



What Medical Professionals Say About: *MOUTH MATTERS*

The sad news is that “real doctors” and medical students are likely to skip this book, sure they “already know” everything they need to ... and they would be WRONG! Our medical/illness system fails to teach – and almost always fails to treat – the root causes of many illnesses, even though they have been clearly identified in the scientific literature.

In this incredible book, noted author Carol Vander Stoep has done a masterful job of weaving together the concepts of “biological medicine” (going beyond using lab tests and complaints, to treat each person in all dimensions) and “biological dentistry” (dentistry practiced far beyond the “drill, fill, and bill” patchwork approach of past eras). As we learn more about the fields of pathophysiology, we will ever more appreciate the interconnections of hormones, immunity, infections, inflammation, metabolism, cell functions and division, and toxic chemicals and metals, as these all relate to failing health. This book charts an easy path for readers to more fully appreciate what we know now – and especially what actions we can take each day to help restore and preserve more robust health.

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. While the sad news is that it is less likely to be on your doctor’s bookshelf, the good news is it will be a treasured reference in many homes... and hopefully available in most dental offices.

Are you ready for a primer that makes modern medical and dental discoveries clearly within your reach, that shows you how small adjustments in your lifestyle can reap huge rewards? Then *Mouth Matters* is for you, right now! And strangely enough(?) this should be a gift you share with family and friends, to open for them the prospect of fewer pharmaceutical drugs, a lower likelihood of operations, only occasional doctor visits ... and the blessings of better health!

John Parks Trowbridge M.D., FACAM
President, International Academy of Biological Dentistry and Medicine
Diplomate and Secretary to the Board of Directors of the American
Board of Clinical Metal Toxicology
Co-author, The Yeast Syndrome

Every once in a while, you come across a person you just know will make a difference in this world. Maybe it is their passion, creativity, or determination. For Carol Vander Stoep, I think it is fair to say, it’s all the above. By virtue of my work, I have the privilege of meeting and dreaming with oral health care providers from around the world. Coming across Carol was one of the most memorable meetings I can remember, and I am deeply honored that she pulled me into her loop during the final stages of the development of *Mouth Matters*.

Several months before I spoke at the 2008 American Dental Association Annual Session in San Antonio, Carol e-mailed me to introduce herself and ask if I would get together with her at the meeting. It was then when she asked if I would be willing to review a manuscript in progress for what has become one of the most brilliant contributions in educating the consumer-public about the importance of oral health. I did review it, and I was awestruck with the depth and breadth of Carol’s knowledge.



Mouth Matters

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Mouth Matters is the quintessential road map for people who want to better understand the connection between oral and overall health. Carol has mastered the fine art of providing a thorough review of scientific evidence related to oral-systemic interrelationships and grounding this science by using terms everyone can understand. Indeed, this is a talent. No other author has been able to assimilate, synthesize, and craft the body of evidence that supports a role of infection and inflammation within the oral cavity in escalating risk for various chronic disease states with such clarity, and readability.

Many people have great ideas, but how many are so committed to a dream that they resolve to move it forward in spite of obstacles? Most of us just don't have that kind of heart. Carol does. Without her dogged determination in bringing this wonderful book to fruition, we would have lost a very valuable resource for consumer education. We are so lucky Carol saw this important work through. *Mouth Matters* is long overdue and a tribute to how one person's passion can be translated into helping others in such a meaningful way. Congratulations Carol!

Casey Hein, BSDH, MBA

Assistant Professor; Division of Periodontics

Project Director, Interprofessional Oral-Systemic Curriculum

Development, Faculty of Dentistry

University of Manitoba

Former editor-in-chief of the dental journal, Grand Rounds in Oral-Systemic Medicine

Carol's book is eye opening for even the most conventional healthcare provider. Look at her information on nursing homes and reduction of pneumonia and flu. After reading her book I commented several times that every hospital and nursing home should employ a dental hygienist to assist patients in oral hygiene. Just imagine the impact if we could reduce secondary infections in coma patients, stroke patients etc. She is an inspiration!

Dawn Ewing, Doctor of Integrative Medicine

Carol has that rare quality of coupling years of extensive hands-on experience with easy to understand scientific backing. This book brings years of important research to the forefront, allowing readers to understand the truth about dental health and the dangers of dental materials that are otherwise considered "everyday tools." The information in this book should not be taken lightly, but rather shared with others in the hope that change can happen when enough people make their voices heard.

