

## Welcome to Website Video Script

Hi! Welcome to my website. I'm Carol Vander Stoep, a dental hygienist with almost 40 years of experience in many facets of dentistry, some of which you may not have known existed. Writing two books about the role oral conditions plays in the role of general health turned up some radical surprises even I never suspected, usually from practitioners like me who have been in the business long enough to see what does and doesn't work. And most of what we learned in dental school doesn't work nearly as well as it could!

We know that from the repetitive failures of fillings on the way to ultimate failures of teeth that then put stress on whole body health through poor nutrition if they are not replaced. And if they are, then root canals, cavitations (osteonecrosis) from improperly extracted teeth and implants put their own special stresses on overall health.

We know it because of the epidemic of children who have crowded teeth and who don't have room for wisdom teeth, not to mention the predominance of people in my generation who had 4 additional removed by orthodontists "due to lack of room!" Virtually all of these people have compromised airways that lead to snoring and deadly sleep apnea. Think about it. How many people do you know who snore or are tired all the time!

I have so many clients who work hard at fine-tuning their health in many thoughtful, yet costly ways. A number of them try to accomplish heavy metal detoxing, but they overlook one critical fact. If a person's airway partially or fully collapses at night, then the "fight or flight" part of their nervous system is dominant and EVERYTHING is on hold. No healing, no resting, no hormone production, no detoxing. And serious deprivation of oxygen from brain cells that gives them brain fog. But just looking at mercury, how awful to shake it loose from within cells and prepare it for elimination only to have it move elsewhere because the body is too busy running from tigers all night!

These are just two ways we all need to think about health and how to solve the healthcare crisis that swamps us. Oftentimes the root cause is in the mouth. Invest some time in learning what you can do to save some serious healthcare dollars while feeling vibrant and happier! Who *doesn't* want less dentistry? Here, less is definitely more, but you have to know how to flip the switches that make that work for you! *Primal Dentistry* and *Mouth Matters* deliver disruptive medical information we all need!

If you don't KNOW you have dental health choices, then you don't have them! Explore your options!