



One uneducated visit to your dentist
can have devastating effects on your health!

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Your Cancer Risk, Exposed

Guest: Ty Bollinger

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Jonathan Landsman: Welcome to the Holistic Oral Health Summit. I'm your host, Jonathan Landsman. Did you know that 80% of disease symptoms are related to problems in the mouth? As a health and fitness consultant for nearly 30 years, I believe this is one of the most overlooked problems within conventional and integrative medicine. That's why I created this summit, to help you identify, prevent, and eliminate the roots of disease.

Our show today; Your Cancer Risk, Exposed. Our guest; Ty Bollinger, first brought his discoveries about cancer to the public in his best-selling book, *Cancer: Step Outside the Box*. In addition, he has co-authored other books on alternative medicine, and produced several ground-breaking documentaries. Including *the Truth about Cancer; A Global Quest*. Which has been viewed by millions of people world-wide.

After losing several family members to cancer, Ty refused to accept the notion that chemotherapy, radiation, and surgery were the most effective treatments available for cancer patients. Instead, he sought what he could find about alternative cancer treatments, and the hidden truth about the conventional cancer care business. What he uncovered is shocking.

Today, we'll talk about one of the most overlooked yet significant risk factors for developing cancer; the toxins in your mouth. More and more integrative health care providers are teaching cancer patients about the importance of good oral health. Let's face it; especially if you're dealing with any health issue. Removing the threat of toxins should be a top priority.

After listening to this conversation, I'm sure you'll agree that a cancer-free life begins with correcting problems in the mouth. Please join me in welcoming Ty Bollinger. Ty, Welcome.

Ty Bollinger: Jonathan, thanks so much for having me on today, my friend.

Jonathan Landsman: Ty, many believe that fluoride is good for the teeth. What do you say to people?

Ty Bollinger: Well, everyone knows, Jonathan, that fluoride prevents tooth decay is essential for your healthy teeth and gums, right? That's just a well-known fact. Of course I'm saying that tongue in cheek. The reality is, that's not the truth. We've been told a lie for decades. A lie that has literally led to the deaths of hundreds of thousands of people, weakening the immune system of tens of millions more. Fluoridation is a hoax; it's a con; it's a scam.

The root of fluoridation goes back to Nazi Germany around World War 2 time. The first known use of fluoride was in the concentration camps. IG Farben, which is a drug chemical plant over in Germany. They used fluoride in the water to dumb down the masses that were in the concentration camps, to make them be more easy to dominate and to make them to be more docile. That was the first use of fluoride.

Then we come over here to the United States, and we look at ALCOA in the 1930s; 1920s, actually. The aluminum manufacturing company up in Pittsburg, Pennsylvania. And they were one of the first ones to suggest that we should drip this toxic waste that came from the smoke stacks of the alumina manufacturing industry into water.

They were trying to figure out a way, Jonathan, to get paid for dripping toxic waste into our municipal supply systems instead of having to pay to dispose of toxic waste. It was a brilliant idea from a business perspective. Because instead of having to pay to dispose toxic waste, they got municipalities across the country to pay them so they could drip this toxic waste into our water supply.

There has not been a single study that has shown that fluoride in the form that it is dripped into our water; which is not naturally occurring calcium fluoride. It's hydrofluorosilicic acid; sodium fluoride. There's different types of fluoride, but they're all toxic waste. There has not been a single study; no scientific evidence to show that it's a beneficial additive to water.

And as a matter of fact, there is overwhelming scientific evidence that proves without a doubt that fluoride is toxic, and can cause things such as cancer. There was a 2005 Harvard School of Dental Health study that showed that water that contains fluoride has been directly related to osteosarcoma, which is bone cancer, in young boys. So the whole notion, dripping fluoride in the water and drinking it is healthy for us, is a complete scam.

Jonathan Landsman: You know what's amazing me is; you hear often that doctors are supposed to sit down with a person one by one, diagnose their situation, and only a doctor is allowed to medical treat a person. Obviously, Ty, if you and I were to do that, we'd be in a lot of trouble.

But yet, somehow, millions and millions of people have overlooked this key point that they are mass medicating people. And for me, I just find it very hard to believe that this is such a top health concern of theirs; the health of everybody's teeth, you know?

Ty Bollinger: Yeah, and you just hit the nail on the head there, Jonathan. They are mass medicating people without consent. This violates the Nuremburg code that was put in place after World War 2, because the Nazi's were actually medicating, experimenting, doing medical experimentation on the prisoners in the concentration camps without approval. The Nuremburg code was put into place to prevent this. But they're doing it again in our water supply.

