



EPISODE 929

The Best Foods for Your Teeth & the Shocking Truth About Root Canals

With Guest Dr. Dominik Nischwitz

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SHAWN STEVENSON: Today you're going to experience an absolute masterclass in dental care, in taking care of your teeth, your oral care, your oral microbiome. And I'm telling you right now, what you learned today is going to stick with you for a lifetime. I learned so much. There's so many different things that people simply don't know about. Today, you're going to discover the biggest mistakes that people make with brushing and flossing. You're gonna learn why your saliva is critical for your oral health and protecting your teeth. You're gonna learn the best foods to eat for healthier teeth. You're also gonna discover why you should not brush your teeth right after eating.

You're gonna discover the shocking impact of metal fillings and root canals. And you're gonna learn how tooth decay is related to a plethora of deadly chronic diseases. I'm telling you right now, this is game changing. Our teeth are tiny organs and we need to give them a lot of love and respect. And unfortunately, education around taking care of our teeth and our oral care has been shrouded in a lot of mystery and confusion and bad advice. And today we have on the number one biological dentist in the world. And I'm telling you right now, again, these insights are going to impact you and support the health of your teeth for the rest of your life. This is so very important, and I'm so grateful to be able to share this with you today. And without further ado, let's get to our special guest and topic of the day.

Dr. Dominic Nischwitz, also known as Dr. Dom, is a pioneer in biological dentistry and the founder of the Bio dentistry global standards. His approach merges biological dentistry, functional medicine, and health optimization to address the root causes of chronic illness. Starting with your mouth today, Dr. Dom educates and certifies dentists worldwide to redefine oral systemic health and empower patients to heal, optimize, and reclaim control of their health. Let's dive into this conversation with the amazing Dr. Dom.

Backed by popular demand. Dr. Dom, good to see you, man.

DR. DOMINIK NISCHWITZ: Thanks for having me.

SHAWN STEVENSON: Of course.

DR. DOMINIK NISCHWITZ: Pleasure. Amazing.

SHAWN STEVENSON: First and foremost, let's start off by talking about why nutrition is so important for our dental health.

DR. DOMINIK NISCHWITZ: That is the foundation. Like in nature, our teeth are hot as stone, like granite, right? And that is only by eating real food. They're getting built from within. It's living outside, it's getting sunlight on the skin, producing vitamin E three and then vitamin three. Together with K two, brings in all the minerals into your bones and your teeth. That's nature. That's normal. So we're immune against tooth decay if our lifestyle and nutrition is correct. Unfortunately, where we live in, in the western world, number one chronic disease is tooth decay and that is decay of the overall body. It's crazy, right? So I think it's up above 90%. So tooth decay is, and what we learn in university as dentists, it's kind of like a fluoride deficiency, but it is not a fluoride deficiency tooth decay is literally a deficiency of nutrients such as minerals, vitamin D, three K, two healthy proteins, stuff that you would get from real good food, but you don't get it from processed foods, especially not from ultra processed foods. So we can go into this.

SHAWN STEVENSON: Absolutely. I want to ask you specifically about the environment, because you just said already something that should be a huge aha moment for everybody. We think about food in relationship with our teeth as something external, right? We don't get the wrong stuff on our teeth. We don't want sugar to decay our teeth. True. But you said that our teeth are made from our food.

DR. DOMINIK NISCHWITZ: Yeah.

SHAWN STEVENSON: And we don't really think about that. So talk about how our nutrition is making our teeth.

DR. DOMINIK NISCHWITZ: Okay.

SHAWN STEVENSON: What are the best stuff to do that? And also just the environment, the microbiome. The oral microbiome in particular.

DR. DOMINIK NISCHWITZ: Your teeth are, they are hard as stone, but they're actually little tiny organs, right? So they have their, they're an extension of your brain. And in these teeth, like with every other organ, we have a blood supply. So blood is coming into your teeth. We have a nerve nervous system in there and a lymph supply. So obviously whatever you eat that gets assimilated through the guts and everything goes into your bloodstream and also goes into your teeth. So if you're depleted overall and teeth are storage unit for minerals and stuff, they decay. That is from the inside, but also teeth get remineralized all the time from the outside, which is the saliva. So in, in the mouse, the saliva is kind of like a miracle, a miracle liquid that contains peptides. It contains growth factors, it contains your immune system and digestive enzymes and minerals and things that build your teeth from the outside.

But obviously only if you have those in your system. So if you're completely depleted or if you're in stress, maybe you realize when you, when you're in stress, you even have less saliva by getting a dry mouth. If you're super stressed, you have to run from a tiger super dry mouth. So it's, it's multifactorial how to build teeth from within, but it's, there's a solid biochemistry around it. What's, what was the second question?

SHAWN STEVENSON: The microbiome.

DR. DOMINIK NISCHWITZ: Oh yeah.

SHAWN STEVENSON: The oral microbiome.

DR. DOMINIK NISCHWITZ: Exactly. So the mouth is actually part of your body. Most people think it's outside. Even us as dentists would trained to use the mouth as a garage system, there's teeth that you can bite on. You can just repair those. But the mouth is the entrance to the body. The mouth is actually the gut. The gut starts here and it ends there, right? And in between is this huge tube. And in your mouth it's the tiny ecosystem in the bigger ecosystem. The hotel lobby of the whole, of the whole house of, of the whole hotel. And you have a microbiome in there called the oral microbiome that is the most diversified and second largest to the gut.

So they found up to 700 different species of, let's say, bugs in your mouth, completely individual and depending on substrate. And, but we are only always talking about the back door, which is the large intestine where the colon and stuff. But the microbiome in your mouth, because you swallow about 140 billion bugs per day, makes up parts of the gut microbiome. So when we talk about gut health. You cannot stop. You cannot start after the lobby. You have to start at the front door and clean that out, because if it's shitty here, it's gonna be there too. So it's super important. And the ecosystem in your mouth is dependent on your nutrition again. So the microbiome of someone who lives ancestrally like our ancestors did, we only ate real food outside.

No chemicals, no processed foods. It's a complete different one than what we have these days with standard American diet, eating ultra processed foods because these bugs, they eat something, right? And I call it the substrate. And we know from studies from my hometown in tubing in Germany that the microbiome actually changes within 12 to 24 hours, depending on substrate. So for example, a baby that gets breast fed has a complete different oral microbiome and specifically gut microbiome than the baby that has the formula, for example. Or if you would change your diet from standard American to, let's say. A more animal based one or paleo one, or let's say even vegan or vegetarian, it's completely different.

SHAWN STEVENSON: Right.

DR. DOMINIK NISCHWITZ: So within a very quick time. Yeah.

SHAWN STEVENSON: That's so powerful. We have so much agency to change.

DR. DOMINIK NISCHWITZ: Yes.

SHAWN STEVENSON: So I wanna ask you specifically, since we're talking about the environment, just thinking about this miracle solution that we have with our saliva and understanding that if we don't have it in our bodies, we can't make that kind of enriching wash that's constantly there to support our teeth. What are some specific foods that can support our oral microbiome that can support healthy saliva?

And also, of course our teeth need some work as well to be able to actually chew on things.

DR. DOMINIK NISCHWITZ: True, true. Yeah.

SHAWN STEVENSON: So what are, what are some foods that you've known to be really good for supporting our dental health?

DR. DOMINIK NISCHWITZ: So literally real whole foods. Anything you could chew on that, that allows you to chew harder is what builds your teeth, makes them stronger, and also your bones and your jaw and your jaw muscle. It's basically progressive overload for these muscles and make it stronger. We had, our ancestors had space for way more teeth than us. We even had two sets of wisdom teeth, so we just degenerated over the years and now we're actually living in de evolution. So just meat, fish, eggs, real food, and also the plants. A raw carrot is super good to chew on. You know how, how hard it is or even just some beef jerky, just clean stuff that you have to chew is great.

It supplies the body with the right nutrients. So we always think of nutrition as in food is basically information and nutrients in there. So you want to have the most bang for your buck, get stuff that literally is loaded with micronutrients and we know that even so, plants are mainly, I would say, plants. We get all the minerals from plants and we get a lot of vitamins from the animal world. So I'm a fan of balance. I do both. I'm not a fan of the extremes. I tried it all, from the carnivore to the vegan. I think we're omni wars and it's all about finding your own individual food design, but there's certain rules to it, but get the most bang for your buck nutrition.

We know that we live in a life or in a world where soil is depleted. We have to maybe actually buy organic or invest in local farmers. But think of food as in terms of nutrients, building blocks, which is protein. We need protein also to build our teeth and collagen. The other nutrients would be energy, nutrients, carbohydrates, and fats. None of these is bad. They're healthy forms of carbohydrates. They're healthy forms of fats. We just need to know what fruit, vegetables. If you can get those in and skip the ultra process stuff, you're quite good because we should rather ask, what makes our teeth weak? Why are they getting weak?

Because if we are hunters and gatherers, we basically eat what we can fish or we can farm what we can hunt, and maybe a few things that we collect, like let's say fruits and berries and stuff.

