching and grinding or there's a lack of harmony between the cranial sacrum and that is leading to disharmony of the cranium, which means basically your teeth, lack of lymphatic movements.

Niki Gratrix: Wow, this is really, really important because there are people with emotional trauma, attachment, developmental trauma from childhood who probably started the clenching and grinding because they were stressed.

So it's a cascading, started emotional and then turned into this, and then turned into the lymphatic impact, then it affects mitochondrial function and poignancy and all of that. Very important.

Dr. Panahpour: Correct. We see that a lot with young children when they have parents that are having issues. Or children that are up, for example, being bullied or stressed out at school or in some sort of a manner.

My six year old little boy, Ian, I noticed that he, a few months ago, was clenching his teeth that night. I would wake up, for him he's going through growth spurts. So when I started doing some cranial work for him before sleep, he stopped clenching and grinding.

That stress of that growth spur was causing him to and his adult teeth are coming out, shift is going on. He started clenching and grinding, but as soon as I started doing some cranial work, and some very simple meditation before we went to sleep, it stopped right away.

Niki Gratrix: That's brilliant.

Dr. Panahpour: One of the number one things we see is that when the muscles of the jaw, due to different reasons are in spasm, like clenching and grinding. Well, what happens when the muscles go into spasm?

Muscles get shorter, as it gets shorter it takes the lower jaw backward and as the lower jaw goes back, it takes the tongue and the epiglottis back with it, cutting your airway. If you look at a lot of these sleep apnea devices, what are they meant to do?

Bring the lower jaw forward.

Niki Gratrix: Yes. So that's another connection.

So sleep apnea could also be trauma induced, goes to the jaw and then it's amazing.

So this is the root cause.

Dr. Panahpour: Now, I haven't seen one sleep apnea patient that does not have some sort of a cranial disharmony. That's quite obvious. And of course, when I'm talking about the head and neck, I'm talking about this relation to the shoulders, hip, that harmony between your cranium sacrum.

Niki Gratrix: Yeah, and that's also going to be a bi-directional thing. So I'm sure those imbalances will have a knock on effect eventually on mood as well so it's compounding, a vicious cycle. So that's that systemic dentistry and systems biology for you, isn't it?

Dr. Panahpour: And I see this in every TMJ patient. Patients are coming in there for their bite issues or structural issues, what have you. Every female patient has hormonal issues.

Niki Gratrix: Interesting. Right.

Dr. Panahpour: Not only their hormonal issues, the side effect of the chronic information that they're going through, muscle spasm, lack of oxygenation, but also guess where you have more hormonal receptors than any other part of your body?

Niki Gratrix: That is a really good question? I don't know the answer.

Dr. Panahpour: The TMJ joint.

Niki Gratrix: Oh, is it really.

Dr. Panahpour: Correct.

Niki Gratrix: That's fascinating.

Dr. Panahpour: And this is, out of place when this is, when the body is dealing with this muscle spasm, lack of blood flowing out to those areas because of the muscle spasms impinging upon the arteries, veins and the nerves, etc. etc. This is also causing hormonal issues. I've had multiple patients, young female patients that thought they had gone through menopause, as soon as you put them on one of my appliances, started working with them, they got their cycles back.

Niki Gratrix: This is such a good example of holistic.

Dr. Panahpour: Very fast. Of course, I can never advertise this because they'll probably lock me up and throw me or take me to Guantanamo Bay or something.

Niki Gratrix: Terrible state of affairs that we live in yep.

Dr. Panahpour: Exactly. Just drill, fit, bill it and that's it.

Niki Gratrix: Yes, so, just with that, would this have been the pituitary? Related to the hormones produced by the pituitary gland? Just because it would just start in the maybe hypothalamus. It's all connected, everything's connected, right?

Dr. Panahpour: When you have a chronic issue going on, first your adrenals are affected because of fight, fight, fight, then we see the thyroid, then hormones. For everyone's a

little bit different, but there is a vicious ripple effect. I have Lyme patients that are dealing with Lyme challenges, they're athletes, they run 6 miles a day, no symptoms, nothing, because they've learned to live a clean life.

