

#669 The Truth About Dentistry: Plaque, Fillings, Root Canals and Biological Dentists | Ian Clark

Dr. Wendy Myers

Welcome to the Myers Detox Podcast. I'm Dr. Wendy Myers, and on this show, we talk about everything related to heavy metal and chemical toxicity, the health issues caused by those toxins, and lots of other advanced topics on health as well. Today, we have my friend Ian Clark on the show. He's the founder of activationproducts.com. I love all of his supplements. I've known him for about 15 years, and he's going to talk to us about the horrors of the dental industry and what you need to be looking out for, the questions that you need to ask before you get dental work done.

A lot of people are going to conventional dentists, just regular dentists who are essentially drilling their teeth, and they have to get their fillings redone over and over, getting mercury fillings placed in them, getting mercury fillings removed improperly, getting wisdom teeth pulled, and that results in cavitations. They are getting root canals, which result in chronic infections in the mouth, as well as the cavitations, or the holes in your jaw left behind by pulled teeth and pulled wisdom teeth.

So we're going to go into all these different issues that can be remedied and that you need to look at, and the benefits of a biological dentist or a holistic dentist. There are always pitfalls. There are always dentists that are trying to do work that you don't need. It's really important to get a second opinion, and so we go into all these things and more on today's show. Ian, thank you so much for coming on the show.

Ian Clark

I'm very excited to get all this information out for you, the viewer. And how are you doing, Wendy? What's happening in your world?

Dr. Wendy Myers

Oh, I'm doing great. I'm just exercising every day, getting some light diet, getting some sun every day, and just trying to get the word out there about how to improve your health. That's what I'm doing every day.

Ian Clark

So I ran into something recently that we kind of know about things, but we don't really know them until we do them, and this is pretty crazy, but I want to share it because it ties into our topic. It ties into detox, but far more than that. How much do you walk a day normally?

Dr. Wendy Myers

I walk for an hour, maybe 7,000 to 10,000 steps.

Ian Clark

I see, and you consistently do that if you have the time, right?

Dr. Wendy Myers

Yeah.

Ian Clark

So I was kind of like that. I didn't go and do a whole hour, but I found out about a study, and I want to go much deeper. There are actually several studies. The weird thing is that your foot, when you step on your foot and then you move forward, you're like an upside-down pendulum. You have your gait because of your body height, size, and the length of your legs; it's your own special gait. And there's a certain speed that you walk at naturally.

You don't have to think about it. You just get up to a certain speed. The faster that becomes naturally, the longer your life. That's part of the study. But there's a thing that happens when your foot is an arch. It's got over 100 things happening mechanically and dynamically every time you put your foot down. So your arch flexes and then pumps, and it pumps the lymphatic and venous system that goes up

through the calves of the back of your leg, that they call that the second heart. Every step you make is pumping, moving energy from the Earth, moving through the magnetic field, getting a pulse, and it is outrageous.

I'm doing between 20 to 30,000 steps a day intentionally, and I'm working. I'm doing stuff. I'm on my phone. You know how we're all so engaged in serving people, and we always have to stay ahead of the curve and keep things moving. I've been having three hours a day of catching up on this and that because you can automate so much stuff now.

I'm finding all these cool trails, and then I take the dogs. I can only do about one-third of it because they get winded. They're like, "Done. Take me home." But there are so many things that are happening dynamically within the system, and if you could go to the gym, meditate, run, jog, all is fine. But if you're not walking a consistent amount, you're missing the most important exercise of your world. Because you can walk for hours and days if you had to, and you don't get exhausted because you're at that pace. If you're running, you're going to get exhausted. I've been having an even deeper sleep, and it’s really interesting.

Dr. Wendy Myers

I just feel so much better walking. In the morning, getting the light in my eyes and setting my circadian rhythm for the day.

Ian Clark

Right. And getting that lymphatic system moving, and there are so many people I've watched over the years who were older and were in great shape, and they looked great, and they're walkers. You know, they're just walking. It's the simplest thing in the world you can do.

Dr. Wendy Myers

Yeah, and it's actually intentional. It's sort of weird. Like, you're always trying to find the parking spot closest to the store or the mall. No. Find the one furthest away.

Ian Clark

And walk to the store if you can. That’s cool

Dr. Wendy Myers

That's what I love when I'm traveling. I'm doing 15,000 steps a day just walking around, checking everything out, and you just feel great. It's such a big stress relief. So it's a really important habit to get into. But I wanted to talk to you about the dental industry today because you've shared your own personal story with me that still haunts me to this day. You told me maybe about 12, 15 years ago, and you have a lot of knowledge about (and I agree with you) a lot of the problems in the dental industry today and how it's essentially ruining people's teeth. I just can't even describe to you how much dental work I've had and had to redo and redo. So why don't you just start with telling us your dental horror story?

Ian Clark

Yeah, I won't go into the super details, but when I was a teenager, my mom and dad would always take us to the dentist. I was the youngest out of five, and you just go to the dentist. Like, you go to the doctor and to the dentist. That's normal. We're talking 1972. So I was 14 years old in 1972, and my mom found a dentist in Kitchener-Waterloo, Ontario, where we lived, who agreed with her to do all the work without any kind of local anesthetic or freezing.

No Novocaine, no Articaine, no nothing. My mom said, "That's the only way to go. You have a little bit of pain when they're drilling your teeth and then it's gone after they put the filling in. And you don't have to worry about the freezing coming out." Well, long story short, that was not a good idea for me because the dentist that she sent me to was a demolition dentist. A dentist who wanted to drill every single tooth in my head because here's an opportunity.

Dr. Wendy Myers

To make money. Take an X-ray, give you this.

Ian Clark

To make money. Oh, yeah. It's all about the money, of course. The moment that your tooth is drilled, the dental industry owns that tooth, and we know that for sure. So I had all of my main teeth drilled on the top and the bottom without freezing, which was excruciating torture.

I begged my mom after the first visit to never let me see that person again, and she told me, "It took me six months to find him. Don't be a sissy. It's just a little bit of pain." I said, "No, it's not." It was so much pain. It was just tears that came out every time. I wasn't a crybaby, or maybe I was. But it was tears every time, and I had to brace myself to be able to endure it because she forced me to go back. There was no compassion whatsoever. It was just like maybe she thought she was going to toughen me up or something. I have no idea. But whatever it was, it ruined my teeth.

