



Mouth Matters

Carol Vander Stoep, RDH

Carol Vander Stoep, RDH, BSDH, OMT
Contact Phone (512) 288-3331
E-mail Carol@mouthmattersbook.com
Website: www.mouthmattersbook.com



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 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 provides disease detection too late in the game. They have devised radically different solutions we all should embrace if we expect to keep healthy smiles and bodies 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 defined by permanent success, rather than the consistent failure most experience.

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 these innovative techniques into China. Read more at www.mouthmattersbook.com.

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