But we are able to now eat a lot of processed foods that are usually quite soft. We could even order in foods that are just smoothies and drinks. So basically we got a little bit soft in our generation and that shows in the body. Body gets soft. You get soft, weak teeth because you're depleted of nutrients. And these soft, weak teeth show in soft, weak bones and soft everything, and more body fat in these things. So what makes your teeth weak is basically eating nutrient depleted foods, ultra processed foods, flour, refined or refined flour. You can say gluten containing processed sugar. Even dairy oftentimes is an issue, conventional one, the seed oils, all the stuff we're talking about.

But basically manmade foods are not this, then they're not nutritious. They might taste amazing because they're, they're creative designers behind it so that our taste buds love it and we eat the stuff. But does it give you these nutrients you need? No. So I think we are living in a, in a time where you oftentimes have too much empty calories. We eat a lot, but actually we are depleted of certain nutrients that's bad. And I'm teaching thinking nutrients. So all the guests that see us for the health optimization in the mouth, we put them on an anabolic protocol before they even see us, see us.

That's mandatory to get into the clinic, put them on real food, and usually the phase one is you can lose a lot of body fat first. So it's high, high nutrients, low calorie, because you have a lot of calories stored. I think one kilogram of body fat equals to 7,000 calories. So if you have 10 kilograms of fat, just use those 70,000 calories first. And by that you need to know how to do this. But the benefit is it's an investment in your health. Overall health will benefit. You have stronger bones, you get more muscle, and you get stronger teeth. And you keep strong teeth. You never see a dentist who repair.

SHAWN STEVENSON: Yeah.

DR. DOMINIK NISCHWITZ: You seeing a dentist who repair is the worst. It's already, that's already a downhill spiral.

SHAWN STEVENSON: Yeah. Yeah.

DR. DOMINIK NISCHWITZ: So the worst for your teeth is seeing a drill for that.

SHAWN STEVENSON: Oh man, that's really bad. That's, that's scary stuff. That's the stuff and nightmares for a lot of people.

DR. DOMINIK NISCHWITZ: Oh yeah. You are right.

SHAWN STEVENSON: But what you're doing is this, is understanding our teeth are a part of our overall health and our overall body, and it's not something separate. And we tend to think that it's separate. And also in the, in the education and training, we're gonna come back and talk more about that in just a second. But I gotta ask you, and I know it's a hard question, do you have any favorite foods for oral health?

DR. DOMINIK NISCHWITZ: Literally, the favorite foods for oral health is the food that nature provides that are single ingredient foods. Okay. That's it. They're all good. An apple a day keeps the dentist away. It's usually the doctor, right? Yeah. But eat an apple. It will naturally clean your teeth. You won't have bio, the biofilm, the fur on your teeth. Eat goldfish, cracker. Yeah, everything sticks on there for hours, right? Drink a coke.

It's gonna be the fur, and this is contact time. This is the tooth decay or eat raw carrots. Your teeth are clean. Eat a steak. Teeth are clean. So single ingredient, real food is usually the best for your teeth. There are certain tiers when it comes to processed, so I'm eating processed food too. So basically rice, white rice is processed food, but I think it's still okay. Tubers are great food too. Even though they might be a bit more sticky, I think they're highly nutritious. If you maybe eat, eat the skin of a sweet potato, it even cleans more of your teeth. But then there's ultra processed foods. That means they're completely depleted. Oftentimes a mixture of fads and carbs and it make you addicted.

Those are the worst for your teeth. So everything. So the tooth decay culprit. It's not necessarily only sugar. What most people think it's sugar. There are many of those carpets, but it's actually contact time with the processed food for the bacteria. They like to eat them. If the stuff is on your teeth for some time, then they build their houses. The more specific bacteria or let's say more pathogens, then they eat it, then they produce their acids and then it's going towards demineralization of your teeth. If demineralization overpowers remineralization, that's when the problem starts. So it's just the lifestyle basically.

SHAWN STEVENSON: Yeah, that's powerful. So steak versus goldfish crackers, apple versus goldfish crackers, totally different outcomes.

DR. DOMINIK NISCHWITZ: Or just pretzels and gummy bears, like totally different outcomes. And maybe calories are the same, even like literally it's not about calories. I learned over the weekend in the Mastermind that the heuristic mostly here in America or it's probably, you learn calories and that is roughly how we estimate. And there is this thing such as thing as if it fits your macros and calories count. And I agree, calories are king. Yeah, but first is health. Aesthetics just follows, but health is, what nutrients do you get in these calories? You could compare just, let's say a liver with a normal chicken breast. Those are actually both good foods, but when it comes to nutrients, probably the liver has more, the chicken liver has more nutrients than normal chicken filet, so it's more about what can you get?

What is the most bang for your buck? Nutrients in certain foods and calories come second. That's how I'm teaching it. We scan every single patient on day one. When they come into our clinic, usually from abroad, they fly in and we scan them on the InBody scan and we see their body composition. Why does a dentist care about your body composition? That is actually the blueprint to your health, because what I'm doing is not just working on teeth, I'm working on creating a blueprint that melts teeth with overall body. That's the entrance to the body. So if I scan the whole body, see the body composition and see, oh, you have almost no muscle and a lot of body fat.

We know how to work around it. And I see your ideal body weight and based on this ideal body weight, I'm giving you recommendations on how to become the architect of your

health. And in that phase, you're gonna rebuild your whole gut system. You're gonna rebuild your hormones, you're gonna work on your blood sugar management, on everything, insert bracket, and you provide the building blocks for teeth, hottest stone and bones, because that's how nature designed us.

There is no such thing as a tooth decay. If you are healthy and live with nature accordingly. But we don't, we like flip it completely. That's why we need biohacking because we're living in LA or living in London, huge cities, tons of people EMFs all around toxins in the water and depleted soils. That's when you need the red light when you're not going out in sun anymore. And I know I'm right now in Venice, on the beach, I'm tanned, but most people there, they're not outside. You know this. But I think what we are designed for was literary. Go to the beach, walk outside, barefoot in the sand, in the sea, get sunlight. This is actually working for your biochemistry. This creates strong bones and teeth because you're absorbing minerals through the sea.

Walking in the sand barefoot. You get silica and electrons, which is partially the structure of your body. Then you eat proteins from the animals and stuff. You could hunted fish, and then maybe you have some fruit and fiber and that is good for your microbiome and gives you energy, honey. And that's it. It's super simple. But you know what we usually do? Like go in a supermarket and watch what they put on the checkout. There's a pizza. There's maybe the goldfish, crackers, there's a coke, maybe cigarettes, not even water actually. It works.

SHAWN STEVENSON: Candy bars.

DR. DOMINIK NISCHWITZ: Candy bars. You can live somewhat, but this, is this an optimal lifestyle? No, but it shows that it's unhealthy. Shows first at your teeth. Tooth decay. I can see initial glance. The whole body's decaying. Simple.

SHAWN STEVENSON: Mm. It's a huge warning sign.

DR. DOMINIK NISCHWITZ: Yeah. Red flag straight away. But a dentist is not trained to teach you whole body health. In university, conventional dentist, in my opinion, is just outdated.

It is a fine art. Completely. You have to have the skills, right? Manual work. It's creative. It's artsy, but I think it, the only thing we talked about is over the weekend with my mastermind, literally the profession is you take care of holes and if someone comes back, you take care of another hole. That's so bad. It's so boring. It's literally a garage car system. You can fill it and drill it and build it.

SHAWN STEVENSON: Tooth mechanic.

DR. DOMINIK NISCHWITZ: Tooth mechanic dentist. In Germany, actually, when you graduate, you're called Zahnarzt. That translates to tooth doctor. We're still mechanics in Germany too, but I like the title actually. Why are we not putting the doctor back to the mechanic and do both? That's what I'm training this. This is actually what I'm working, that's my life's work, is creating a true bio dentistry global standard that has the highest skill entry when it comes to the profession, when it comes to the dental accidents, but bringing in lifestyle, nutrition, functional medicine, longevity, performance, and create a new profession from the technician to the health expert through something I call BioD 3.0. Why? Because I wanna help as many people as possible out there suffering with chronic health disease, which shows first in the mouth.

SHAWN STEVENSON: Yeah.

DR. DOMINIK NISCHWITZ: It's insane.

SHAWN STEVENSON: We need this. I'm so grateful for you. So grateful.

DR. DOMINIK NISCHWITZ: Thanks.

SHAWN STEVENSON: Got a quick break coming up. We'll be right back.

I wanna share a quick bonus insight from this interview with Dr. Dom as he shared. Our nutrition deeply impacts the health of our teeth and actually being able to use our teeth, and that's gonna be primarily through chewing on real food and having some texture.

As you know, our nutrition today here in the United States, over 60% of the average Americans diet is made of ultra processed foods and for children in the United States. According to the Journal of the American Medical Association, our children are now eating about 70% ultra processed foods. And many of these foods are designed to have this vanishing caloric density engineered into the foods to make them quickly dissolve. You get a crunch or two, and then they turn into liquid.