Niki Gratrix: And which includes the teeth.

Dr. Panahpour: Energy, mental, intuitive, spiritual. And we've seen how when patients that come to us that are good with their God, good with their family, clean life, you give them one vitamin C, oh my God or one chiropractic adjustments or one little thing, and they're back to normal.

But patients who have lost, so from top to bottom, everything is much more effected. With patients who are stuck in their physical body, bad relationships, have lost their faith. 100 vitamin C, 200 migrants and I see that, you're the 25th dentist that I've been to.

Oh, my God. I don't even know if I want this patient, because I don't want to be number 26.

Niki Gratrix: No. They actually need to go probably get some attachment, EMDR therapy, emotional trauma therapy, start stimulating the vagus nerve. And then, you'd be part of it.

That person that you just described needs a group therapeutic intervention. They need a provider, a group provider intervention. So they need the dentist, they need the psychology practice, they need a functional medicine practitioner.

I mean, that's the truth, we need this provider. It's the future, I think of truly holistic, unless you do everything which, probably not a good idea.

Dr. Panahpour: Well again, by continuing education I'm able to see more. Again, it goes back to that patient with tooth decay. I'm not a gut specialist, but some questions if I ask my patient and they, those questions get answered positively.

Listen, you need to see a nutritionist, you need to see a specialist to help you in this. If not, you're gonna be here every six months with a new tooth cavity.

Niki Gratrix: Yeah.

Dr. Panahpour: You need to be here with broken teeth because you're clenching and grinding. We need to put a stop to this.

If not, you are going to be married to my office, at the end of the day I always feel responsible, greatly.

So if I have a patient that doesn't follow my protocol and keeps coming in every six months, and didn't follow through with my recommendations.

Honestly, that's not the patient I want, because I feel not only let them down, but I've let myself down. I'm not turning a blind eye if you keep coming to me with the same issues on different teeth.

Niki Gratrix: Yeah.

Dr. Panahpour: Some dentists might love it, I'm making more money. Or what have you, keep my office busy. I just don't follow that protocol and I never did.

Niki Gratrix: That's why you're my dentist. So I was gonna say just as a little promo there just so everybody knows. So let's just end, I was going to say.

What were your top tips? Just final, like short top tips that you would have to people, maybe your top three or four recommendations to keep good oral health? I thought you were going to say, like is the Oral-B electric toothbrush. I think you might say a good relationship with God so that's true holistic. So what would be your top tip? And you can say what you like.

Dr. Panahpour: Well, I was going to crack up because if I ever tell someone, another dentist did, brush well and have a good relationship with God, they're probably going to just run away from me.

Niki Gratrix: I get it, I get it anyway.

Dr. Panahpour: I would say truly, it's all about your immune system.

You need to make sure you live in a clean home environment. Your children are not running outside playing outside and then running into the house with their shoes and jumping at the couch or the bed or the dog sleeping next to you.

All of that, you're bringing all that bacteria in. So really living in a clean environment, good relationships, eating healthy, eating strong, exercise.

Don't allow every little thing to scare you as most of the people are being scared right now. I see walking with my children, some people give me a heads up and smile and say, oh, this will be over soon. Or other people actually run away because they want to keep their six feet distance.

Niki Gratrix: Seeing the same.

Dr. Panahpour: They've got the masks, the glasses, the gloves on, look like little American ninjas, you know what I mean? So it again, it goes back to those five levels, physical energy, mental, intuitive, spiritual.

Again, tooth decay, gum disease, all of that common denominator are chronic issues. So you really got to take care of yourself, your body as a whole. I just came back from Mexico where I lectured at a huge community, all Americans that have moved to that area, they do farming, it's 20 years. And they're living such a clean life, instead of they're buying their kids toys from Toys R US, the toys are taking a piece of wood and just having a ball with it.

