



# Mouth Matters

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## BOOK SUMMARY:

Is anxiety-free, drill-free dentistry that supports your overall health too much to ask for? No! Many dental professionals have abandoned their drills and the piecemeal approach of conventional dentistry. They know gum disease and cavities are the first and most obvious symptoms of a body in trouble. They help patients restore their health by acting on the principles described in Carol Vander Stoep's *Mouth Matters*.

*Mouth Matters* is a friendly, informative journey through oral/systemic health connections. The book illustrates many ways one can heal from the inside out and offers numerous ideas most have never considered. Read it to learn how to:

- Keep your mental and physical flags flying – from the boardroom to the bedroom.
- Help your child grow the most attractive face possible – and avoid future serious breathing problems that threaten health and longevity.
- Reverse much of the oral and general health damage brought about by lifestyle.
- Prevent cavities and gum disease.
- Find dentists who, when prevention fails, will “fix it right the first time” – and do it with biologically compatible techniques and materials.

## Accelerated Aging? Chronic Pain?

### It is NOT Bad Genes, Bad Germs or Bad Luck!

The US spends a higher percent of GDP on health care than any other country in the world. You'd think that would buy Americans the highest quality care. Yet according to the World Health Organization, we rank 37th out of 191 nations – just below Dominica and Costa Rica.

Our “health care” system is really a disease care system. It focuses on treating symptoms, not their root causes. Yet many Americans accept this – a simplistic approach that will never meaningfully “cure” cancers or subdue the inflammation-driven diseases plaguing us.<sup>1</sup>

Health is not the absence of disease. It is positive vitality! Your body is incredibly resilient. It evolved to mend and remodel itself. Once you know how to “work its switches” – provide the essential nutrients and remove blocks to health – the body can usually heal itself. This lies at the heart of true medicine. We must change our Western mindset and know that healing happens from the inside out – as true for teeth as for the rest of the body.

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<sup>1</sup> [Problems linked to inflammation-based oral conditions](#) include chronic heart disease (CVD), stroke, diabetes, osteoporosis, pregnancy complications and meningitis. Oral conditions also influence autoimmune disorders such as MS, Lou Gehrig's disease (ALS) and lupus; neurological problems such as Parkinson's and Alzheimer's; and “enigmatic” illnesses such as fibromyalgia, chronic fatigue (CFS) and multiple chemical sensitivity (MCS).

## **(Un)Healthy Mouth, (Un)Healthy Body**

Mainstream dentistry likewise treats symptoms instead of disease. It fails to recognize what even ancient healers knew: the mouth is a mirror to the body – and an influence on it.

Periodontal (gum) disease and caries (cavities) are the first and most obvious signs of a body in trouble. These proverbial “canaries in a coal mine” warn of rampant, chronic inflammation throughout the whole body.

Would you still ignore your bleeding gums if you knew you might be losing your eyesight or kidney function, as well?

### **Whole Body Dentistry = Biological Dentistry**

Though more conventional dentists and physicians are beginning to appreciate the relationship between oral disease and physical illness, only biological dentistry is rooted in a truly holistic, whole-body approach to health and healing.

#### **Biological dentistry:**

- combines the best clinical practice with traditional, natural healing.
- requires biocompatible materials and techniques that mimic nature.
- aims to prevent and cure illness, not just treat symptoms.
- acknowledges the wisdom of the body and its self-healing mechanisms.
- prefers therapies that support the body’s natural abilities, not those that attempt to override them.
- accepts each of us as a unique, indivisible whole – body, mind and spirit.

For book excerpts visit: <http://www.mouthmattersbook.com/mouth-matters-book/excerpts/>