This gets me in the mindset of the cheese puffs that I used to eat, Chester Cheetah, the Doritos. The Cheetos, all those kind of things. You get a couple of crunches and then it just completely dissolves, whether it's just Pop-Tarts or even into the realm of mushy meats. One of my favorite things to eat regularly had in my household, we had the microwave dinners and we had the Salisbury steak. This mushy steak that requires a little to no chewing, and so again, this is not really giving these inputs and exercising our teeth. We need to be mindful of the foods that we're choosing, need a diversity of high quality foods to nourish our teeth from the inside out, and also to get that mechanical work.

Now, with all of that said, we know that organic foods, grass fed foods and foods without all of the newly invented synthetic ingredients in our food supply can sometimes come at a premium price tag, but it doesn't have to. If we're talking about traditional foods, let's just take a look at the comparison between grass fed beef and grain fed beef, where grain fed beef is now the dominant form of beef that you'll find at grocery stores. Research published in the British Journal of Nutrition found that beef from animals fed an abnormal diet of conventional grains contains up to five times less Omega-3 fatty acids than what's found in grass fed beef. Abundant Omega threes are a crucial factor for our metabolic health.

As cited in the European Journal of Clinical Nutrition reporting that Omega-3 fatty acids have anti-obesity effects and improves levels of our satiety hormones. If you choose to eat animal foods, you better know the difference, and that's what I love about the company. Wild Pastures is the heart and transparency that they put into their food and making it affordable. Wild pastures delivers 100% grass fed and grass finished beef pasture raised pork pasture raised chicken and wild caught seafood. All born, raised and harvested entirely in the USA,

raised on regenerative family farms and raised on pastures free from pesticides and other chemicals. There are absolutely no antibiotics, no added hormones, and no feed.

Lots and absolutely no genetically modified organisms. Fast delivery from their farms straight to your door. And right now with the Wild Pasture subscription, you're gonna receive 20% off for life. Plus free shipping. And on top of all that, you're gonna receive \$15 off of your first order. Just go to wildpastures.com/model right now to take advantage. That's W-I-L-D-P-A-S-T-U-R-E s.com/model to take advantage of this incredible offer from the amazing folks at Wild Pastures. Enjoy, upgrade your nutrition and take care of those amazing teeth. And now back to the show.

SHAWN STEVENSON: Just even staying with that same paradigm of being a tooth mechanic versus shifting to an expert in overall human wellness, right? And understanding how powerful our teeth are in that whole equation. And like you said, just being one of our body's first red flags or warning signs. And also someplace that, and this gonna circle us back. I actually got, I don't want to forget about this. In thinking about the, the oral microbiome and just the diversity there. Like this robust diversity and understanding that our, our bodies, you know, we see this very solid thing, but we are mostly made of bacteria ourselves. We have far more bacteria than we have human cells. But this is creating this overall template of who we are and..

DR. DOMINIK NISCHWITZ: Exactly.

SHAWN STEVENSON: When it comes to dental care, I want to ask you about eating things specifically that are known to have high amounts of probiotics. Does that have an impact? Can we improve the health of our saliva potentially when eating fermented foods?

DR. DOMINIK NISCHWITZ: Oh yeah. Most definitely. Because it's the same as in the gut. It just starts in the mouth. Of course, if you eat fermented foods, you already have contact with probiotics and the prebiotic prebiotics mainly for literally for the gut because the colon needs it. But yeah, the mouth has specific probiotics will help there. Even in my, in my own two space design, we have a specific probiotic. It's a spore from Russia that actually is an immune

modulator. So you are completely right. I think we're 90 plus percent symbiotic. Most of it is, is bugs. I'm just referring to bugs because it's anaerobic bacteria. It's bacteria, it's parasites. It's viruses, it's commensal, it's all of it. And when you read social media books, everything is bad. No, they're all friends.

Even Osis is our friend. If our ecosystem is in harmony and balanced and modulated, it is never about killing anything. And everything we do with oral care and medical care is disinfect, nuking, the oral microbiome, taking the mouth washes and the toothpaste, it kills the good part. This is your immune system. This is your first defense. Those are your friends. There is no such thing as bad bugs. Of course, depending on what you feed them, maybe the bad bugs overpower, right? So we have to work on getting it modulated. Again, it's like, like in the garden, you have some weeds there, right? You don't wanna just burn them down and hope that everything else grows.

You have to literally take care of it. And if you had, for example, previous dental repair, you had a metal crown, a metal filling, you have a root canal, or you have jaw bone inflammation, you're never gonna have an a balanced ecosystem that is the most disrupting thing for your ecosystem because that's basically. Mechanics designed to work for a robot, for a terminator, but not for us. That's not the way how you came out of your mom, right? So that will affect your microbiome, that will affect your gums, that will affect your brains. Everything that there's a new study came out is that the brain of Alzheimer's disease or Alzheimer's could actually be triggered by a bacteria from the mouth.

So there's pg. One of the bad bugs you learn in university is streptococcus mutants, which the tooth decay problem, but pg, pul verona gingivitis, weird name. That is the one that causes bleeding gums and then the periodontitis, the inflammation of the, the jaw bone so that your teeth get loose. As soon as this enters the bloodstream, like through the inflammation of the gums, leaky gum it goes, can go into your brain and causes plaque like better amyloid plaque because it has specific enzymes called gang ganga, pains that cause inflammation.

Even neuroinflammation and triggers. Triggers all this. So maybe. Oral health is more important than you think. We know that it goes to the heart. These bacteria can also go to

your joint, so it's directly connected to rheumatoid arthritis, Alzheimer's. Think about that. Literally the mouth is the entrance to the body and the mouth is not inside the body. So the gum here is the skin here. You know that if you cut this all the time and it bleeds, bacteria go in, right? But in the mouth you don't think about it, but you have bleeding gum. So it's constantly an open door to get bacteria in the wrong time at the wrong place.

SHAWN STEVENSON: Yeah.

DR. DOMINIK NISCHWITZ: The gum and the gut needs to be sealed and the gum is the gut. It's outside body. This is what people don't understand or think. That's not, no dentist understands this. This is not what we learn. Not at all, nothing, but we just talked is university. That's just the entrance card for the mechanics, not, not about the whole body health.

SHAWN STEVENSON: Thank God you're here and changing this because it, it's so true. I think people will be, it's my sole mission I think. I think people will be shocked to know how many chronic diseases are dramatically increased the, your risk is dramatically increased if you have gum disease or if you have tooth decay.

DR. DOMINIK NISCHWITZ: Yes.

SHAWN STEVENSON: Like the relationship you just mentioned a couple. Alzheimer's. Arthritis.

DR. DOMINIK NISCHWITZ: You could literally say the missing link to open bracket health problem could be caused by the mouth, by oral health, like gut health, thyroid, hormones, brain, whatever you come up with. If the mouth is not sorted and not the way it should supposed to be, that would be the trigger. Especially if you are already trying everything. And in know in our realm, in the bubble of health, people are trying everything. They're on a nice diet. They take their supplements, they actually go outside in the sun and ground and look into and do all these different things, work out movement, and you should, but most of them still have the brain fog.

They still have maybe the skin eczema, and then they usually go straight to something specific. They work on the spiritual health, which they should. They invest in 10 pairs, ozone. And do this a year. They invest in chiropractics and do this a year for their joint health. They invest in IVs, in hyperbaric, in tons of crazy things that I'm doing in my clinic too. But there's one block in between that they're missing, and that's oral health. That would be the missing link. This is foundational to get you on your path to optimal health. You have to start in the mouth after you sort your lifestyle. This one comes first. We have to now finally know when to time what, and that's why I also need to be very precise on how I teach, because I'm spearheading the biologic dentistry for over a decade now.

If I tell you now, go see a biologic dentist, it's not gonna work because there's no trademark, no standard. It's the wild, wild west. People can just say, I'm a biologic dentist. I learned from Dom, I had read his book, and then they market it heavily on their webpage. Who's suffering? The guest, the patient. So that's why that is my life's work to create a true dentistry global standard. The minimum care. That you, when you, once you see one of us, I know you're gonna get the right help and we are gonna improve and this is the investment that takes you to the next level and not cost you money and you go downhill again.

The goal of us is you come to see us phase one, biggest detox, take out the metals, the root, the cavitations, while being on a strong healing protocol. And then for four months it all heals and after four months you need to come back to get your teeth, the smile, the function, the aesthetics. But after that I'm never gonna see you again as a dental patient. It's the complete opposite to conventional dentistry, which is a recurring business for hold. So you can come back for health optimization and maybe we check you once a year if you close by, local. And we will, we will check first your in body scan, your body composition, you will check your vitamin D three level.

We will check your nutrition. Are you still on point? Because if you are, you're never gonna see a dentist again for a while because the whole is a sign of nutrient deficiency and the wrong lifestyle. That is literally the way how we are changing. Our profession, and it took me more than a decade to get accepted in university. Finally this year on our Congress of the is MID, international Society for Mental Freedom Implantology. Basically all of the dentists and

doctors agreed finally, and there's only a little bit they, they agreed. Dentists are the only medical profession that put function AKA bite over the health of the rest of the body, putting various materials in your body. They're just not supposed to be there and leaving dead organs in there, stuff like this.

