

TOP 10 REASONS

Why Your Mouth is the Gateway to Your Overall Health



BY: BEN JAVID, DDS



Introduction

“Your mouth is more than just teeth and gums – it’s the gateway to your overall health and well-being.

Your systemic health is directly affected by your oral health in many ways. The opposite is true, as well. You cannot have proper oral health if there’s an imbalance or dysfunction in your systemic health. It’s all connected!

Before we introduce our Top 10, it’s important to understand what biological dentistry means, because we’ve found that many people are unfamiliar with this term.

Biological dentistry is a category of dental practice based on **three core pillars** of belief: the mind-body connection, root causes, and toxic load.

Core Pillar 1

As biological dentists, we believe in the **mouth-body connection**. You might already realize that the teeth are connected to the body via blood vessels, nerves, and the Lymph system. Do you know about your body's meridian? We'll discuss how energy lines throughout the body connect organs and other systems directly to the teeth. When there's a block in this energy line, dysfunction appears somewhere along that pathway. Our goal is to relieve all blockages in the meridian from oral interferences.



Core Pillar 2

As biological dentists, we believe we should **address the root causes** of dental and oral health problems, not just their symptoms. This is the opposite of mainstream dentistry and medicine. There are many examples of this, but one of my favorite examples is cavities. Before we adopted biological dentistry practices, when patients presented with cavities, we advised them to brush more regularly, floss consistently, and avoid sugary foods and drinks. Now, when a patient comes in with cavities, our first goal is to discuss their nutrition. What is their daily diet? We'll check for any nutrient deficiencies, such as vitamin D3. We also want to look for potential imbalances in their oral microflora. It has been well studied and documented that your diet is the No. 1 factor influencing your oral and systemic health.

Core Pillar 3

As biological dentists, we want to help reduce the **toxic load** our patients may be experiencing. We start with a whole body assessment because a patient's toxic load is a major factor in their overall health. People with a large toxic burden are more likely to develop systemic diseases, such as autoimmune disorders, inflammatory issues, and even cancers. We are very choosy about the dental materials we use and the treatments we perform, so we don't add to a patient's toxic load. Many times, a patient is living with sources of toxicity in their mouth. These toxins can include heavy metals, infected root canals, and hidden bony infections called cavitations.



This guide reveals the Top 10 reasons why caring for your mouth means caring for your *entire* self.

About Us



Smilebody was founded by brothers **Dr. Shawn Javid, DDS** (at right), and **Dr. Ben Javid, DDS** (at left), leaders in biological and holistic dentistry, dedicated to connecting oral health with whole-body well-being.

Dr. Shawn Javid, DDS

Dr. Shawn earned his Bachelor of Science in Biological Sciences from CSUN and graduated with honors from the University of the Pacific Arthur A. Dugoni School of Dentistry (UOP). He completed a residency focused on cosmetic dentistry and oral surgery and is a Diplomate in Dental Sleep Medicine and SMART Certified. He also is an active member of the ADA, IAOMT, IABDM, AAOSH, and other leading dental organizations.

Dr. Ben Javid, DDS

Dr. Ben earned his Bachelor of Science in Physiological Science from UCLA and graduated with honors from UOP. Passionate about health, vitality, and the science of wellness, he has been recognized as one of “America’s Top Dentists” every year since 2007 and named one of Los Angeles Magazine’s “Top Dentists of 2021.” He is also a Diplomate in Dental Sleep Medicine.

Together, Dr. Shawn and Dr. Ben are among the few biological dentists in the Los Angeles area—and the only ones in Valencia, Calif.—bringing a holistic, science-based approach to modern dental care.