All they had was metal fillings. He put the amalgam fillings in, which transmits all the cold and hot right onto the nerve because he had drilled right into the depth of all the teeth, into the nerve and that pulp. So it was torture from then on, drinking anything cold, having ice cream, anything hot.

I just accepted that. I had extremely bad halitosis because of all the bacteria that goes in around the seams of all the fillings. People would immediately back away from me when I talked to them. I noticed, oh, I've got really bad breath, and I didn't know how to deal with it. So as a kid, that was pretty devastating. But what that turned out to be is I lost all of my uppers at 21 because they were so damaged, and I was getting abscessed teeth. When I was 19 years old, they told me I needed 14 root canals.

I was like, No, because I had these two front teeth root canaled, and they failed, and they turned black. They got pulled out and I didn't want to go through that again. I didn't know the root canals were bad. I just didn't want that, and ended up losing all my uppers. I fought to keep my lowers, because by then I had my own money and I was dealing with this. I lost that battle at 38 years old.

What I think, if somebody would've just told me when I was 10 years old before I ever had a dental visit, like a real one, that every single tooth in your head is a precious piece of ivory jewelry, is literally more valuable than any jewelry you'll ever get, and it's pure ivory. Each tooth has to be perfectly healthy. Therefore, you have to know exactly how to maintain those teeth so you never get plaque, never get a cavity, and hence never have any periodontal issues at all. And there's a simple way to do it. You do this and this, and you have perfect dental health your whole entire life.

The most that would have to be done would be straightening. And now online there are all these people teaching people how to use their thumbs and their tongue and

mewing and get their jaws opened up. You can do it yourself to spread the space to have your teeth not get so crowded. And having wisdom teeth pulled out, no. If you spread things and make sure that you do the work before your wisdom teeth fully come in, they come in perfectly straight. Now, do you have your wisdom teeth, Wendy?

Dr. Wendy Myers

I don't. I only have the uppers, and I was told that I should have them out before they became impacted, and so I took the little seeds out

Ian Clark

Interesting. They got it in the seed form.

Dr. Wendy Myers

Yeah, when I was, (I would think) 18 or 19.

Ian Clark

Really interesting. I've never heard of that.

Dr. Wendy Myers

Yeah. Me neither. I think I saw my ex-boyfriend at the time, he had the four impacts, and I saw what he went through having them taken out. I'm like, "we're doing this right now." Like, I want to just prevent the whole, "They don't need to grow in. You're going to remove them anyways"

Ian Clark

Well, I think this mewing thing and using the thumb and the roof of the mouth could make sure that they don't come in impacted because there's something wrong. Maybe the person's a mouth breather at night, or maybe they're laying on their face instead of on their back. Who knows? But keeping the wisdom teeth, I think, is a big deal.

Dr. Wendy Myers

Yeah, but then you get

Ian Clark

I had a cavitation. I had cavitations later. I learned about that. I had cavitations in both of them and had to have a cavitation surgery. Now I would've just used Rife to kill the bacteria in those teeth. But still, you kind of have to use that PRP to pack the little holes in there to prevent bacteria from growing.

Dr. Wendy Myers

Right.

Ian Clark

People get their teeth pulled, and the dentist doesn't pull the ligament, leaves it in there, that little membrane, the shock absorber between the tooth and the jaw. And if they don't go and fish it out, which they don't most of the time (now a holistic dentist knows to do it), that's what gets infected.

That can cause who knows what. ALS, I think, is tied into that a lot as well. Many different health issues, whether it could be heart disease or MS or ALS, all these weird things that happen.

Dr. Wendy Myers

But getting them removed if you've had an extraction, what was it like to have the work done to get the cavitation cleaned up?

Ian Clark

It was a fairly quick surgery. I was done with a really good holistic dentist, Dr. Panahpour in Beverly Hills. Very costly, extremely costly.

Dr. Wendy Myers

They just opened it up and took your blood out

Ian Clark

I got some PRP going and stuffed it in there, cleaned it out with some ozone, and then put the PRP in and sewed it up.

Dr. Wendy Myers

It was a pretty big ordeal though. I mean, you're sitting there with your mouth open and all the invasive stuff. So now you mentioned a Rife machine; you're just basically applying it to the tooth area or to your hands and feet?

Ian Clark

You'd apply it to the area. It's the flashing bulb, and it will kill bacteria. So the idea with the cavitation is to go in and clean out all the infection, but you don't actually have to do an invasive surgery. You can just do the Rife device. I use Spooky2, and you can kill all the gram-negative bacteria that's growing and proliferating there without having to do an invasive surgery. But you'd have to do it on a regular basis, like you want to have your own Spooky2 Rife. And you can learn more about that at tryrife.com.

Dr. Wendy Myers

That’s really cool. We’ve had people with abscessed teeth who were told they had to get a root canal, and I told them, "Just put the Solairs." Like, they had to put it on throughout the day a lot, right?

Ian Clark

Yeah, two or three times. I love Solaris. I have it here all the time, right next to me.

Dr. Wendy Myers

I use it for so many things.

Ian Clark

For sure, and that's such a wonderful thing. It took about two weeks for the abscess to go away. And some people are not steady enough with it, but if you stick with it and use it on an ongoing basis as a little mouthwash and brush your teeth with it, it'll prevent those things from happening as well. But we can't make any medical claims. We just know that anecdotally we saw that happen with a lot of people over the last nine years now.

Dr. Wendy Myers

It’s almost like a mouthwash. If you just put a couple drops in water, it acts like an antibacterial, and it's got the rosemary and clove and other things that just naturally devastate all the bacteria.

Ian Clark

So I think the claim that you can make, that everyone can make, maybe not really, well, sort of I can make it, is perfect dental health, and it doesn't mean you have to achieve it. You just simply make the claim. Then all the wisdom, the knowledge and the sharing of people seeing what works and what doesn't work; what's good and what's harmful comes in, and then you can just simply create the habits around that and enjoy perfect dental health.

Dr. Wendy Myers

So once you've had all the work done, you've had a lot of work yourself. Do you think for the rest of your life you'll be able to maintain your teeth and never have to have, get to a point where you'll never have to do work again on them?