SHAWN STEVENSON: What do you mean by that? Dead organs.

DR. DOMINIK NISCHWITZ: So I'm always asking three questions, right? Do you have any metals in the mouth? Have you had a root canal treatment or removed any wisdom? Teeth and root canal treatment is a finite and dentistry, but a root canal tree. A tooth is essentially a dead body pot because a tooth is a life organ, it has a blood supply, and in that pulp, it's called a pulp. You have an immune system that fights off bacteria. And produces recovery and creates new from, creates new, new dentin. So new parts of the tooth from the inside. But once you go get a root canal treatment or a root canal in, in layman's terms, we take out the vital parts of the tooth, the whole blood supply is gone, the whole nervous system is gone, the whole limb system.

And then we, we clean it disinfected and put some plastic in it and put a cap on top to bite on it. So essentially we leave something dead in there. It's literally something dead. It would be like, imagine a gangrenous foot or like a black, like a diabetic toe or diabetic leg even. It's the same as I'm a bit over exaggerating, but imagine you have this and a medicine, you wouldn't usually take that off and seal everything, but we would just put plastic in there and, and a bag over it and let you walk with it.

It's not working. So no medical department will allow such thing, but because it's in your jawbone, no one sees it. You can put a nice cap on top. You okay? So, and a root canal in biological dentistry for us is a short term temporary to get you out of pain. But for long term, we have to remove this infected, chronically infected tooth and give you a biocompatible solution. Something that works for your body and is at least neutral. Would I love to have kept your real healthy tooth? Of course. But you had a tooth decay and massive pain. We have to help you. Like tooth pain is the worst. It's migraine. It's directly inside your brain. So root canal is actually initially helping you, but it leaves it that organ.

And this can be the trigger of your, of all your health problems. Mm-hmm. I'm not saying it's killer, number one, I'm not saying the root canal kills you or you die from it. I'm just saying you try everything already for 20 years. Even. Sometimes I see people 20, 30 years not getting healthier. Then they come back. We take out care, we take good care and take out our root canals, place ceramic in blends, take the cavitations and the metals, and they tell you the next time you see them, oh, for 30 years I was suffering from chronic migraine. I saw you and it's gone. And I'm just thinking, I'm getting goosebumps. I'm just thinking this poor lady.

Her whole life. From 18 to 53, she had migraines, which is hell. And then I just took this, took care of the oral interference, what it's called, took out the chronic inflammation and the toxins and the body was able to heal itself. I'm not the healer, I'm just helping the body go back to where it was. And that is powerful. If you experience this with every single guest, you kind of like know why I am creating a new profession, because this is missing in university. This was for me, what's missing in university was it's just mechanics. I love mechanics, but what about the patient? Why is he not getting healthy?

I feel that doctors need to make sure they guide their guests or their patients towards health. We're not the healers, we're just helping their bodies heal. But as long as there's stuff in there, this part you cannot, biohack is unnatural. A dentist put it there. Why do you think it's normal? Why do you think you should keep this forever? Also, why do you think it's never gonna be remodeled? You also remodel a house. This is the house you live in and once you see us, we remodel with high tech skills. Once in a lifetime and you're gonna see us again. That's the goal. That's why most people probably fly in to us for over a decade. It's become a destination place.

Usually you stay for seven to 10 days. We remove the metal safely. We take out the root canal, treated teeth, special protocols for that because those are high, high risk procedures. We put in the ceramic in blends. We take care of the cavitations. We give you temporaries, we give you a guideline, a blueprint to live for the next four to six months. So you really build bone. Then you come back, you get your nice teeth and I never see you again. And now it's time to scale this globally to build the same clinic. It's my flagship clinic. The blueprint in Germany, the DNA, health and aesthetics. Health and aesthetics. Health First aesthetics follow. This is

now gonna, I think now is solid as an oak and it's literally there to bring it to globally. 'Cause why should everyone fly to us? I mean it should be one in LA right? There should be one in Florida. It should be one in Long Island. There should be one everywhere. So then we can literally help and change the game. But it's coming from the top down. It doesn't work out the way around.

SHAWN STEVENSON: Yes, yes. It's so powerful, man. It's so powerful. So you've mentioned a couple of times of getting the metals out of the mouth and also having metal free approaches moving forward.

DR. DOMINIK NISCHWITZ: Yes. Why is that important? So metals are essentially, you can repair everything with the metals. Like dentists are very creative when it comes to repairing your teeth, right? You, you know the silver black fillings that is usually covered by the insurance, it's called silver fillings, but it's essentially mercury fillings. Those were there for ages. Finally this year, 2025, they're banned in Europe, not in America, though they contain murky, 50% murky. That's the most toxic, non-radioactive element known to munge sick.

And then there's gold crowns, there's various different metals. We're using chromium, palladium, even nickel. Then the, if you lost a tooth, a dental implant is usually in 99% of all cases still worldwide. Titanium, which is a metal sticking in your jaw bone being an antenna. So metals come with a, with a, with a variety of health challenges. And in biological dentistry, the way I, how I teach is in Bio 3.0 we go completely metal free. I'm this journey, finding out about all this 15 years ago and going deep into the rabbit holes, this led me to create this concept of Bio 3.0 and become one of the first ever ceramic implant specialists worldwide.

I personally have placed more than 5,000 ceramic implants. I don't even count anymore. And this is in itself for Implantology a lot. 'cause I was, I just wanted to become world champion in doing this in my thirties, but it's just a tool, right? But for most dentists out there, whatever we do. It's science fiction. They don't even know. They will tell you as a guest, as a patient ceramic, I implants, they break metal. Oh, without metal. It doesn't work. This just, they just don't know the knowledge. They don't have the software updates. They're not there yet. And

that's why I founded the Institute for Biological Dentistry and Certified People and train all this.

So it's there, but it'll take time. So I'm doing it for almost 20 years now and it's still pioneer's work. So metal free is the goal, but in order to go metal free, you don't wanna just go to see any dentist to remove and, and rip out the fillings. That could be actually detrimental to your health. You need to first get informed. Maybe you go to our directory and find someone who knows how to remove metal safely. So everyone that got taught by me, I call them the real bio dentists, even level one, knows how to remove metal safely. They might not be able to do a ceramic implant, but they know one of the, the level two or three, that do.

But that's my goal. Create a community of dentists of like-minded health experts. That are coating, not competing. Dentists and doctors usually are in a competitive scarcity mindset. They're afraid of others. We are working together. Yeah. For you as the guest, you come in and we'll guide you and maybe they can do the metal. They should be able to do the metal removal safely, and once you have done this, they might be able to give you a ceramic in implant instead of a root canal or deal with the cavitations or they know someone else. It's on my directory. So that is the goal where, where we work to, so entry level, I'm level five, creator of the flagship.

So that is obviously the platinum stuff. There's everything existing, like we have it all in our clinic. You don't need all this. But in between we have certified dentists that at least have our minimum standard care, which means they will take care of your nutrition. They use my bone heating protocol, they use the food design concept. They have at least IV protocols in the clinic. They can do ceramic implants, they know cavitation surgery, they can do the full shebang. They might not have the complete health oasis I've created, including hyperbaric red light beds, intravenous laser, all these things, but closely too, and they run on my protocols.

That's so important and I only realize it myself, teaching for more than a decade, and it was always very straightaway giving everything because I thought everyone is cool elevating. But what happened is most people take a little bit spin off and do their own island, which is fine

too, but it doesn't help our patients and it doesn't help change the way how dentistry is done. That is my single goal. Change this to help as many as possible. That's why I have to control it and create the true BGS Bioindustry Global Standard. And it's about to happen. It's already happening and now it's about to scale.

SHAWN STEVENSON: Amazing.

DR. DOMINIK NISCHWITZ: It's amazing. I'm literally trying to implement something and it, funny enough, I think I personally shied away from owning it a little bit.

SHAWN STEVENSON: Yeah, of course. And that's because you are the right person to do it. That's why, man.

DR. DOMINIK NISCHWITZ: Yeah. You, you trust people and you think they're gonna do it, and then at the end you kind of have to create it first and own it. And I think then you can tickle it down, and yeah.

SHAWN STEVENSON: So I know that you're championing this changeover to metal free dentistry, but what can, having these metals in our bodies do in our teeth?

DR. DOMINIK NISCHWITZ: Oh yeah.

SHAWN STEVENSON: What, what can this do to our health?

DR. DOMINIK NISCHWITZ: So yeah, there's a couple of challenges when it comes to metals these days. In our environment or in our body, the body is where we live in, right? That's the house. So metals can be in itself super toxic, such as the silver, black amalgam filling, which is 50% mercury, most toxic, non-radioactive element known to men, right? It's just toxic. We have to remove those as highly toxic, hazardous waste out of the clinic. Weird. Then metals can also be gold, and that stuff can just be immune disruptors. They can trigger autoimmunity, can trigger allergies. Literally gold and, and heavy metals, everything can do this. And the third thing is we are living in a world of EMFs.