Contents

Reason 01:

The Oral–Gut Microbiome Connection: A Two-Way Axis of Health

08

Reason 02:

The Link Between Gum Disease & Heart Disease: Inflammation's Hidden Bridge

10

Reason 03:

Amalgam Fillings & Heavy Metal Toxicity: Their Impact on Your Health & Longevity

12

Reason 04:

Airway Obstruction in Adults & Children: A Root Cause of Systemic Dysfunction

14

Reason 05:

Choosing Biocompatible Dental Materials: Protecting Your Body from Toxic Burden

16



Contents

Reason 06:

Hidden Oral Infections:
The Missing Link to Chronic Illness & Fatigue

18

Reason 07:

Nutrition Begins in Your Mouth:
The Dental-Digestive Connection

20

Reason 08:

Oral Inflammation Fuels Systemic Inflammation

22

Reason 09:

Your Mouth: A Window Into Whole-Body Health

24

Reason 10:

The Emotional, Aesthetic & Energetic Power of a
Healthy Smile

26



What To Do At Home:

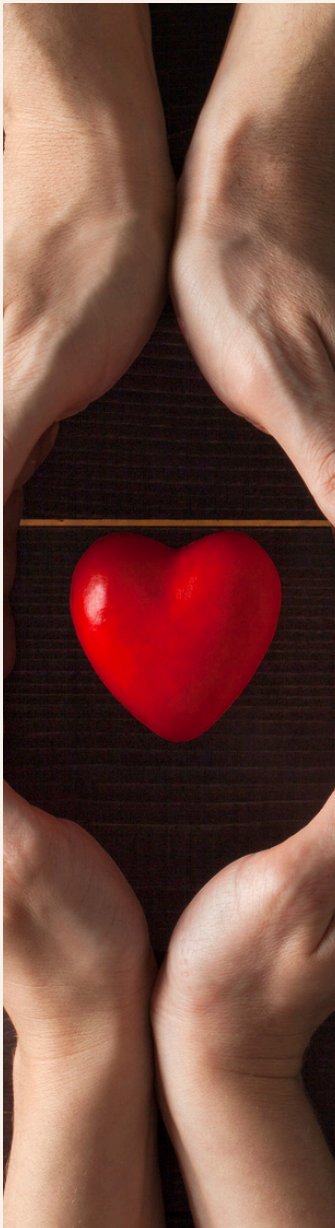
- 1** **Adopt an anti-inflammatory**, whole-food diet emphasizing organic produce, omega-3 fatty acids, polyphenol-rich foods (berries, green tea, olive oil), prebiotic fibers, and nitrate-rich vegetables (beets, arugula, spinach) while reducing refined sugars and flours.
- 2** **Use oral probiotics** such as *Streptococcus salivarius* K12 and M18 to recolonize healthy oral niches, combined with gut-directed strains like *Lactobacillus reuteri* for dual-pathway microbiome therapy.
- 3** **Replace harsh oral hygiene products** with alkaline or herbal toothpastes (xylitol, hydroxyapatite, neem) and prebiotic rinses instead of alcohol-based or antimicrobial mouthwashes that destroy beneficial flora.



66 *Your mouth is the gateway to your gut. When oral balance is lost, it can ignite inflammation that echoes throughout the entire body.*

02

The Link Between Gum Disease & Heart Disease: Inflammation's Hidden Bridge



Every step toward gum health is a step toward a stronger, healthier heart.

Gum disease and heart disease are deeply interconnected through chronic inflammation. Periodontal pathogens enter the bloodstream through inflamed gums, are found in arterial plaques, and trigger immune responses that elevate inflammatory markers (CRP, IL-6, TNF- α).

People with moderate to severe periodontitis have a two to three times higher risk of heart attack and stroke. Biological dentistry addresses root causes, like nutrient deficiencies, toxic materials, and oral dysbiosis, using ozone therapy, laser treatment, anti-inflammatory nutrition, and microbiome rebalancing to reduce both gum inflammation and cardiovascular risk.

Care Priorities & What To Do At Home:

1 Address nutrient deficiencies by optimizing vitamin D, C, K2, CoQ10, and magnesium levels to support gum tissue repair and reduce inflammation.



2 Implement gentle, oxygen-rich disinfection using ozone therapy, laser and photobiomodulation therapy, or ozonated oils/herbal rinses (clove, neem, myrrh) to disrupt pathogenic biofilms while preserving beneficial flora.