Ian Clark

Absolutely not. I've had almost every tooth filled and with a cavity because they just drill all your teeth when you're a little kid. And so every few years one crumbles and you have to get it redone, and then so I'm definitely looking forward to many more dental visits. I do go to a biological dentist now, but it's still the teeth that are already harmed.

Dr. Wendy Myers

One thing that really bothers me is when you go to a regular dentist and you just have a surface cavity. So you just have a cavity on the surface of your tooth. Well, a biological dentist will use ozone for that just to get rid of the little bacteria that's growing. But a regular dentist drills into your tooth, fills it in and harms the tooth. And that's just one of the stupidest things that they do.

Ian Clark

Right. But it's by design, and I don't think the dentist even knows that they shouldn't do that because they're so deeply ingrained and trained that way. Now I got a little thing that's going to be a bit shocking, and this is a true story, and you can look it up. Do you know what the suicide rate is for dentists?

Dr. Wendy Myers

No. I know it's one of the highest in any profession.

Ian Clark

Oh, it's the highest in the world actually. Not just profession. So the average suicide rate is 2.1 times higher with dentists, and this is something you can look up.

Dr. Wendy Myers

Why is that?

Ian Clark

I don't know exactly. But it is really high. It used to be called the Mad Hatter thing because they were always putting the mercury fillings in. But that's not happening nearly as much, but it's still there. Now, do you remember me going down to Tijuana in April this year?

Dr. Wendy Myers

Yes.

Ian Clark

Okay. I told you a little bit about what I had to go through.

Dr. Wendy Myers

Yeah.

Ian Clark

The dentist who did the work initially, he's a young guy, mid-30s, a Dr. Yang is his name, Y-A-N-G. And he was doing work way above his pay grade, and so it was a horrific five-and-a-half-hour procedure that I wouldn't wish on anyone. It was so bad because he did the upper to put a proper arch in, and it should've required a whole bunch of things that they didn't do. Therefore I got to suffer like mad. And I'm not asking anybody to feel sorry for me. I'm a big boy. I was being told different ways, "Don't do this," but I was being told to do it as well.

I needed time to make the decision, but it was rushed because it was a time thing where I had to show up anyway. I followed through and had it done, sewed me up afterwards and then put the arch in. Within three weeks, my whole mouth was blown

right up, like up to here. I was using everything, the PMF, the iodine, the Solaris, everything.

Nothing was touching it. And they said, "Well, you have to take antibiotics." I never take antibiotics. I literally forced myself to do a round of antibiotics. It did nothing. It got worse and worse. After three weeks, if I pushed on the lump, pus would form in one hour here. My mouth would fill with pus, and I'd have to spit it out.

That's how infected it was. I thought nothing was working. Something's seriously wrong. So they had me go back and do an emergency surgery, took the arch out, cut me open because they saw there was something very wrong. They thought it was other things that were infected. It wasn't. It turned out that he had sewn a piece of gauze into my mouth. He had failed to remove it somehow, and there was a piece of gauze about that big on the side under the gum sewn into my body, and that's what was causing the entire problem.

Dr. Wendy Myers

It’s insane that someone could miss something like that.

Ian Clark

It's like I thought, did they do it on purpose?

Dr. Wendy Myers

Well, nobody would do that on purpose.

Ian Clark

But it was so folded in perfectly with the gum sewn over top. How could that be? It was a big chunk of gauze. It wasn't just a tiny little piece. So anyway, that was a super shock. But they got it out. They couldn't do any kind of local because on the bone, it's fully exposed, and you got millions of nerve endings right there. Because it was all encrusted with the necrotic tissue, they had to scrape it live without any chance of freezing it at all. They tried very hard to put articaine in there, but it was just beyond any comprehension level. My body was literally screaming during the procedure, and they could only do it for a few minutes, stop and give me a break and then keep going.

They were literally telling me to brace myself. There was a different dentist that fixed the problem, because Dr. Yang wasn't there. But anyway, I got it done. I felt a million times better. Everything healed up perfectly. I didn't need antibiotics. I had to do a big gut repair after that, which I did. But I got a text on Saturday from the main dentist who supervised that whole thing. I'd been in touch with him because he was responsible for making sure that all the dentists (It was a training thing) were being guided. So he was really horrified that this happened on his watch, but he didn't do it. I was informed that Dr. Yang committed suicide last week.

Dr. Wendy Myers

Oh, wow.

Ian Clark

For real.

Dr. Wendy Myers

Wow.

Ian Clark

You can look it up, Dr. David Yang. He had a practice in Flagstaff, Arizona.

Dr. Wendy Myers

That's a tragedy. I feel terrible for him and his family. I wouldn't wish that. I mean, I don't know what was going on in his life. It wasn't just because of this, obviously. But wow, what an industry.

Ian Clark

I don't know. I think most dentists see the opportunity to make a good living at the profession, and they do. Like a periodontal dentist, they make millions of dollars at their thing. It's not hundreds of thousands. So it's a really interesting industry.

Ads 20:52

Now a word from one of our sponsors. When did you first start looking at the ingredient label on your protein powder? For me, I was making daily shakes and protein shakes, and I discovered that I was eating soy protein isolate, and I thought,

"God, what is that?" I started doing some research and some digging and found that whey protein powder is actually the best protein powder out there.

This is a really long time ago. But back then, there wasn't a product testing for heavy metals and chemicals like there is today. But even today, that is still very rare, and that's why I love Puori PW1 protein powder. This is a product that has a QR code on the back, and you could test for 200 different contaminants.

No other protein powder on the market out there is doing this full transparency that Puori is doing, and that's why I highly recommend it. And not only that, but most people don't realize that over two-thirds of the protein powders tested by Consumer Reports study had lead levels above California's Prop 65 limits, and some were 10 times over the limit.

There was another study by the Clean Label Project that found that 47% of top US protein powders also exceeded the lead limits, and 21% were more than double. Puori protein powder is the only protein powder that got a clean certification by the Clean Label Project, so this is very high-quality protein powder.

What's so good about it is that it is made with whey protein concentrate sourced from grass-fed, pasture-raised cows in New Zealand. It's totally free from hormones, GMOs, and pesticides. It comes in three flavors. You can get bourbon vanilla, which is my favorite, dark chocolate, and unflavored. All of these have 21 grams of whey protein from grass-fed cows, including six grams of BCAAs and 2.4 grams of leucine.