3G, 4G, 5G. Everything is loaded. And you know how an antenna works, right? It's usually a metal post. So whenever you have any metal in your body, on your body, on your teeth, in your teeth, in your jawbone, they are gonna be an antenna for your outside environment. So amplifying radiation in your jawbone, in your mouth. This will lead to Galvanic oral Galvanism kind of creating a battery there that leeches out more irons, creates more toxicity for your liver and your system and your cells. I mean the cells take up the heavy metals and the stuff, but it also can just heat up dental implants, for example, up to two to three degrees.

So the bone basically heats up. Our body doesn't like heat. You know, when you get two to three degrees fevers, it melts down. So it's not good. Creates problems. And it can also make you electro hypersensitive. That's a thing people can tune into radio stations when they're close by with their, with their metals. That would be a nice thing to have. But oftentimes they hear voices, they get crazy in their head, and your body is electric, right? We know that a body is electric, good book by Becker Body Electrics, so it will just interfere with your own immune system and your own nervous system. So you literally a walking antenna.

Mental health problems can be your thing. Autoimmunity, skin edema, everything again, so metals are not supposed to be in your body nowhere. I know in some medical departments we're not there yet to give you complete metal free, like I think they're almost there to give you a complete ceramic hip or knee. But I'm not, not quite sure. So I don't wanna say anything wrong, but in dentistry, in what we do, BioD 3.0, the future of our profession, we do this. And I do it personally for more than a decade, complete metal free. We even remove every single titanium implant and replace with a ceramic implant for our guests, because our guests are obviously a specific bubble.

They are coming in either being super chronically sick, needing the entrance to health journey, or they're already like us wanting the extra edge entrepreneurs, high performance athletes, longevity, that that change towards this. For real longevity, you have to start the mouth for super chronic sick. You also have to start the mouth because killer number one is chronic inflammation, and you have silent inflammation in your jaw, bone and toxicity, and your liver will suffer from it. You have to see a real biologic dentist on your journey to Optum Health. And not only after checking in 15 outer boxes that you just listened to on social

media, nail the nutrition, nail a lifestyle, get yourself anabolic, but then it's time to check for metals. Did you have some root canals and did they pull your wisdom teeth?

Then you're quite good if that comes in on journey as like the stake in between, and then after that we go into the specific details. I would say 80% of all the guests I see are fine with optimizing the nutrition, staying on that lifestyle forever, get the right nutrients for genetic bypass. They need maybe some methylation. Whatever they do need, we check for that. Get rid of all the, that's the biggest detox that's taken out. Previous end repair, right? That's the biggest detox you will ever do because you don't have to do any cations. It's coming out is after that there's metal, scrap metal on on the chair. That body parts like it's all out there.

I can show you pictures. It's nasty. Then they heal and usually 80% of their symptoms are gone already. And for some it's a hundred percent, but there will still be 20% of the people seeing us that they need more. They need the spiritual guidance. But I believe when it comes to spiritual stuff, if you go to Dispenza route for, for example, if this body is cleaner the way it came out of your mom, like, like a little kid, you're more connected. So it's easier to get through spirits aside because basically body, mind, and spirit are anyways one. But I feel like if the body is the, the foundation, it's easier to reach. Should do this. You maybe then invest into it now. Now everything's clean in your mouth. Your body's kind of like cleaner. The source is gone.

Then we maybe go into the cell and see, hey, we need to have a heavy metal cellular chelation process. Or you have to see a shaman or you wanna see, let's say you wanna work more on your, your body or you have to do hyperbaric protocols, whatever. Now is the time for specific details to get you up to speed or we have to work. Oftentimes we have to now work on optimizing the microbiome further intercellularly. So that's again, heavy metal chelation and parasite treatments are oftentimes after three to six months after you've taken care of the oral health. Then it comes, then we go to the cell first, build the body, get that all clean, do the 80%, then go for specifics.

And when it comes to spiritual health, if you want to go that route. If you go to history, when it comes to anything science, right? Science is always, I think we had that last year already of

science. Everyone quotes papers these days and research and my colleagues are the worse dentists and doctors, they always need research papers. Research is not science. Research is the paper we agreed on after we did the science, right? Next level is the science. And I feel that when you go to history in the Middle Ages, the church would allow only spirituality, right? Galileo said the earth is round, not flat, got killed. Copernicus was a priest, I think, and a mathematician, and he only presented his work, the mathematical work once he died because he knew it was gonna be killed.

And I think it took another 200 years until this work was accepted as new science. When they flipped the script. And church would only allow science and everyone that doing spiritual stuff, the neuropathic doctors, the healers, they would be burned in the fires, right? That was the other 500 years. But I feel now these days. We're melting it and it's getting balanced again because it's all the same. And you can read the book. All of my real bio and most of my patients, I let them read *The Biology of Belief* by Bruce Lipton. 'Cause Bruce Lipin is a science guy, a research guy, and there was some things he couldn't explain with, with normal science.

So he went into quantum physics and realized, oh, it's all science. So spirituality is the same. So he kind of like says, our body is just the vessel. It's kind of like the, the tv, the broadcast is the universe. And if the TV breaks, the broadcast is still there, right? You just replace the tv. You cannot unfortunately replace that body. Therefore, this needs to be clean and healthy like a kid. Keep that young as possible for as long as possible. You will be more connected to the spirit, the soul, the global consciousness, whatever, whatever you wanna call it, right? Those are receptors in your skin proteins that that attracted. And if they're not clean because they're, for example, loaded with toxins that leach from the mouth or with let's say parasites, infections, that also can directly be connected to the mouth.

You're never gonna be closed there. You're probably gonna have voices in your head. You're probably gonna be distracted. You're not in your spirit. And I'm there to inspire, hopefully, because I had all these problems too. And inspire comes from Latin word called in inspir. In inspir, which means in being your true spirit. So I think that's authenticity, that's being real. That's why also practice what we preach is in my real bio dance, I call them real be that equals be real. You have to practice what you preach. Only then you can guide your guests to

optimal health. And they're all friends like it's so good. Like every single guest that I see, we have one day together where I help you guide, guide you, and help you with your health optimization.

We never do general anesthesia. You're always gonna be awake a little bit of local. And it's amazing, like it's a true museum of life moment, and that's what I'm there for. Like that's my goal. Like everything thing is experienced and this is gonna be a Museum of Life moment when I'm 80 years old. I know I'm gonna, I was sitting here with Sean and we had an amazing talk and help many people out there.

SHAWN STEVENSON: Yes, yes, right? Yes, yes.

DR. DOMINIK NISCHWITZ: Yes.

SHAWN STEVENSON: Many of us are well aware that coffee can improve mental performance. But few people know that regularly drinking coffee has been shown to help prevent cognitive decline and reduce the risk of developing Alzheimer's disease and Parkinson's disease. This attribute referenced in the journal Practical Neurology is yet another reason why smart coffee consumption makes the list of neuro nutritious beverages. Now, what happens when you combine the highest quality organic coffee with science-backed medicinal mushrooms like lion's, MaDee, scientists at the University of Malaya discover that compounds and lions made are able to significantly improve the activity of something called nerve growth Factor in the human brain.

Nerve growth factor is essential in the regulation of growth, maintenance, proliferation, and survival of various brain cells. This is powerful stuff. Combining high quality organic coffee. With signs backed organic medicinal mushrooms like Lion's Mane and like Chaga. This is what four Sigmatic has been delivering for years. Four Sigmatic is now found in major grocery stores and even pharmacies around the country, but you can get access to up to 20% off their phenomenal organic coffee blend called their Think Blend. When you go to four sigmatic.com/model, that's F-O-U-R-S-I-G-M-A-T-I c.com/model, you're gonna get up to 20% off plus access to some other goodies according to the prestigious mine site brand health

study that was just published. Four Sigmatic is ranked number one in customer satisfaction, so you're absolutely going to love this coffee. And absolutely love the company behind it. Head over to four.sigmatic.com, four slash model right now for up to 20% off and now back to the show.

SHAWN STEVENSON: So, you know, getting our bodies healthy, it's helping to reduce the static on the line with that connection a little bit earlier, and I, I wanna circle back to this because this is the most common thing for people when they're thinking about their teeth, they're thinking about their own oral care practices.

DR. DOMINIK NISCHWITZ: Oh yeah.

SHAWN STEVENSON: And you mentioned the detrimental effects of these conventional mouthwash just basically coming in and just destroying the microbiome. What are some of the biggest mistakes that people are making with their brushing and flossing practices?

DR. DOMINIK NISCHWITZ: A great question. So I think conventional oral care regimen is just brainwashing. What we learned over years is we never got challenged. So that is a, that is a bandaid for poor lifestyle. So we do a tooth past. That you can find in every aisle is always the same. It is containing fluoride, which is an active ingredient, but it has toxins in there, all chemicals, titanium dioxide, trian, keragin, sucralose, various different things that are designed to disinfect, even titanium dioxide because it's wide, right?

That's how we are designed. Then we should do mouthwashes, like all the aisles are full of the blue, the green, the brown mouthwash stuff. That stuff is highly acidic. It is ethanol based. It again, nukes the oral microbiome, and then you eat crap food. That's the oral regime. Maybe you do floss and you do this twice a day. That is what you think is good for you, and I'm not blaming you. That's how we design and that's how we are trained. That's how we as dentists graduate from school. That is the industry standard that we should challenge. That's conventional dentistry. Biological dentistry thinks different and sees the mouth as the entrance to the body and the microbiome, so we do not kill anything.

