



Mouth Matters
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MOUTH MATTERS AUTHOR REVEALS LONGEVITY AND BEAUTY SECRETS AS SEEN THROUGH THE LENS OF ORAL HEALTH AND POSTURE

Economical Drill- and Anesthetic-free Dentistry that Lasts Developing Optimal Beauty and Function Through Oral Posture Quenching the Inflammatory Fires at the Root of Most Modern Diseases

Carol Vander Stoep, RDH, BSDH, OMT, brings over three decades of dental hygiene experience, passion, and integrative health research to her book *Mouth Matters: How Your Mouth Ages Your Body and What You Can Do About It*. She knows too few realize the consequences of neglect go beyond teeth and gums, sweet breath or captivating smiles; the mouth is the most exposed gateway into our bodies and what goes on within it or passes through it has profound implications elsewhere in our bodies, undermining overall health.

She explains the health links, offers simple solutions, and introduces advanced techniques practiced by “biological” dentists and other dental thought leaders. These pioneers understand the tragic consequences of prevention that ignores root causes and disease detection too late in the game. They devised radically different solutions we all should embrace if we expect to keep healthy smiles in a healthy body for a lifetime.

Carol recognizes institutions such as dentistry are difficult to change because by nature, participants are invested in the status quo. The primary way institutions change is an educated public asking for more. She knows the public wants and expects more from their practitioners than the dated, symptom-driven and narrowly defined “drill and fill” treadmill that tends to break teeth apart. From explaining the correct oral posture that can guide early facial development to avoid rampant sleep apnea, breathing, and jaw-joint problems, to preventive strategies that do not divorce the mouth from general health and inflammatory disease, Carol works tirelessly to implement the political change and heightened awareness necessary to move dentistry towards a kinder/gentler discipline – one defined by permanent success, rather than the consistent failure most experience.

“Mouth Matters is a “made simple” guide, one that should be read by every parent hoping to lead their children toward natural healing and away from an expectation of illness, medications, and surgery...” *John Parks Trowbridge M.D., FACAM; President, International Academy of Biological Dentistry and Medicine; Diplomat and Secretary to the Board of Directors of the American Board of Clinical Metal Toxicology*

Carol is active in the Academy of Biomimetic Dentistry and is a founding member of The American Academy of Oral Systemic Medicine (AAOSH). She finds time to kayak and travel while continuing her professional work as a hygienist, consultant, orofacial myofunctional therapist, and speaker to professional audiences and the general public. She is currently working to bring this information and theses techniques into China. Read more at www.mouthmattersbook.com.