There was a 2010 article I believe, Jonathan, in Time Magazine. It listed fluoride as one of the top 10 common household toxins. It describes fluoride as being both neurotoxic and potentially tumorigenic if swallowed. So, Time Magazine; a mainstream magazine tells us it's one of the top 10 household toxins. But, at the same time, we are told by the American Dental Association that it's good for our teeth and we need it in our water. We need it in the toothpaste. We need it in our mouthwashes. How can these two things be concurrently possible?

The reality is, the truth is, they're not. It's not possible for them to be good for us, but also one of the top 10 household toxins. But, we're told to believe both of them at the same time. It is cognitive dissonance at it's finest.

Jonathan Landsman: That is so well put, Ty. Another interesting thing; and it's just a fact, people need to keep this in mind. This notion that you put the fluoride, you put any kind of product in your mouth and on your teeth, and it doesn't get absorbed into your body is absurd. If you just put something under your tongue or on your tongue or on your cheek or anywhere like that; and kids too. Like you were saying; it's so easy for anyone to swallow some of this, especially children. But my point is, it's so easy for this toxic substance to be absorbed into the body.

For all those people; since we are talking about cancer today. For those people who are concerned about their immune system, getting away from the threat of cancer, this is just one big issue where you've got to look at all your products. I mean, baby water with fluoride in it? It's absurd. Make sure that fluoride is not in any of the products that are in your home; I'm sure you would agree.

Ty Bollinger: I agree, Jonathan. And I just mentioned Time 2010 article about fluoride. I think it was 2010, as well, there were two or three different stories out of India that showed that children in India were being blinded and crippled, partly as a result of fluoride being added to the drinking water. I think it was in the village of [inaudible], which over half of the children have bone deformities and are physically handicapped. Literally, the children are born normally, but after they start drinking the fluoridated water, they begin to develop these crippling defects in their hands and their feet.

It's well known that fluoride prevents iodine absorption. It also causes thyroid disorders. And here's something that's interesting, too. This is an article that a good friend of mine, Mike Adams, published I think two or three years ago; maybe four years ago. It was an article that was about a British company that had been caught exporting nerve gas chemicals to Syria. And in the article, it reported that the British government; they were accused of something like being very lax in it's arms controls.

It was found out that the official had authorized the export to Syria of two chemicals that were being used to make nerve gas; sarin nerve gas. Now, I'll give you a quiz here; what were those two chemicals that were used to make sarin nerve gas, and I bet you can get one of them right?

Jonathan Landsman: Let's see; could it possibly be fluoride on that list?

Ty Bollinger: It's two different types of fluoride, actually. Sodium fluoride and potassium fluoride were the two chemicals that the British government exported to Syria that were being used to make nerve gas. And these are the same things we're dripping in our water. What is going on here, man? We are living in the Matrix, Jonathan.

Jonathan Landsman: You know, Ty, I know with your work over the last many years, you are definitely snapping people out of the Matrix. And I already have a good sense that this conversation is going to shake some things up, big time.

For those who are really interested in a slightly different perspective, but talk about waking up, make sure you listen to Dr. David Kennedy, who is a part of the Holistic Oral Health Summit. We talk about a lot of crimes in dentistry. One of those things was fluoride, and I promise you, he will blow your mind.

Ok, Ty. Let's shift gears here and talk about what's going on in terms of these root canal treated teeth, and the possibility that our cancer risk may be going up because of them. What do you tell people?

Ty Bollinger: Well, one of the first things that I recommend people do if they've been diagnosed with cancer. Or even if they're just trying to prevent cancer, is look at your mouth. And look specifically at your root canaled teeth or hopefully your lack thereof. And if you have been diagnosed with cancer, one of the first things that should happen is you should get rid of your root canaled teeth.

Well, why would I say that? And again, I'm not a doctor so these are not medical recommendations. These are things that I would do if I were diagnosed. And these are things that I do to prevent, is eliminating root canaled teeth. Well, why?

There's an underlying misconception that infective agents like microbes and fungi and viruses; that they are successfully disinfected from the teeth when there's a root canal. But there is literally miles of microscopic tubules which are never exposed to sanitizing chemicals when there's a root canal performed.