Therefore no toxins go toxic free toothpaste, but not just go fluoride free because I don't think you have your lifestyle in check yet. Nutrition is not on point. So instead of the fluoride as active ingredient, because team biological industry is fluoride free, find a toothpaste that is clean and has an active ingredient. The active ingredient you're looking for is called hydroxyapatite. That's what I designed in my tooth space. And you can find similar. Unfortunately not in the store yet. You have to go online. Online, you can hydroxyapatite. Keep this in mind. The tooth, the hard part is called enamel, is made of hydroxyapatite.

Instead of chemical mouthwash, just buy yourself coconut oil and use extra virgin coconut oil that you probably have at home for cooking for five to 10 minutes. Swish it around. Spit it out. That's coconut oil pulling. Invest in a tongue scraper, preferably copper. \$10 investment. Scrape your tongue 10 seconds every morning. And if you pair this with the perfect nutrition and maybe a few micronutrients such as vitamin D three, vitamin K two, magnesium, zinc, boron, methylated B vitamins. I have that all designed in one in one box. I think that's it. It's very simple. Yeah, paired with nutrition, that is the foundation. Again, if the nutrition and the the micronutrients are on point, you can probably even go get away without even brushing your teeth.

But that's not to do right now. Like I cannot tell you to not brush your teeth. I can go away with it. My teeth are hottest stone, but on a solid foundation. But that's what we work towards, right? That would be ideal in the future. We, we are teaching the moms before they even conceive during pregnancy. How to build healthy child, how to be able to breastfeed, breastfeeding, the first orthodontic, initial treatment like that might save braces in the future. Stuff like this. That's all education down the line. Like that's the goal. We are becoming a health expert. My kids will never see a dentist for any drilling. No, not at all. No, no, no treatments for hold. Hopefully I was able, my, my wife, pro professional breast feeder was able to breastfeed my first one for 18 months.

18 months is the minimum. Second, I think 22, third even over 30 months in the fourth baby. Still breastfeeding. She's 27 months, so dad is already creating a foundation for growth, pulling the jaw forwards, sucking, sucking on a nipple, pulls the jaw forwards, right? It's an, it's a treatment for you, for big jaw, for space, and then at the same time you breathe through

your nose that that helps to shape the palette. Makes white faces that later on, hopefully have space for all the teeth. Breastfeeding is not gonna be enough. You have to then have the nutrition, the lifestyle, the nutrients for the next 15, 16, 17 years. And then you have teeth, hard, teeth, harder stone, solid foundation, probably hopefully never need braces. And we'll breathe through your nose instead of your mouth and have a better immunity and maybe even a better bonding because that is also amazing about breastfeeding. Truly sorry for everyone who can breastfeed, but if you can try, it's the best. Breast is best.

SHAWN STEVENSON: Yeah, that's a great, that's a t-shirt worthy right there. But as you know, you know, many cultures were educated to believe that formula was better. You know, and it is giving everything that the baby needs and you know, but that's a whole other can of worms to open up. But things have changed thankfully. And there's a resurgence of the booby. And right now, you know, just to lean into this a little bit more, not the booby part, but to lean into this oral care practice. I think for a lot of people their main concern is their teeth looking white.

DR. DOMINIK NISCHWITZ: Oh yeah. True.

SHAWN STEVENSON: And also making sure that their breath is not stank. Alright, so what about those concerns? Let's talk about, let's talk about stank breath first. Like what, what's the cause of that? And if we are not coming at it with the conventional, with the Colgate, if we're not hitting it with the crest, if we're not hitting it with all these powerful mouth washes and Listerine, all that stuff, how do we make sure that our breath isn't stank? Let's talk about that one first.

DR. DOMINIK NISCHWITZ: So your stank breath is not a chemical mouthwash deficiency. 100%. It is again, it's probably coming from the gut. It's coming from the microbiome. It's coming from your nutrition, it's coming from previous dental repair. It's a whole multitude of things. It's definitely a microbiome. So 100%. If you are doing chemical mouthwash, you will get stank breath over time because you wipe out a nuke, everything that you need for good breath. So what I would do instead is skip that straightaway and do the coconut oil Pulling. The oil pulling will definitely get rid of a few bad bacterias. Fat soluble toxins will bind to the

coconut oil and it's soothing to the gums, and you don't nuke anything, so you just have to do it five minutes a day and spit it out afterwards.

You could also against bad breath, one of the simple strategies I'm using every single morning, 10 seconds. Anchor it to the mirror. When you see yourself in the mirror, take that tongue scraper, preferably copper, and scrape the tongue, the back of your tongue. At the beginning, there might be a little bit of a white stuff, a white coating coming off that's overnight. Food debris, that's bacteria, that's toxins that will help a ton with against bad breath, against the stank breath, for sure. And then eat good food. Eat real food, skip the processed food. And again, I have to come back to dental repair. If you still have metals or root canals or cavitations, previous work, work done, oftentimes that's this bio in itself because the dead tooth will stank your mouth up.

And every single root canal that I removed, it stinks. It stinks. Like if you put an old fish into the bin, that stinks really nasty, right? Like hardcore after two days. But this in a tiny amount. You'll have it every single day in your mouth. You can kind of compensate it, but like using chewing gums and all these things. But it's oftentimes the cause for bad breath. Because it's just that stuff. That body part, the, that body part over time is, is to be decomposed. What decomposes everything in nature, you know, bacteria.

SHAWN STEVENSON: Bacteria.

DR. DOMINIK NISCHWITZ: And mainly fungi. Fungi, they're not bad. They just come.

SHAWN STEVENSON: Recycling.

DR. DOMINIK NISCHWITZ: They're recycling. Once there's something dead in your body, once there's a circuit break in your body and a root is a circuit break for the meridian, it's dead energy. There will be the Canada, there will be the mold and this thing's in itself too. And they decompose and they don't just decompose the tooth, they decompose the whole meridian kind of. It's crazy, but that's how the body works. The body's not a singular unit.

This tooth is directly connected to facia and your nervous system called meridian system, maybe even to your toe. The tongue, even just by fascia, is directly connected. The tongue is connected to your toe. Fascia goes down there. So that's why a tongue tie, for example, is also very important for your posture. The bite is the thermostat for that. But literally every single tooth has a connection to the autonomic nervous system that is usually woowoo in medical world.

But there's this ancient medical world in China and Asia. It's called meridians, and meridians are real. That's mainly the fascia and the nervous system, but it's the body electric I was talking to. So if you have a dead organ, let's say you have this tooth dead, the front one, uh, many people have because with seven years old, they smash the new teeth gut. A root canal happens, and this is directly connected to the kidney and bladder meridian, and it's gonna be a circuit breaker there. So the meridian doesn't flow as good. And this is also could be directly connected to your eyesight, to your neck pain, and again, to your adrenals, to your hormone system. And you never thought about it because no one told you, because a dentist does know and your medical doctor probably also doesn't know about it.

So that's why I'm also, why we are also the bridge in between medical and dental and bringing the mouth back to the system. And yeah, from the technician to the health expert, that's the future of our profession. Bio dentist 3.0 is literally a new categor. That's not even dentistry, it's just the next level. It's not against conventional dentistry is not against conventional dentistry at all. It's literally just the upgrade. It's a full new software update, and this is how I teach the Institute for Biological and Dentistry, or the BGS Institute. We certify Future Real Bio Dentist, and it's not just a course.

The intro is online. That is the software update. So we speak the same language. iOS 16 or iOS 18.3. You know what I mean? So you and me, we speak the same language. If you're interested and a dentist, you have to do this before you see me. But then the certification starts. We need reps, we need experience, we need to see other different people. I'm working on co elevation, bringing in the best worldwide real bio dentist that teach to and guide you on your journey to become one of us as fast as possible. That's the goal. Create a new community and

it's fun. It's open, it's nothing closed. It's not a tribe. It's really an open community. It's an ecosystem. It's amazing.

SHAWN STEVENSON: Amazing.

DR. DOMINIK NISCHWITZ: I'm happy to be the leader there. So that's, it's okay.

SHAWN STEVENSON: I like to do that. I'm happy too, man. I'm happy too. So I wanna get some. Quick hot takes on a few things.

DR. DOMINIK NISCHWITZ: Yeah, sure.

SHAWN STEVENSON: So I mentioned wider teeth. Yeah. A little bit earlier. Yeah. What do you think about these light treatments that I see people using that, I'm sure a lot of people have seen these light treatments for teeth.

DR. DOMINIK NISCHWITZ: So there's a new trend on Instagram, right, right to jail. So we went to the supermarket and checked out all the whitening stuff there. Everything's right to jail. Right to jail.

SHAWN STEVENSON: Right to jail.