3 Adopt anti-inflammatory lifestyle changes, including a plant-rich, whole-food diet emphasizing omega-3s and antioxidants, elimination of refined sugar and processed fats, smoking cessation, stress management, and adequate sleep.



*When you care for your gums,
you're nurturing your heart, your vitality,
and your future.*



03

Amalgam Fillings & Heavy Metal Toxicity: Their Impact on Your Health & Longevity

“*When you remove toxic metals from your mouth, you free your body to heal, renew, and thrive.*”

Dental amalgam fillings are 50% mercury by weight and continuously release toxic vapor absorbed into the bloodstream. Mercury damages mitochondria, disrupts glutathione detoxification, and accumulates in the brain, kidneys, liver, and thyroid—causing neurotoxicity (brain fog, anxiety, memory issues), immune dysfunction, hormone imbalance, and accelerated aging.

Multiple metals create galvanic currents that disrupt meridian energy flow and amplify EMF exposure. Safe removal requires IAOMT SMART protocol with rubber dam isolation, high-volume suction, and external air supply, followed by structured detoxification using glutathione, vitamin C, selenium, and supportive therapies like IV nutrition and infrared sauna.

Care Priorities & What To Do At Home:

- 1 Only remove amalgam fillings using the IAOMT SMART protocol** with a trained biological dentist who uses rubber dam isolation, high-volume suction, external air supply for the patient, cold-water sectioning, and protective filtration to prevent mercury vapor exposure.
- 2 Support detoxification after safe removal** by optimizing liver, kidney, and gut elimination through hydration, fiber, glutathione, vitamin C, selenium, zinc, infrared sauna, and lymphatic therapy—NEVER attempt detox before removal.
- 3 Replace amalgam fillings with biocompatible materials**, such as all-ceramic restorations (zirconia or high-quality porcelain) that are metal-free, energetically inert, and tested for individual compatibility to avoid galvanic currents and immune reactions.

04

Airway Obstruction in Adults & Children: A Root Cause of Systemic Dysfunction

Airway compromise causes chronic oxygen deprivation affecting every body system. **In adults**, obstructive sleep apnea and upper airway resistance syndrome cause cardiovascular disease, insulin resistance, brain fog, depression, and reduced lifespan. Biological dentistry uses maxillary/mandibular expansion, tongue-tie release, myofunctional therapy, and collaboration with chiropractors to restore airway structure, along with anti-inflammatory nutrition, nasal-breathing retraining, MADs, CPAP, or Inspire therapy. **In children**, narrow jaws from mouth breathing, tongue ties, or soft diets lead to developmental issues, snoring, bed-wetting, focus problems (often misdiagnosed as ADHD), and impaired growth.



Care Priorities & What To Do At Home:

- 1** **In children: Promote proper facial development early** through nasal breathing (not mouth breathing), breastfeeding, avoiding pacifiers and thumb sucking, tongue-on-palate posture, and chewing firm, whole foods to stimulate jaw growth.
- 2** **Implement structural correction** using maxillary and mandibular expansion (ALF, DNA, or Vivos-style appliances) to create space for the tongue and open nasal airflow, combined with tongue-tie release when needed and myofunctional therapy to retrain breathing, swallowing, and muscle tone.
- 3** **Support with anti-inflammatory nutrition and lifestyle** including a nutrient-dense diet rich in omega-3s, antioxidants, vitamins A, D, K2, and magnesium; limiting sugar, refined carbs, alcohol, and dairy; practicing Buteyko or diaphragmatic breathing; and ensuring proper sleep position.



Breathe better, sleep deeper, live longer—wellness begins with every breath you take.

05

Choosing Biocompatible Dental Materials: Protecting Your Body from Toxic Burden

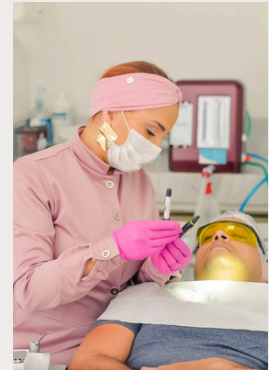


Biological dentistry honors the body's chemistry and energy, ensuring every material used promotes health instead of disrupting it.