They're made with only a few ingredients, and like I said, completely tested for contaminants. Every single ingredient is tested before it goes to the protein powder, and the protein powder itself is tested. So you want to use code WENDY at puori.com/wendy, and you'll get 32% off Puori's grass-fed whey protein when you start a subscription. In addition, you'll get a free shaker bottle worth $30 on your first subscription order.

Dr. Wendy Myers

Yes, just the whole putting mercury fillings in, the fact that that's even still allowed in the United States is just laughable, and the denial by the American Dental Association that mercury is problematic in any way, shape, or form, when you can do

a little search on ChatGPT and find there are thousands of research articles showing the harm that mercury does to the body.

Ian Clark

Yeah. One of the best documentaries I've seen is called Evidence of Harm. Have you seen that one?

Dr. Wendy Myers

Mm-mm.

Ian Clark

It's a doctor, a dentist out of Tennessee. He did such a good job. It's just Evidence of Harm, and it talks about the dental industry and how it poisons people with this stuff. In Mexico, the government pays for people who can't afford dentistry, and they mandate that they have amalgam fillings.

Dr. Wendy Myers

It's a scourge. It's like the most poisonous non-radioactive metal you could possibly put into your body.

Ian Clark

I mean, it's an antiseptic. It's an antibiotic. It kills your gut bacteria, gets into your brain. There's just a list of hundreds of side effects that mercury causes.

Dr. Wendy Myers

Right. Then the safe removal is a big deal as well. I've seen mercury fillings that were removed, and the patient was harmed significantly. Like, literally blowouts of psoriasis, eczema, all kinds of issues that happen just from not removing them safely, and they have to be removed. So have you seen The Root Cause? I think it was called the documentary The Root Cause?

Ian Clark

Yes. Well, I've had dentists tell me that that documentary has done more harm to people because it's saying that the root canals are bad and how they're not and all this stuff. I disagree. Everybody's entitled to their opinion. My opinion is, based on

what I've seen, that root canals are very bad news because they have a dead tooth on the meridian that's attached. Then people go, "Oh, there's no proof there's a meridian." No, there's absolute proof; they can trace every tooth physically to every organ in the body.

You mess with that, you put a dead tooth on there and let it sit there with a low-grade infection or a high-grade infection, doesn't matter, but it's dead, and the body wants to reject it. So I'm very much not for root canals.

Dr. Wendy Myers

Yeah, and they're infected. I mean, they're chronically infected. I know because I have a root canal on. As a little kid, I had a bike accident, and both my teeth broke in half, and then got fake teeth, but at one point one abscessed, and I had to get a root canal on it.

Ian Clark

Wow.

Dr. Wendy Myers

Every few years, like maybe every decade something would happen, I'd have to have it redone.

Ian Clark

Wow

Dr. Wendy Myers

Then when they take the cap off, the smell is horrifying, and it's because there's just a chronic infection. Not a low grade. It's a really bad infection that's happening in that tooth. And like you said with the meridians, you can trace that meridian to all these different body parts. What my meridian is like that's tied on that tooth, that's tied to all these different body parts, I have issues on those organs that are on that meridian.

So if you could look up the meridian chart of teeth or whatever it is or whatever you want to search for, and maybe make some connections there to some health issues that you're having. It’s just a problem. The regular dentist, even a biological dentist,

they're also probably not really even thinking along those lines, like the energetic component of the body. They're just very much entrenched in the physical realm and what's happening physically with the teeth.

Ian Clark

Though the biological dentists are a major upgrade. They really are.

Dr. Wendy Myers

In that Root Cause documentary, the woman who produced that also compiled a whole list of all the holistic dentists who really are trained well to help to get your dental situation back as close to perfect health as possible. So what a difference. And then the Huggins protocol, Hal Huggins, he's passed away now. He was a pioneer trailblazer in that category. Have you ever looked at his work?

Ian Clark

So ozone, Rife machine and pulsed electromagnetic frequency. It was amazing. I saw that happen live in 2008 with an old machine called an IRM. It wasn't IRMS, it was MRS Med Unit, and it had a probe with a square wave, and it would pulse, and you could set it at different settings. And this guy came to a seminar where I was talking about them, just to let people know.

He came up afterwards and said, "Will this really work? And how much is the machine?" I said, "Well, the machine's 5,000, and yes, it really works." He goes, "Okay. I'll buy one immediately because my mom is scheduled in a few weeks to go in and have all of her teeth not removed," She was 74 years old, and her teeth had become loose, and she had the whole gingivitis thing going on. What they were going to do is go in and slice the gum on each tooth on top and bottom, scrape it way down in front, get all the bacterium plaque out, and then sew her up for 16,000 bucks. That was 2008. I don't know what that would cost today.

He bought that, and his mom was not working, so she just sat and watched TV all day. He said that she took it and would just put it on each tooth all the way around, back and forth all day, and just keep hitting the button, because it only ran for 24 minutes. She did that for hours every single day. Never had to have the surgery. All the plaque went away. Her teeth solidified back into the jawbone so they weren't loose anymore, and avoided that whole thing, just with something as simple as that.

Dr. Wendy Myers

Yeah, and people don't realize that with PEMF devices. What kind of device was that one?

Ian Clark

That was from a company called Mediconsult, and they stopped making that thing. I actually went to the owner, Wolfgang, and I said to him, "You know, Wolfgang, why don't you just separate this unit out? Instead of having to charge 5,000 for the unit, why not just take it and make a separate unit with just the probe?" Because it does so many other things, too. I've seen it do super support on injuries. People get an injury, a strained, a sprained ankle, broken bone, severe bruise from a fall. It's remarkable how fast it works.

It literally will help support the body to heal itself within a day, instead of weeks and weeks of agony of having these bruised cuts and stuff. And he goes, "Well, I'll never do that." I said- Why would you not do that? He goes, "Well, then people won't buy the whole unit. They'll just buy that and it'll only be, like, $700." Like, what? I thought, "Well, that is insane. Yeah, just do it. You know? It's never been done. Uh, we should do it."

It's so simple. It's a very simple device. So that was the MRS 2000, it was called, and they had the home unit and the med unit. The med unit had the probe, the home unit did not. The home unit just had a mat and a pillow, and the med unit had the mat, the pillow, and the probe. So that's a really cool thing. Now, the name of the company is called Swiss Bionics. He changed the name of the company. It's still going.