Griffin Cole, DDS, NMD, IBDM, FIAOMT

You really amaze me. I can't believe your broad range of knowledge and comprehension. You have put together a masterpiece! Very few dentists could assemble the information with the clarity and cohesiveness that you have accomplished. If only all health care practitioners could read and absorb 1/4 of the information presented, health care would be forever altered for the better. Thank you for your excellence and dedication.

John Laughlin III, D.D.S.



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Carol Vander Stoep has written 'the' definitive book, *Mouth Matters*, on oral/systemic connections and what the public can do to stay healthy. Yet this book is not for the public only, most health care professionals can learn from it too. Former Surgeon General C. Everett Koop, M.D., has often said, "You are not healthy without good oral health." Oral infections have systemic implications and systemic conditions have a reciprocal impact on oral health. Carol's wonderful book is a great textbook that is not meant to be read linearly, rather it truly becomes a 'go-to' resource to find answers on the oral connections with the heart, diabetes, sex hormones, osteoporosis and much more.

The real power of this work is Carol's book is its timely, accurate information written in a way readily accessible to most any reader. Carol is truly at the leading edge of this evolving field. This book takes philosophy into practical advice and is a must read for anyone looking to be healthy.

Patti DiGangi, RDH, ADA Evidence-Based Champion, certified AGD presenter for Periodontal Disease

Carol Vander Stoep's latest offering *Mouth Matters*, addresses oral and oral/systemic issues in a clear and comprehensible manner. The chapter on ozone therapy is very timely, as it addresses the most important paradigm shift to occur in dentistry in the last 60 years. This book is a must read for dentists, dental staff and patients.

*Robert E. Harris, Jr. DMD, NMD, IBDM
Co-founder American College of Integrative Medicine and Dentistry*

Mouth Matters belongs in the library of all dental professionals who want to be on the edge of the newly emerging science of the oral-systemic connection. Carol manages to explain things in accessible English so that this easily digested text can be shared with patients and staff alike.

*William C. Domb, DMD
Founding Board Member
American Academy for Oral Systemic Health*

Mouth Matters needs to be part of every dental school curriculum; it should be required reading for every mother... You have brought together some really great things I've never seen in print before.

*William Hang, DDS, MSD
American Association of Physiological Medicine and Dentistry
American Academy of Craniofacial Pain
North American Association of Facial Orthotropics®
International Association of Facial Growth Guidance*



What Consumers Say About:

MOUTH MATTERS

Thank you, Carol, for opening my eyes to the reasons why what we put in our bodies has such a direct impact on our health. For me specifically, gum disease has had wide ramifications. I am a 53-year-old carpenter with a decent work ethic who unfortunately spent thirty years making some bad choices. Smoking one to two packs of cigarettes per day, consuming sugar, the wrong fats, and processed foods by the ton are examples. I have been battling gum disease for many years. I have spent thousands of dollars on gum treatments, extractions, and antibiotics with limited success. Until I met Carol and read her book I had no idea what exactly I was doing to myself, so much so that a few years prior I had a heart attack. My doctors attributed this solely to smoking. I learned otherwise as I became more educated about inflammation, plaque, consequences of poor dietary choices, etc. Carol's straightforward no-nonsense attention to my specific case has given me understandable guidance and positive results I am thankful for. I believe her unorthodox use of ozone has allowed me to keep my teeth. Needless to say my wife is happy, too. My hope is more dental professionals will adopt the procedures and practices that Carol has so well researched, studied and implemented. They are making a difference in people's lives... Thanks again to Carol. Sounds corny, but you are my hero. Keep it up, don't give up.

C.K. Brazil

I'm not done reading the whole book yet, however I do want to say I ended up putting my highlighter away since it seems to me that almost everything Carol writes needs to be highlighted, if you know what I mean. She gets right to the point with very useful information. I am enjoying this book because she reinforces what I already believe from lots of research, and then she adds even more information about each subject. So much I didn't know. So much I wanted to learn about! Very fortunate to learn about her through Dr. Mercola's site.

Mari C.

I'm not a doctor and I'm not a scientist, but I do have a brain and can discern Vander Stoep's approach makes sense! What we put into our body matters, and how we use our body matters. If we're using our mouths to do something another organ (our nose) was specifically designed for, (breathing), then yeah, we're gonna have problems! I so appreciate Carol's honest approach at sharing what she's learned.

Jennifer R.