Conventional dental materials—BPA-containing composites, metal alloys, and titanium implants—can leach toxins, act as endocrine disruptors, trigger immune reactions, and create galvanic currents that disrupt meridian energy. Biological dentistry prioritizes metal-free, all-ceramic restorations (zirconia, porcelain), BPA-free composites, and biocompatibility testing (serum compatibility or EAV assessment) to match materials to each patient's unique biology. This personalized approach protects hormonal balance, reduces inflammatory load, and respects the body's biochemical, electrical, and energetic systems.

Care Priorities:

- 1 Perform biocompatibility testing** such as serum compatibility or energetic (EAV) assessments before placing any material to personalize treatment for patients with chemical sensitivities, autoimmune issues, or chronic inflammation.
- 2 Choose metal-free, all-ceramic restorations,** such as zirconia or high-quality porcelain for crowns, bridges, and implants to avoid galvanic currents, metal allergies, immune activation, and meridian energy disruption.
- 3 Use BPA-free composite resins** with modern formulations that avoid endocrine-disrupting chemicals while maintaining aesthetics and strength.



*What goes in your mouth influences your entire body.
Biological dentistry restores harmony by using
materials your biology can truly accept.*



06

Hidden Oral Infections: The Missing Link to Chronic Illness & Fatigue

“

Hidden dental infections can silently inflame the body. Healing the mouth is often the key to restoring full-body vitality.

Root canal-treated teeth harbor anaerobic bacteria in microscopic tubules that release endotoxins into the bloodstream. Jawbone cavitations—oxygen-poor pockets from incomplete healing after extractions—accumulate bacteria and toxins. These hidden infections rarely cause acute pain but trigger chronic systemic inflammation linked to fatigue, brain fog, autoimmune conditions, cardiovascular disease, and

hormonal imbalance. Detection requires 3D cone beam CT imaging. Treatment involves biological surgical debridement, platelet-rich fibrin (PRF) regeneration, biocompatible bone grafting, and metal-free ceramic implants, supported by nutritional optimization (vitamins D3, K2, C, zinc, magnesium) and therapies like IV nutrition, hyperbaric oxygen, and photobiomodulation.

Care Priorities:

- 1 Use 3D cone beam CT (CBCT) imaging** to detect hidden infections that traditional X-rays miss, including infected or failing root canals, jawbone cavitations, residual extraction-site infections, and bone density changes.
- 2 Optimize nutrition before any surgery** to ensure balanced macronutrients (adequate protein, healthy fats, complex carbs) and critical micronutrients including vitamin D3 and K2 (for calcium absorption and bone integration), magnesium and zinc (for bone metabolism and immune response), and vitamin C and glutathione (for collagen formation and antioxidant defense)
- 3 Perform biological surgical debridement** to remove necrotic material while preserving healthy bone, followed by autologous platelet-rich fibrin (PRF) for natural healing, biocompatible bone grafting when needed, and metal-free ceramic (zirconia) implants for replacement

07

Nutrition Begins in Your Mouth: The Dental–Digestive Connection

Digestion starts with chewing and salivary enzymes (amylase, lipase) that break down food and signal the gut to produce stomach acid and bile. Missing, worn, or misaligned teeth prevent proper chewing, leading to large food particles that cause bloating, reduced nutrient absorption, gut dysbiosis, and chronic fatigue. Poor bite mechanics also strain jaw muscles and affect swallowing and airway function. Healthy saliva contains digestive enzymes and antibodies that protect against pathogens. Biological dentistry restores chewing function through biocompatible restorations, bite alignment, functional implants, and nutritional guidance to support saliva production and digestive health.