DR. DOMINIK NISCHWITZ: It's just bullshit. Like it's rich. The worst toxin, toothpaste, and on top peroxide or anything more chemical. I get the vanity part. So first of all, if you have a right nutrition and get your minerals in there like and, and all the nutrients they need, your teeth are crystals. They are more white if they're just healthy. But then of course you can't polish them. But you go to see a professional, right? Go to see an expert for really a dentist, a cosmetic dentist who gives you an in-office bleaching.

Why? Because they're just doing it better. More professional doing it once instead of these whitening strips or abrasive toothpaste, they might be cheaper. But they cost you your enamel and below your enamel there's gonna be yellow stuff. It's called dentin, and you never get it back. You will have to have some sort of veneers later on. So if you wanna have your

healthy teas bleached, first of all, make them strong so that they're not sensitive. But then go see a dentist for an in-office bleaching. They will know what they're doing and it's a one time thing. And you come out with white teeth, invest that kind of money. It's not too bad.

And this will actually be the safest option. And I get it. I want to have white teeth too. I think white teeth, again, health and aesthetics. I think in nature they're more white unless you don't brush, but you, you, we do, we're socially, socially accepted animals now we, we brush our teeth.

SHAWN STEVENSON: And what about the light?

DR. DOMINIK NISCHWITZ: So the light stuff you're doing at home is kind of like a tooth whitening. Usually we use, there's some sort of UV light and you have a photo activated substance, mostly peroxide or that, that you put on your teeth and they get, get activated by light. This is the same thing we do in a clinic, in the office, but more professional. I would do it just to be sure, do it at home. I'm also not qualified to say anything about it because I've not tested this myself. But usually it's a bit more harsh, bit more aggressive, and you don't have an expert behind it who knows what to do. You might be doing more harm than good with the light treatments.

SHAWN STEVENSON: So this is something, again, to see a professional.

DR. DOMINIK NISCHWITZ: I, I personally would go see a professional. Yeah. And actually isn't, is really not too expensive. I think if you go to get an in-office bleaching, I don't, I don't know about America, but maybe it's 500 euros, but you haven't done once in a once and for all. Then you take care of your health, you keep them clean, but you never go do this while you have sensitive teeth because teeth whitening will make your teeth more sensitive for short term and it might be very, very uncomfortable doing this in the clinic. I can tell this because about 15 years ago I was subject one for my dad's clinic to try that bleaching and I didn't have my lifestyle checked back then. And it hurt so much, and I tried it again a couple years ago, just one 50 minute session. I had no problem at all. But my teeth are now hard. There's no sensitivity. So if you have two sensitivity, this is a deficiency of certain nutrients. And this is

something I've designed over the years protocols, even in a, in a, in a, in a one-stop shop supplement called Two Shield that has exactly this, we need vitamin D three, vitamin K two, and cofactors.

That is magnesium, zinc, boron, methylated B vitamins and biotin, manganese, molybdenum, a couple of things. A whole host of things. We try to. This is all in one. Right? We tried to kind of do this in Whole Foods by getting all the supplements. I ended up having a complete basket full of different supplements. That's not my idea. I, I have a company for, as you know, for longer than my clinic for since 2014. But I'm a nerd when it comes to nutrients because I hate having thousand supplements in the pantry. I wanna have a few that work and that's how I create and formulate things. But yeah, it's definitely your teeth that are getting built from within. And if you too sensitivity, it is a defic, not a deficiency of fluoride. It is a nutrient deficiency.

SHAWN STEVENSON: Got it.

DR. DOMINIK NISCHWITZ: Super simple.

SHAWN STEVENSON: Another hot take I want to get from you. What about xylitol gum?

DR. DOMINIK NISCHWITZ: I personally like xylitol. We checked out all the gums here at Whole Foods. Xylitol is a double-edged sword and something on social media is quite unclear. But xylitol is a sugar alcohol, right? And xylitol in dentistry is actually quite good because it's immune modulating. Why? Because the more bad bugs, the streptococcus mutants, that usually feeds on sugar. We'll feed on the xylitol but can digest and kind of blows up. It's kind of a Trojan horse. However, we don't actually want to kill and nuke everything, so a little bit of ol might be immunomodulating, but it is an anti-microbial.

So therefore, if you do grams and grams per day, you will kill your, your microbiome in the gut and you might be have the runs and all these things. So be careful with these sugar alcohols in micro doses, let's say two to maximum three to four chewing gums a day that I saw in the store, they usually contain one gram of ope per chewing gum. So if you chew on three per day. three gram is probably still fine. If you do 10, it's too much. It's gonna be affecting your

gut, so you understand the nuances here. Dose dependent, a little bit's fine. Too much, not good. But cyto is probably the best bet. You definitely don't wanna do the Wrigleys that could still contain sugar rig, even though they, even though they still exist.

I, I asked yesterday, my friends, when we filmed in the store, I asked them, do you, are the yellowy Wrigleys still existing? And they said, yeah, many people still chew on them. I'm, I actually don't know.

SHAWN STEVENSON: Man. Wrigleys double, double mint. We got the juicy fruit. We had the um, uh.

DR. DOMINIK NISCHWITZ: Cinnamon ones. Remember the, yeah, the red.

SHAWN STEVENSON: The, what is it called? Yeah.

DR. DOMINIK NISCHWITZ: Big Red.

SHAWN STEVENSON: The big red. Big red. Yeah. Man, it's all sugar bums. Man. Those commercials were sexy as hell, man.

DR. DOMINIK NISCHWITZ: They were so good.

SHAWN STEVENSON: Big Red was like romantic. It was good, you know? But it did not feel pleasurable in my kid mouth.

DR. DOMINIK NISCHWITZ: No, no, no.

SHAWN STEVENSON: You know the, the big red, but what is that G one gum?

DR. DOMINIK NISCHWITZ: Haba Baba.

SHAWN STEVENSON: Haba Bubba.

DR. DOMINIK NISCHWITZ: Haba Baba.

SHAWN STEVENSON: The one with Baba Bub was, yeah, man. Haba Bubba was the goat man. It was the best. And those flavors were bonkers.

DR. DOMINIK NISCHWITZ: So good.

SHAWN STEVENSON: Yeah.

DR. DOMINIK NISCHWITZ: But it's just basically candy. Of course. Yeah. And do I allow my, do I allow my kids to eat this from time to time? Yeah, sure. They're not gonna die from it. It's 80 20 for the kids.

SHAWN STEVENSON: Yeah. Now what about Big League Chew? Do you know about Big League Chew?

DR. DOMINIK NISCHWITZ: No. What is that?

SHAWN STEVENSON: So this was Big League Chew. So you know there's chewing tobacco, right? Chewing tobacco.

DR. DOMINIK NISCHWITZ: Yes.

SHAWN STEVENSON: So instead of that for kids it was bubble gum was shredded bubble gum.

DR. DOMINIK NISCHWITZ: No way.

SHAWN STEVENSON: Yeah. So you had never had that packet of Big League Chew to be like the baseball players.

DR. DOMINIK NISCHWITZ: So can kinda like, uh, like kind of like copy your.

SHAWN STEVENSON: Oh yeah. It was delicious for like 10 seconds the flavor just diminishes. But yeah man, it's practicing to be chewing tobacco and they're also candy cigarettes as well.

DR. DOMINIK NISCHWITZ: Yeah, I know those, we had those two, the candy cigarettes we did. Oh, there's a good point actually. The problem with the cyto gum is that they usually stop tasting good after two minutes. That's why people oftentimes do so many of them per day. Not good. Versus like literally the, the nasty ones, they actually work, they, they keep on tasting quite good, but they're full of crab stuff. Well, I eat sometimes one of them if I don't have anything else and I have stank breath.

Yeah. Not gonna kill me. Do I do this every day? No, of course not. Am I allowing my kids to Haba Baba? Sometimes. Once a month? Yeah, I will. They're not gonna die from it. I'm working on 80 20. For me personally or for my guests. Phase one in their treatment is a hundred percent consequent to heal from here to here, heal the gut, be able to repair. After that, it's individual. I would never go lower as 80 20 for the nutritional approach. I personally, I'm a 95 5 person. I just love to find the precision. But for my kids, we do 80 20, literally 80% is the good stuff. Eating whole foods, real food, good breakfast. If they wanna have their ice cream, of course they can get their ice cream.

Their kids, they love it. And I like ice cream too. I'm the opposite of the, I learned a lot of my mentors were baby boomers. Baby boomer generation is all about being paranoid instead of naive. I'd rather be naive and have fun than being paranoid. I hate to be paranoid because I feel the placebo of being afraid of everything is the worst.

SHAWN STEVENSON: No sibo. It's a no SIBO effect.

DR. DOMINIK NISCHWITZ: It's the worst. Yep. The no SIBO is the worst. Literally. Rather just do it and don't think about it. Yeah. As soon as you think about, it's always the worst. And I want to have fun when, and I wanna have the tools and the strategies on, on how to maneuver through this life and fun because I still believe and feel we're living the best times, even though it might be something that is more, bit more toxic. If that is too strong for your body, you're too weak. Just build on your body, you get more, better resilience.

SHAWN STEVENSON: Question. If folks, if we don't have our diet really dialed in, maybe we're not even aware of the changes to make right now. Is there anything that people can do after eating?