So it's all about clean living on all those manifestations. With the teeth when it hurts it's usually too late. So we as dentists are in front lines. We see our patients every six months to make sure that cleaning is done, the polishing is done, the teeth are doing well. At first you see evidence of when you see tooth decay, that should raise your barometer, when suddenly you see gum disease, that should be your barometer.

When a patient comes to me, when patients are clenching, grinding, you see fractures that should raise your barometer. Yes, you have to treat the issue, but why is this happening? Why? Why, why? That's where the curiosity comes in.

We dentists, unfortunately, have gone from such a prestigious field in health care to like fast food restaurants and that really just breaks my heart. We are the first ones that are able to help our patients on so many different levels. You can alter teeth and cranium growth while the patients are still in the mommy's tummy, that's how we can intervene.

The mother of my son, Jacob, she was a vegetarian during her pregnancy, she started getting tooth decay. Why? Because my son needed minerals and because of her being vegetarian and truly so my sickest patients are vegetarians, who are not eating the right thing for their body. She wasn't getting enough minerals in. So we had to introduce proper minerals, omegas and what have you, into her system. And literally the cavities were small when I first caught them, they went away. I saw a lot of others that brought their babies.

Yeah, there's a small tooth decay here. Small enough that nutrition, better brushing, flossing, we could reverse it. And the moms love me because of that. I don't say, well, we need to put your baby to sleep and go there and do 15 fillings and what have.

Niki Gratrix: Yes. And then put mercury in and put that child up for a lifetime.

Dr. Panahpour: My daughter Sofia read my book that I wrote a few years ago, *The Good Dentist* just last night. And I dedicated this book to them, and she was so impressed with this book. And I told her that I will never allow someone who has a better financial background, will never allow mercury to be placed in their children's mouths. Because they couldn't afford to pay that extra fee where their insurance only covers metal fillings.

When you have dental insurance, you go to the dentist, the insurance company covers metal fillings. Most of the dentists, they tell you if you pay so much extra we could do a tooth cut instantly for you or what have you.

We can afford it, but how about those families that cannot afford? How about those families that don't know any better? How about those families that trust everything they hear on TV and their doctors? So I fought for them.

Niki Gratrix: Yeah. Yes, you did. That's awesome.

Dr. Panahpour, where can people find out more about your website address? And you can mention your book as well, the title of that.

Dr. Panahpour: I have a book, *The Good Dentist*. My website is www.systemicdentist.com.

I am not practicing in Washington any longer, I am only full time, well part time in California. I live in Washington, but I practice in California. It was not possible for me to move to California with my children because I had to vaccinate them and I refused to do that. So in Washington so far, due to philosophical reasons or religious reasons, you can choose not to vaccinate your children.

If that's going to change in the future, I don't know. Most likely, I've no idea. So I'm constantly back and forth and lecturing all over the states, different symposiums, private groups, what have you.

So these families that I told you in Mexico, there's actually about 2,000 members that live all over Mexico that haven't moved there years ago and generations ago. And basically they invited me to come and give them a lecture on dentistry.

Niki Gratrix: Fantastic. Thank you so Dr. Panahpour, you've been brilliant.

Dr. Panahpour: How's your tooth by the way.

Niki Gratrix: It's really good, of course, it's wonderful. It is, actually. I'm telling the truth. It's really good. And I'm just as soon as I found out about you what you do. I felt totally safe the whole time.

I haven't ever met a dentist like you. But it was an experience, a really positive experience. Well, you know that fan, I would not have brought you on this Summit otherwise.

Dr. Panahpour: Thank you for everything you're doing to spread the word around, people really need to know more about, again, we cannot see what we don't know, the more you read, the more you know.

Niki Gratrix Exactly. So I can unreservedly recommend anybody come to see you for their dentistry work and keep up the good work. I hope everybody comes to see you on your website and you can follow what you're doing there too, so if you're lecturing, say locally they can check that out on your website.

Thank you very much, Dr. Panahpour, and I'd like everybody to listen, I hope you got as much out of it as I did and I shall see you in the next episode. Take care for now.