Care Priorities & What To Do At Home:

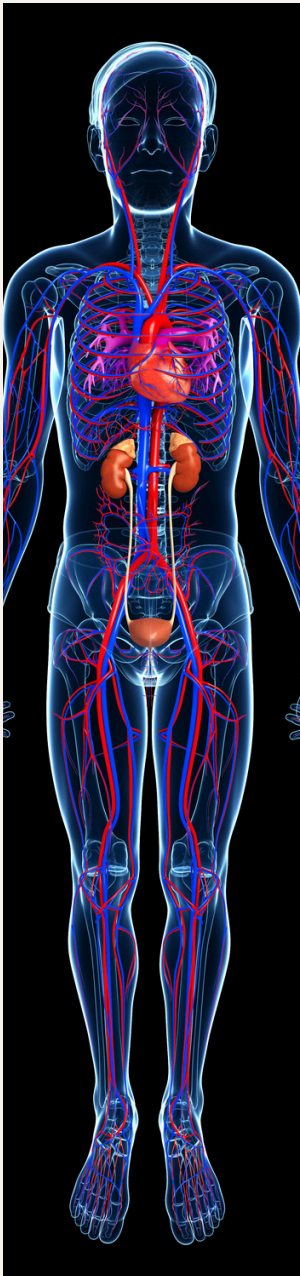
- 1 Restore complete chewing capacity** through biocompatible restorations and functional implants to replace missing teeth, ensuring food is broken down into fine particles that maximize digestive efficiency and nutrient absorption.
- 2 Achieve proper bite alignment** using orthopedic and orthodontic techniques to balance chewing forces evenly, distribute jaw pressure correctly, and support stronger jaw muscles, improved airway, and balanced nervous system response.
- 3 Support saliva production and quality** through proper hydration, nasal breathing (not mouth breathing), chewing fibrous whole foods, and avoiding dental materials that reduce saliva flow—saliva is essential for neutralizing acids, carrying digestive enzymes, and providing antibody protection.



Digestion begins in the mouth. Every chew sets the stage for how your body absorbs, heals, and thrives.

08

Oral Inflammation Fuels Systemic Inflammation

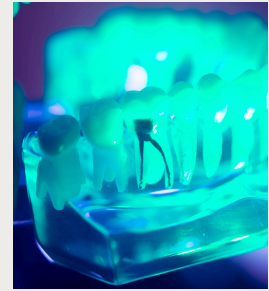


Chronic inflammation often begins in the mouth; when you heal it, the entire body follows.

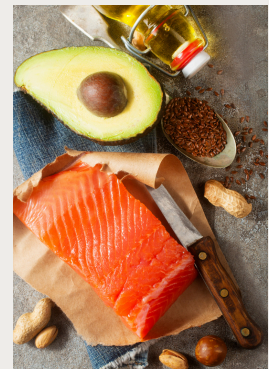
Chronic gum disease, infected root canals, and oral biofilm constantly release bacterial toxins and inflammatory mediators (IL-6, TNF- α , CRP) into the bloodstream, keeping the immune system in a perpetual state of activation. This systemic inflammation contributes to heart disease, impaired insulin sensitivity and diabetes progression, and arthritic joint inflammation. Reducing oral inflammation through gentle plaque removal (ozone, ultrasonic, laser therapies), anti-inflammatory nutrition rich in omega-3s and antioxidants, oral probiotics, herbal rinses, and lifestyle support (hydration, nasal breathing, stress management) lowers systemic inflammatory markers and allows the body to heal.

Care Priorities & What To Do At Home:

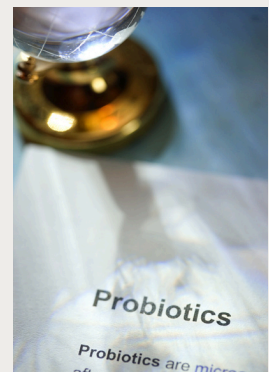
1 Remove oral sources of inflammation using gentle, advanced therapies including ozone therapy, ultrasonic cleaning, and laser-assisted periodontal treatment to disrupt plaque, tartar, and infected tissues while supporting tissue regeneration and preserving beneficial microbiome.