DR. DOMINIK NISCHWITZ: Oh yeah.

SHAWN STEVENSON: To, you know, help to protect their teeth?

DR. DOMINIK NISCHWITZ: First of all, stop brushing right after eating. So once you eat, there's always some acidity evolve. So usually after eating, your saliva will get a bit more acidic. Therefore, your teeth will demineralize a little bit losing minerals. But the saliva is designed to catch up and balance out the pH and bring it back. This takes about 30 minutes, so wait for 30 minutes until you brush. Ideally, if you would like to have one perfect or not perfect, a good, easy scenario to copy how to do all this. I would probably implement it all before breakfast. Like do your tongue scraping, do your mouth, the oil pulling and the brushing with the clean toothpaste before you even eat, and then do it again at night.

Oil pulling, you only need to do once a day. So at night probably do the flossing instead of oil pulling at night, at morning oil pulling, do flossing at night, then you would've a good solid strategy. And then at least for bare, bare minimum, get yourself some vitamin D three and K two supplement, or go outside in the sun an hour per day. That will be the bare minimum if you, and then ideally you pair it with an quite optimal nutrition. So start implementing real food if you're literally on the side of. 20% good food, 80% processed foods. Try to maneuver this towards the other way around. Baby steps. Yeah. Like throw off the Ben and Jerry's at night.

Just skip this part and then instead, do something more healthy. Gradually work towards it. No one needs to be perfect. It's progress over perfection. Your own evolution. It's your discovery of it. This goes like this. You're gonna learn new things, then you wanna master it. But in that phase, you're literally gonna rethink everything and then you get it, and then you go for the next things. Right? That's how my own evolution took place too. I was sick 20 years ago. I crashed there. So that's why I learned all this because I needed, I'm actually the health

expert I would've needed as a 20-year-old if I would see me now as a 42-year-old. Back then, when I had my issues, I would, trust me, I'm like, this dude's living it.

I'm gonna do exactly what he tells me and I who I'm gonna be fine. Right? Instead of having no one. That's how I, how I got passionate about all this. It's, I think most of the good doctors or experts I learned from, they all had kind of like their own health issues or some sort of close relative that died or had a problem that they had to figure out and I love that.

SHAWN STEVENSON: Yeah.

DR. DOMINIK NISCHWITZ: It's a challenge you overcome. It's like skateboarding fall back up, you're not gonna die. Do it again.

SHAWN STEVENSON: Yeah. Your life was qualifying you.

DR. DOMINIK NISCHWITZ: Yeah. So like yours.

SHAWN STEVENSON: Just to go back really quickly, so that's great advice to not brush right after eating, which a lot of people don't know that. What about rinsing?

DR. DOMINIK NISCHWITZ: Water. Just water. If you drink your coffee, you can just re rinse with water, but don't do the brush and stuff. Water is always fine. Rinse with water, you cannot do anything wrong. Might even help you with a little bit less staining from all the coffee and all the, the matcha and stuff.

SHAWN STEVENSON: Got it, got it.

DR. DOMINIK NISCHWITZ: This has been very simple. Very simple actually.

SHAWN STEVENSON: Of course, I mean, you make it all simple. You help us to understand it's actually simple. You know, one of the most important aspects of human health and just to share what, what you, what you talked about earlier. And for us to really just let that sink in, this is the most common chronic disease has to do with our mouth and it's related to all

these other chronic diseases. And so addressing this addresses our health overall. And I appreciate you so much you taking this time and even coming to hang out. We got, hopefully this is an annual thing for us, you know.

DR. DOMINIK NISCHWITZ: That would be amazing.

SHAWN STEVENSON: And I, I'm so excited about the things that you have coming for us. And you've got this toothpaste that you're working on getting here in the US.

DR. DOMINIK NISCHWITZ: Yes.

SHAWN STEVENSON: It's already overseas.

DR. DOMINIK NISCHWITZ: And already had the samples for the us so it's coming for sure. It's probably gonna take till October, November, but it's gonna be there because trust me, the most asked question was in the last five years, Dr. Dome. What toothpaste do you recommend?

SHAWN STEVENSON: Yeah.

DR. DOMINIK NISCHWITZ: And I only wanna recommend something that I would personally eat, and I've designed it the way so you and your kids can eat it. That's something you put in your mouth. You want to eat it because the stuff gets absorbed.

SHAWN STEVENSON: Yeah.

DR. DOMINIK NISCHWITZ: So that's the way how I designed it. It has active ingredient, hydroxy appetite in it, probiotic, lactoferrin, coconut oil base, xylitol, ol. Is it the best? I don't know, but I, I made it. I gave it my best. That's the idea behind it. I'm always gonna reiterate like that's how I am. If I have new ideas, gonna implement it. Same with my supplements. That's my goal. I love to do, to improve and again, have the evolution installed. Also, everyone I'm training, all my dentists, they know me. They know I'm never gonna stay stand still. If I

have new stuff and it's better than the rest, the old stuff, I'm gonna implement it. It's never gonna stand still.

SHAWN STEVENSON: As it should be.

DR. DOMINIK NISCHWITZ: Right.

SHAWN STEVENSON: As it should be, you know? So we're gonna keep everybody updated on the toothpaste launch, when, when it happens, and in the meantime and in between time, where's the best place for people to connect with you to get more education for the dentists?

DR. DOMINIK NISCHWITZ: Oh yeah.

SHAWN STEVENSON: Out there, we've got some amazing dentists. Listen to the show.

DR. DOMINIK NISCHWITZ: We do actually have amazing dentists and I feel like they just need someone to guide. And that's why I created all this. So for dentists, it would be, ideally the easiest for everyone is my Instagram is Dr. Dome1, so Dome1. Actually in Dom Dome in Germany, in English you would say Dom, like that's my abbreviation for do Domme one and or Dr. Dome Official. The website, it will directly bring you to my clinic, DNA Health and Aesthetics and Tubing. The book, it's all in your mouth. Various podcasts, including this one, the second time with you and the supplement companies, the toothpaste, everything. Yeah, I think that's the easiest way to start. And then also the Institute for Biologic Dentistry is also mine and it's gonna be linked there. So yeah, that's the central hub. Dr. Domy officials, Dr. Domy one.

SHAWN STEVENSON: I'm so grateful for this. This is gonna impact the lives of millions of people. You know? And I, and I know that you're a pioneer. Truly. You're a game changer. You are somebody who is necessary because the way that things were going has caused a lot of harm and it's well intentioned, but it's time to upgrade, and that's your approach, and I appreciate that so much.

DR. DOMINIK NISCHWITZ: Exactly. Just upgrade. I'm not there to belittle anyone or do anything wrong. It's just like we can all colgate and make something better, like all of us together. This is when we can change, and I think we are there. We're actually there to make this impact together.

SHAWN STEVENSON: Amazing.

DR. DOMINIK NISCHWITZ: It's amazing.

SHAWN STEVENSON: Together, together.

DR. DOMINIK NISCHWITZ: Together. That's the goal. Teamwork makes the dream work.

SHAWN STEVENSON: Facts.

DR. DOMINIK NISCHWITZ: Not lone Wolf. Wolf pack.

SHAWN STEVENSON: That's right. The Wolf pack. I love it so much, man. Thank you again so much for coming to hang out with us, the one and only Dr. Dom.

DR. DOMINIK NISCHWITZ: Thanks for having me.

SHAWN STEVENSON: Thank you so much for tuning into this episode today. I hope that you got a lot of value out of this. Please make sure to share this episode. It is shocking how few people have education around this subject matter, and it impacts all of us. Like you shared, having issues with our teeth can absolutely mess up everything. It is a total vibe killer. It can take over completely, just take over our awareness, and we don't even want to get into those situations. We wanna make sure that we are building a healthy foundation and also sharing this with our family members, with our kids, grandkids. We need to keep passing this information down and being able to sit here and to learn from somebody like Dr. Dom is truly remarkable. He's a pioneer and somebody that I know, again for decades to come.

What he's sharing and what he shared with you today is going to change the field of dentistry and dental care. And so again, make sure to share this out with the people that you care about. You can share this on social media. You can send this directly from the podcast, APER you're listening on sharing on social media. Take a screenshot of the episode. Alright, I want you to take a screenshot of this episode and share it in your Instagram story. Tag me. I'm @Shawnmodel, S-H-A-W-N-M-O-D-E-L on Instagram and tag Dr. Dom as well. He's at Dr. Dome1 and that's spelled D-R-D-O-M-E and the number one, I'm sure he would love to see the love.

Listen, we've got some amazing, amazing masterclasses and world changing guests coming your way very, very soon. So make sure to stay tuned. Take care, have an amazing day and I'll talk with you soon. And for more after the show, make sure to head over to the model health show.com. That's where you can find all of the show notes. You can find transcriptions videos for each episode. And if you've got a comment, you can leave me a comment there as well. And please make sure to head over to iTunes and leave us a rating to let everybody know that the show is awesome and I appreciate that so much and take care, I promise, to keep giving you more powerful, empowering, great content to help you transform your life. Thanks for tuning in.