Dr. Wendy Myers

Okay.

Ian Clark

It has something called the MRS, but I don't think they have that same probe. That probe had a little coil, copper coil in it that would click. You could hear it click, click, click. It was just the thing, and it's a square wave. That's another really important thing. The saw tooth waves are for other functions in the body, but that square wave is the magic.

Dr. Wendy Myers

Yeah, it's essentially a PEMF device. It's a pulse electromagnetic field device, which is shown in research that you can increase bone mass by 8% a year, which is incredible if you have tooth issues, which are bone, or you have osteoporosis or whatever's going on with you. It's a very easy way to build back your bones and your teeth.

Ian Clark

It makes sense.

Dr. Wendy Myers

Yeah, it really is. We talked about mercury fillings. I know for me, when I was 21, I had five mercury fillings removed just by a regular dentist. I just did it for cosmetic reasons. I'm like, "I don't want these, these gray things in my mouth." I'd had a decade of depression, chronic yeast infections, and just gut issues, and all kinds of stuff.

My whole 20s depressed, and it was just this huge dose of mercury, because I had them all done on the same day. So just this massive blast of mercury and other metals that just went all into my body, swallowed it, into my brain, breathing it in. Luckily, I didn't have any sort of health crisis, because I was incredibly healthy and active at that time. But I definitely suffered as a result of that. And there's a lot of people today still getting their mercury fillings removed or replaced improperly, and they don't realize the cost of that.

Ian Clark

For sure. That’s devastating. The one person I saw suffer the most was my oldest daughter, and she only had one amalgam filling. I went to a holistic dentist in Toronto, who assured me, because I mentioned Huggins. He goes, "Oh, yeah. Well, Huggins Protocol, yeah." He lied, absolutely did not have it. I learned I should have done a much deeper due diligence. Say, "Okay, take me into your office. I want to see the negative ions, the filters, and vacuums. Are you protecting yourself?"

If the dentist isn't protecting themselves, you know they're not going to protect you because they don't really believe there's a problem with it. That's the issue. We have to get people to convince themselves, like you said, do the research. Thousands of different articles on this now, and documentaries. Back in 1990, the IAOMT in Calgary, Alberta University did a whole study and proved it out then, in 1990, 36 years ago. You know, it's not new information.

Dr. Wendy Myers

And you can find a biological dentist on the IAOMT website. Also, my friend Robyn Openshaw, thegreensmoothiegirl.com.

Ian Clark

Right.

Dr. Wendy Myers

She's got a whole directory of biological dentists as well. She's done this great, crazy project to find biological dentists in the US.

Ian Clark

Robyn's awesome. I met Robyn, I think in 2019.

Dr. Wendy Myers

2015, the first time at Consumer Health Summit.

Ian Clark

Yes. And she is tapped in. What a wonderful person.

Dr. Wendy Myers

Yeah, it was great. I loved it that she did this project because I'd never seen anyone do a whole course and directory, no less, of biological dentists. But you do have to be careful. There's a lot of people, and there are a lot of dentists that say they're biological, say they're holistic, and charge those prices, but like you said, are not engaging in those practices. So you have to be very careful. It's like having fake organic food or something.

Ian Clark

It’s very true. You are responsible for you to make sure that who you are engaging with and who you hire, because they're working for you. You are their employer because you're paying them, and they're doing a service for you. So it's essential that you do the due diligence on that individual who you're going to. It's a big deal.

Ads 35:05

So I've tried everything out there as far as skincare is concerned. I have tried beauty nutrients. I've tried all kinds of different things, but one thing that I'm sticking with is my Bon Charge red light face mask. This is a fantastic tool to get dramatic results that you can actually see, and the benefits accumulate over time.

It's really comfortable and easy to use wherever and whenever you want. You can take it with you when traveling. It's cordless. I wear my red light face mask for just 10 minutes a day. It's just a super easy part of my routine to integrate. It uses optimal wavelengths of red and near-infrared light to support your skin's texture, tone, and elasticity, and it's suitable for all skin types.

I've seen a reduction in fine lines using it. I've seen an improvement in the texture and the tone of my skin. I feel like I have really good skin because I've taken care of it my whole life, but I've really seen a big, dramatic improvement in results using this red light face mask on a regular basis.

Bon Charge's premium products are grounded in science, and they're driven by purpose. Some are actually HSA/FSA eligible, giving you tax-free savings of up to 30% on it, so you can have even more savings. So I want you to start a skincare habit that you can stick with. Get your red light face mask today.

For a limited time, my listeners get 15% off when you order from boncharge.com and use my exclusive promo code WENDY at checkout. You'll also get free shipping and a 12-month warranty. So go now to get this exclusive offer at boncharge.com with promo code WENDY to get 15% off.

Dr. Wendy Myers

I had an experience where I went to a biological dentist here in Houston, and I just had a couple teeth I needed something looked at. And they're like, "Oh, you've got 12 teeth we need to work on, and it's going to be $3,600." I knew it was BS. I just knew that I didn't have all these various issues. So you have to be careful. You know, you can always get a second opinion. You need to make sure that if you go to a dentist and feel something isn't right, something in your gut doesn't sit right, and you're getting quoted for this crazy amount of dental work, get a second and a third opinion, because you might be shocked. The dentist I'm going to now, my mom went

to a dentist and they quoted her $10,000 for all this work, and my dentist was like, "Oh, you just need two fillings." And that was all that she needed.

Ian Clark

I think what you're saying, you're hitting on it, you're striking a nerve, because it is not like you should get one, you must get a second opinion. Because if you go in and get a total checkup, they do the scans and they check you out, they're going to diagnose and prescribe. And what does it cost to get a checkup? It's not that expensive. You just simply go to another dentist and get them to do exactly the same.

Tell them absolutely nothing. In fact, when you go in, just say, "You know, I have really good dental health. I just need to get a checkup. I really want you to do a thorough look so that I'm not missing anything." Maybe, like you said, even a third opinion, but at minimum, a second opinion. Because the dentists aren't talking to each other. They don't know each other.

Dr. Wendy Myers

It's a good measuring tool. Especially now that times are tough. People are charging for things you may not need. I mean, that happens every single day. So let's talk about teeth cleaning. We're going to get to all the different things you can do to improve your gum health and your teeth health in a second. But one thing that the dentists push is getting a teeth cleaning sometimes even every three months.