2 Adopt a whole-food, anti-inflammatory diet rich in omega-3 fatty acids (wild fish, flax, chia), antioxidant-rich vegetables and fruits, vitamins C, D3, K2, magnesium, zinc, and anti-inflammatory herbs (turmeric, ginger, green tea extract) while avoiding refined sugars, processed oils, alcohol, and smoking.



3 Rebalance the oral microbiome using targeted oral probiotics, herbal rinses (instead of harsh antimicrobials), and pH-balanced products to maintain alkaline conditions that reduce pathogenic bacteria and systemic inflammatory marker levels (CRP, IL-6, TNF- α).



Healing the mouth calms the body—reducing oral inflammation quiets the immune system and restores balance throughout.



09

Your Mouth: A Window Into Whole-Body Health

“

*Listen to your mouth. It often whispers
the body's earliest signs of distress before
disease takes hold.*

The mouth serves as an early diagnostic window for systemic disease. Bleeding gums and poor healing signal diabetes and insulin resistance; loose teeth indicate bone loss from osteoporosis or autoimmune disorders; teeth grinding (bruxism) reveals sleep apnea or chronic stress; narrow palate predicts airway obstruction and oxygen deprivation. Additional signs include dry mouth

(autoimmune disease, medications), oral lesions (nutrient deficiencies, infections), and coated tongue (gut dysbiosis). Biological dentistry uses detailed oral assessments, 3D imaging, microbiome testing, and airway analysis to detect disease at its earliest, most reversible stages and collaborates with medical practitioners for whole-body healing.

Your Dental & Oral Health Next Steps:

- 1 Schedule regular biological dental examinations** that include detailed oral assessments, 3D cone beam CT imaging, microbiome testing, and airway analysis to identify early signs of systemic disease before symptoms appear elsewhere in the body.
- 2 Recognize key oral warning signs** including bleeding gums or persistent inflammation (diabetes, insulin resistance), loose teeth or bone loss (osteoporosis, autoimmune disorders), grinding/bruxism (sleep apnea, airway obstruction, chronic stress), narrow palate (sleep apnea), dry mouth (autoimmune disease, medications), oral lesions (nutrient deficiencies), and coated tongue (gut dysbiosis).
- 3 Work with an integrative healthcare team** where your biological dentist collaborates with medical, nutritional, and functional medicine practitioners to address root causes, restore balance, and treat the whole body—not just isolated symptoms.

10

The Emotional, Aesthetic, & Energetic Power of a Healthy Smile

A healthy smile profoundly impacts emotional well-being, self-esteem, and confidence. Smiling reduces stress hormones (cortisol) and promotes positive neurotransmitters (serotonin, endorphins).

Each tooth connects to the body's meridian system, linking to specific organs and emotional states. Disruption from infection, missing teeth, or incompatible materials can block energy flow. Biological dentistry uses metal-free, biocompatible materials that support electromagnetic harmony, combining function with natural aesthetics through ceramic veneers and smile design, and aligning oral health with the body's bioenergetic systems. The result? Greater confidence, reduced stress, enhanced vitality, and renewed connection to self and others.



Holistic & Energetic Care Priorities:

- 1** **Use metal-free, biocompatible materials** (ceramic/zirconia) that support the body's electromagnetic and meridian energy systems, eliminating galvanic currents and energetic blockages that can disrupt organ function and emotional balance.
- 2** **Align aesthetics with function and health** through holistic smile design that considers facial harmony, proper bite mechanics, airway optimization, and gum health—creating natural beauty that radiates from true wellness rather than superficial cosmetic fixes.
- 3** **Recognize tooth-meridian-organ connections and address oral issues along these pathways to restore energetic flow and systemic harmony:** incisors (kidneys/bladder/energy reserves), canines (liver/gallbladder/detoxification), premolars (lungs/large intestine/immunity), molars (stomach/spleen/digestion), and wisdom teeth (heart/small intestine/emotional balance).



Your smile reflects more than oral health; it reveals the first clues to what's happening throughout your body.

“

*The Mouth is the
Gateway to
Whole Body
Well-being*

- SMILEBODY