There was one I went to, and they wanted you to do a cleaning every three months, but they're minimum every six months. To me, it just always seemed very counterintuitive to have this metal needle basically scraping on your teeth. That cannot be good for your enamel. So what are your thoughts on that? Is that necessary to remove plaque?

Ian Clark

It's only necessary to remove plaque if you don't know how to make sure that the plaque doesn't happen. So you can remove your own plaque 100% by doing simple procedures. Number one, if you use perfect iodine, this is the first stage. You swish it for one minute. Right?

Dr. Wendy Myers

I use this.

Ian Clark

Yep. You swish that for one minute. That kills the bacteria that causes cavities, number one. And you swish it, it does a whole bunch of other health benefits. But dentally, it gets rid of that problem that causes tooth decay. Then Solaris guarantees to go in and use it to brush with. You can pick your favorite toothpaste, but put two drops on it with it. Brush your teeth. Also, put it in water. Get a tiny amount of water, put five or six drops in that tiny bit of water, like a tablespoon of water maybe, and put it in your mouth and really swish it. Make sure you're getting it throughout the teeth, because you can get it around and about. Do it for about a minute. A minute's a long time, actually. If you really time it, surprising how long a minute is when you're focusing on something and doing that.

Then the other one is black cumin seed oil, which is the final thing that you do once a day only, and it's not when you're brushing your teeth. It's after a meal. So once you're done with your meal, put the teaspoon in your mouth and swish it for one minute and swallow it. You don't spit it out. Oil pulling (everyone knows about oil pulling) is like 10 minutes coconut oil or sesame oil. This completely displaces that because the black cumin seed oil is far superior to working to give the emollients to soothe and to cleanse. It's anti-parasitic. It's against all that bacteria that causes the plaque as well. Within weeks usually, you will not have any plaque at all, and definitely within a month.

So you're right, Wendy, scraping the outside of the tooth like that is very harsh. If your gums are bleeding, that means you haven't got good dental health. If you're brushing your teeth and they bleed, that's a big indication, a symptom that you have some problems.

Dr. Wendy Myers

I heard you say something else on on a reel that I watched where with flossing, when your gums end up bleeding or they're bleeding because you're getting your teeth cleaned and they're poking your gums and you bleed, you have all that bacteria in your mouth, because most people don't have very good oral hygiene, getting into your bloodstream and causing various health issues. We see this with dogs where

they have dental issues, periodontal issues. They end up getting heart infections, heart valve infections and heart disease. There's a correlation between your mouth bacteria and heart disease, so you've got to be careful there.

Ian Clark

Definitely. You know Dr. Hari?

Dr. Wendy Myers

Mm-hmm.

Ian Clark

He had a heart attack a year and a half ago or so, and they finally tied it back to a tooth problem. They were trying to figure it out, like, "What on earth? This guy should not have had a heart attack." He's a big health advocate. He does a ton of healthy stuff in his life. He literally runs a significant clinic in Los Angeles. I know him really well. He's an amazing guy. But he didn't know that that was the problem. It took months to find out that that's what it was. He almost died. Like, he was that close.

Dr. Wendy Myers

Hearing you talk about the flossing and that causing cuts and sometimes the flosses, the natural ones also, are kind of harsh, you know?

Ian Clark

Yeah.

Dr. Wendy Myers

So that made me just think about that, I'm like, that just makes so much sense, and I started using a Waterpik instead to clean my teeth. I actually put the Solaris in my little Waterpik and use that to clean my teeth, and it's so much better than flossing.

Ian Clark

So much better. That's a perfect idea. I actually have never told anybody to put it in the Waterpik water, but it makes perfect sense. Okay, that's a really good one.

Dr. Wendy Myers

So that's what I do for my dental health, and I'm super picky about my teeth. I use electric toothbrushes. I use one of those. But also, I think they work a lot better than just regular toothbrushes, even though they might have some EMF on them. We get EMF everywhere. It's like, who cares? But I'd rather my teeth get a lot cleaner. And using your products as well, it's just a complete game changer for your dental health.

Ian Clark

Right. I stopped worrying about EMF anymore because I know that RF and EMF have this effect, but we mitigate that continuously by purging our body with the proper pulse electromagnetic frequency. Most importantly, making sure we're mineralized. Because when you're doing things like the Restore, the ocean concentrate product, it goes in and helps your cells, I mean, your crystalline being. That brings that crystalline effect to guard yourself, to guard you. If you're low on minerals, you're much more susceptible to these unhealthy frequencies.

Dr. Wendy Myers

Yeah, I just did a reel on that, that you have to be mineralized also to hold frequencies, positive frequencies like PEMF or if you're grounding or if you're doing any kind of bioenergetic application or treatment or software or device, you need to be mineralized to optimize the results that you're getting.

Ian Clark

Very good point. Just simple.

Dr. Wendy Myers

So any other tips about dentistry or things that people should avoid? I mean, you talked about root canals. A lot of people are opting to pull their teeth versus getting a root canal. It can also be very invasive getting a replacement, getting an implant as well. Then they'll offer titanium implants, which is a metal which can cause its host of issues. And ceramic is ideal. I have a root canal here and I've thought for years about getting a replacement, but I just don't want to deal with an implant and the possibility of it failing. I'm just going to address that infection with rife.

Ian Clark

Right, that's one way. I think the zirconia implants are actually really inert and good. They could break, but they can be removed and replaced. What do you have right there, right now?

Dr. Wendy Myers

Just a root canal.

Ian Clark

It's a root canal.

Dr. Wendy Myers

Did I say titanium? But there are titanium implants, correct?

Ian Clark

Yeah. There's titanium but you don't need titanium. If you had, like with my situation where the jaw has resorbed into the body and is gone- and I had a knife edge. Unfortunately, zirconia can't be used. So there's different levels of quality. There's a company called Megagen who have a very high-end titanium that is good for life. It'll last 50 years. You could look at something like that. But I think in your condition, because you still have that tooth there, the bone has not resorbed, so you could go and get a zirconia, and that may be a lot better.

Dr. Wendy Myers

I have to look into it. It's like another pile of things, goals. I need to do it for my health. Yeah, but I do worry because implants do fail. They can and do fail, and they can get infected. And sometimes it's like you just want to leave well enough alone already. But that's not the case for people with mercury fillings. I mean, you definitely want to have those out. They're not doing you any health favors. Maybe if someone's very chronically ill, it might be adding more fuel to the fire for them.

Ian Clark

You have to judge it on a case-by-case basis, but there's many people that feel so much better after they have those mercury fillings removed properly. I've seen living examples of just people's lives being so changed to the positive by getting them out. Now, the one procedure I would always ask the dentist about when they're going to

remove them is are they going to just drill them out or are they going to very carefully cut them and take them out in sections and chunks? Because that's the best way to go.

The issue with a metal filling is it has no adhesive holding it in, so they've had to drill into the precious ivory on a wedge. So they've gone into the really good material and removed quite a bit of it and then wedged in this pasty kind of amalgam filling when it's not set yet. Then once it sets, it holds in there. But, getting them out I think is the highest priority ever to get that out, because for 24 hours a day you have methyl mercury. And the older the filling is, the more it releases, because you get more and more of a gap around it. Things move, shrink, and then you get bacteria in around the side of them, which causes all kinds of problems.

Ads 48:05

And now a word from one of our sponsors. So you guys know I've been talking for years about taking nutrients that support your beauty from within, and one of the things that I've been taking recently to support beauty is these Organifi Beauty Gummies. I love this company 'cause all the ingredients that they use are organic and super high quality.

They created these gummies to give you lots of nutrients to support your skin hydration and collagen production as well. I know a lot of you guys are using all kinds of serums and skincare and things like that, but Organifi also wants you to start thinking about beauty from within, like inside out, and the nutrients that you take and how those support your skin health. These beauty gummies contain what are called Cerulok rice ceramides, and these really help to support hydration and a healthy skin barrier. They also contain organic acerola, which gives you natural vitamin C to help support collagen production.

I take vitamin C every single day to maximize the amount of collagen production that my body can produce. They also contain organic pomegranate to help give you some antioxidant support as well. In one study, they found that 23.7% of women taking rice ceramides every single day had a dramatic improvement in their skin hydration.

So this is a really good habit to take every day. It only takes one gummy a day to help improve your hydration, smoother skin, and more beautiful skin. So if you wanna go to organifi.com/myersdetox and use code MyersDetox to get a special discount for my listeners only. So again, go to organifi.com/myersdetox, and use coupon code MyersDetox to get your special discount on your beauty gummies and their whole range of products.

Dr. Wendy Myers

Is there anything else you wanted to discuss about dentists and warnings to people that comes to mind?

Ian Clark

Well, get to know the dentist and interview the dentist, and what procedures they are going to do. You've got to make absolutely sure that if you have significant work to be done, that you have all the information. Now you got this AI. You can go in and say, "What are the absolute must-have policies, protocols, and procedures to get something done?"

Because unfortunately, even a really good dentist who's intelligent will not know the depth of what they have to do, and they might take a shortcut. I've had shortcuts taken, like bad shortcuts, and you can't have that. Really, if you can get conscious sedation, that would be great.

If it's real heavy duty stuff, unfortunately you have to get a general and local at the same time. And you have to know that if you're going to get a tooth extracted, when you get a dentist to actually remove a tooth, they've got to do it super gently. None of this going in and ripping it back and forth and tearing it out. That is not the way to get it done.

When the dentist did my uppers at 21 years old, they put me under a general. As soon as they had me under, they just took vice grips and just ripped my teeth out. Like what was left. I still had the ones in the front and a couple in the back and this other side I'd already lost some. The roof of my mouth all the way down my throat was literally black within a day, and that lasted for months before that healed. That did not heal in weeks. It was months of this incredible damage that happened from him

just ripping them out because well, he didn't care. You got to know that your dentist actually cares, and I mean fully cares.

Dr. Wendy Myers

Yes, there are so many pitfalls, and I think it's important for people to get support. There's lots of Facebook groups for cavitations, for mercury fillings, for just all kinds of things. Go and talk to people, exchange notes and really learn about these procedures that you're getting done and how to do them properly because you can really mess yourself up. At least now we've got Google reviews and people can find reviews on dentists and really come from a consumer advocacy position where people that are really harming people can't hide in the shadows anymore.

Ian Clark

Another ultra-important thing to do for yourself for your dental health is...Well, there are two things, is keep your tongue clean. You know, get an ORA brush. I think it's O-R-A brush or get a tongue scraper. I think the ORA brushes are probably the best, and you can carry it anywhere you go to make sure your tongue is kept clean. Then your sinuses. Keeping your sinus cavities, especially in this area, because it goes here and then all the way down by your ears, which ties into your whole upper jaw, and you don't ever want to have any kind of an infection sitting in one of the pockets of your sinuses because the roots of your teeth are so close by.

A lot of times upper infections come from the sinuses. So doing things like Perfect Nasal, which to me changed my life completely, is advisable. It took me 80 days using the Perfect Nasal three minutes per day every day until nothing more came out. I kept going for another 10 days, but nothing came out during those 10 days, so I stopped, and that was in 2016. Ever since, both my sinuses have been clean and open. I tune in once in a while to make sure if there's any buildup. But it is so important to have good sinus health for good dental health.

Dr. Wendy Myers

I think a lot of people don't realize that they have chronic sinus infections or they have different dental issues from that. Like, I had a friend of mine that had some root canals done, and the dentist drilled all the way into her sinuses, and she had problems for years and years, and she didn't figure it out until she finally found a

dentist that did X-rays and showed her that her root canals went all the way into her sinuses. So there's this exchange of bacteria in those cavities that are supposed to be separate. But can you tell me about the Perfect Nasal and what's in that?

Ian Clark

The Perfect Nasal has very researched ingredients because you don't want to put something in your sinuses that are going to damage the tissue. So what it does, first of all, it soothes and moisturizes the tissue, but it has L-carnosine in it. L-carnosine literally annihilates the unfriendly bacteria. What you do with it, you don't just spray it up your nose sitting here. You lay on your back, put your head upside down over the edge of the bed or the table you're laying on, and you have your nostrils pointing to the ceiling. You have your mouth open so you can breathe and talk the whole time, and you put 12 sprays into each nostril, and it goes in, and there's layers of buildup over your lifetime.

Most of the air you breathe is through your nose, and you should breathe most of the air through your nose, which is like the furnace filter for your house with all the little hairs and the little whatever in the tissue, and you have to keep it clean. If you don't keep it clean, then you can have an unknown postnasal drip in the back dropping down your throat on your tongue that then migrates up into the bacteria of your tongue. But you want to have all the soot that you've been breathing, tire dust, brake dust, asphalt dust, construction material and pollution in general cleaned out.

So that was nine years ago. I was 59 years old, and it took 80 days until I didn't get anything else. It had to rehydrate all the impacted stuff. It was all the way up, and even the sinus goes up to the top of the head. So it's quite a sensation. It's a super pleasurable thing. The first four or five times you do it, you'll feel heat in there because of the death of all the unfriendly bacteria, but it supports the microbiome of your sinus. You got to have a good microbiome in your mouth and good microbiome in your sinuses. So friendly bacteria are essential to have everything healthy because they fight off the bad stuff that causes all these infections.

Dr. Wendy Myers

So smart. I love that you mentioned tongue scraping. That's another thing that I do. Super important. It completely changes your breath. Just that one simple step, but

people don't realize. People brush their tongue, but that just kind of moves the bacteria around. It doesn't take it off. It's just moving it around essentially.

Ian Clark

That's right. Also, the biggest thing about keeping your sinuses clean so that they flow perfectly is then you can sleep with your mouth closed. If you're a mouth breather, that causes all kinds of dental problems because you're losing a lot of CO2, number one, which is bad for you. But a dry mouth is a breeding ground for bacteria, so you want to be able to sleep with your mouth closed. Either use a mouth tape or some device that holds your jaw closed. You have to have sinuses open, otherwise you can't breathe through your nose and you'll force your mouth open to breathe. So yeah, you don't want to be doing any mouth breathing at nighttime.

Dr. Wendy Myers

Yeah, because that's just the recipe for cavities right there, and poor jaw and facial formation as well. I wish I had known that as a kid, but I definitely was a mouth breather my whole life. But it will change the way that the maxillary bones form on your face. And your jaw and your teeth being kind of crushed together or having a wider jaw, a wider space for your teeth. Really makes a huge impact.

Ian Clark

I was the worst. I, for some reason, I don't know why, none of my brothers or sisters did this, but I always slept on my stomach with no pillow, and I would just turn my head to the side, and I was a total mouth breather. I couldn't go to sleep otherwise, until I trained myself as an adult to do it differently. But I would drool, which is a mess. I mean, good grief. It was the worst thing and ended up with a very narrow jaw on the bottom, which made everything all crooked and crowded.

All my parents had to have the knowledge is, "Hey, no one's allowed to sleep on their face. You're going to sleep on your back preferably. You can turn your head to the side or whatever. If you use a pillow lying on your back, your head's forward, you're just going to mess with your posture." And posture ties into your whole bone structure as well. So yeah, mouth breathing is out.

Dr. Wendy Myers

If you can't do it on your own, then you want to clear out your sinuses so that you can breathe through your sinuses, and then get some mouth tape. If all else fails, just tape it shut.

Ian Clark

That's right. You want that tongue sitting on the roof of your mouth as well. You can get those little spacers for your nostrils as well. There's the little thing. They're quite comfortable. You squeeze them together, put them in, and it opens everything up to help you. That's even if you hadn't got the Perfect Nasal. But the Perfect Nasal is such an incredible upgrade for your life. You'll see.

Dr. Wendy Myers

Tell us what your website is and where we can get all of your products for dental health.

Ian Clark

So it's activationproducts.com. You can also find me on Instagram, where I share a lot of stuff, and TikTok. Instagram is ianclarkactivated, and TikTok is just ianactivated.

Dr. Wendy Myers

Fantastic. Do you have a code for our listeners for a discount? Maybe code Wendy for listeners?

Ian Clark

Yes, Wendy. If they put Wendy as the code, it will give them a special price.

Dr. Wendy Myers

Fantastic. You'll get a little percentage off there if you use code Wendy. But Ian, thanks so much for coming on the show. I love having you on. You're such a wealth of knowledge. I love watching your reels on Instagram also, because I live on Instagram. If any of you guys have any questions about this podcast or anything else, you can always give me a shout on Instagram @meyersdetox. But I've known you for 15 years now and consider you a very dear friend. I love the work that you're doing in the world and the knowledge you're trying to get out there about health.

You're so wise and so knowledgeable, and have had so many health challenges where you've been forced to kind of learn about all these things and really think about health and solutions for health. You've traveled all over the world finding all kinds of crazy chemists and the best ingredients, and you really put a lot of thought, care and love into the products and the information that you're putting out. So thanks so much for the work that you're doing.

Ian Clark

I love your work as well, and the fact that you're such an open source to just share and be open to all these new things, just like I am. You and I have an interesting approach to this world, and we were both compromised in a lot of ways and just said, "Hey, there's got to be a better way."

Dr. Wendy Myers

Yeah.

Ian Clark

We found those ways, and I love your work. You've been really at the forefront, trailblazing the detox for so long, and many other things. So I really appreciate you and your work as well.

Dr. Wendy Myers

There's always got to be a better way. There's always someone doing something on some corner of the planet that you end up meeting and can bring their work forth, so that's what my goal is. Well, Ian, thanks so much for coming on the show.

Guys, check out activationproducts.com. I'm Dr. Wendy Myers. Thanks for tuning into the Myers Detox podcast. I just love doing this show to help you guys get those pieces of the puzzle that you need and help you improve your life and improve your health.

I know there are a lot of people out there suffering, not getting the answers they need from their conventional doctors, and so that's why I'm here to try to fill in those gaps of knowledge and give you alternative information and info that you're just not going to get from your conventional doctor. So thanks for tuning in.

Disclaimer

The Myers Detox Podcast is created and hosted by Wendy Myers. This podcast is for information purposes only. Statements and views expressed on this podcast are not medical advice. This podcast, including Wendy Myers and the producers, disclaims responsibility for any possible adverse effects from the use of information contained herein. The opinions of guests are their own, and this podcast does not endorse or accept responsibility for statements made by guests. This podcast does not make any representations or warranties about guest qualifications or credibility. Individuals on this podcast may have a direct or indirect financial interest in products or services referred to herein. If you think you have a medical problem, consult a licensed physician.