So, a root canal, you've got a really, really bad cavity. We can't fix it, we can't fill it. So what do they do? They go in there, they scrape it, they disinfect it,

and they put a root canal in. They basically gum it up with cement like substance.

Well, that would possibly make sense if you could completely disinfect it. But as I just mentioned; it's not completely disinfected. You've still got microbes, fungi, viruses, bacteria that are in there that are not ever exposed to these sanitizing chemicals in a root canal. And then they plug it up!

So what happens? You begin to deteriorate from the inside out of that tooth. There are studies that show up to 50% of the pathogenic bacteria remained after a root canal.

So here's the problem. Once those bacteria are sealed, then they begin to try to get out. And they can infect the mouth, they can infect the blood stream. There are dozens, if not hundreds of studies, that show that these root canaled teeth can lead to negative health consequences, culminating with cancer.

Not just cancer; there's links with cardiovascular disease, just chronic inflammation, brain diseases, nervous system diseases, lowered immunity. Even diabetes. And cancer, of course. But that's the problem with root canals.

If you have an infected organ. Let's just try to make an analogy here. Let's say you have something wrong with your kidneys, and they're really infected. Can you imagine going in, and trying to get rid of that infected part, and then putting some sort of a cement type substance on the rest of the kidney to make sure, if there were any bacteria, they don't leak out into the rest of the system? Well that notion is patently absurd. But that's really what we do with a root canaled tooth.

We take a tooth which is essentially dead, and we put some sort of a sealant on it, and we leave it in the body. How can that be beneficial long term? Because as I said, there are toxins that are released from the bacteria that leach both into the neighboring and into the distant areas of the body relating to the teeth.

And, gosh, I think it was Dr. Stuart Nunnally who is a doctor that we had speak at our recent event in Orlando, Florida, that said he had treated close to 100 patients that all had root canals, and they all had cancer. Now, granted correlation does not equal causation. But certainly, I think we could agree that should be something that should be looked at, at least.

And what could be the harm of eliminating teeth that had root canals? Could it be a bad thing to get rid of the root canaled teeth? Or could there be a cover up of this root canal from the dental industry, because root canals are a very, very lucrative piece of their income.

Jonathan Landsman: Oh yeah, there's no doubt, Ty. There's a lot to do with politics, with business, with money. There's no doubt about it. Dr. Stuart Nunnally, and also Dr. Robert Kulacz are two of the doctors who talk quite a bit about these procedures, especially Dr. Robert Kulacz, with root canal treated teeth.

Please make sure that you listen to both of those presentations, as part of the Holistic Oral Health Summit. You will not be sorry that you spent time, and it's great points, Ty.

Bottom line is these root canaled treated teeth; they are leaving dead material in the body. That was so great what you just said at the end. And no where else in medicine would they ever leave a dead body part inside the body. It is crazy.

Ty Bollinger: It's absurd. And here's something interesting, too that I want to make a point about. We've all heard of Dr. Weston Price. Now, he learned about an interesting discovery in the early 1900s; about 120 years ago. What he did is he implanted infected teeth from a human into an animal. And here's what happened; this is very fascinating. The same chronic diseases and health complications that the person had would transfer to the animal shortly after the tooth being implanted.

So therefore, it's not just the population of bacteria that causes the systemic dysfunction, but also the concentrations of the toxins produced by the bacteria. So that experiment in and of itself should show you; if you've got an infected tooth, or a dead tooth, like a root canal. It's not a good idea to leave it in your body. Because he proved that those same diseases would transfer to the animals when he transplanted the infected tooth.

Jonathan Landsman: Wow, great information. Ty, we've already covered two huge things as part of this whole big topic of holistic oral health that we're trying to highlight here in this event. Fluoride, root canal treated teeth. But now we get to another area that I just feel like millions of people; not so much overlook it, because I feel like they're all victimized by getting really bad advice from conventionally trained dentists who sort of downplay it. And certainly no

one around them in their neighborhoods; their friends, their family. No one else is really talking about this. It's not in the mainstream media.

I'm referring to gum disease. We're talking about that bleeding gum tissue when you're brushing your teeth and you see a little blood in the sink. I mean, hello, that's a problem. Please talk to us about what you've seen with all of your research, with all the experts you've talked to. This connection between gum disease and our cancer risk.

Ty Bollinger: Yeah, I can talk about this from a personal perspective, Jonathan. Because I do have what's considered periodontal disease. But it's not active now. And here's what happened. When I was 18, 19, whatever, the dentist recommended that I get my wisdom teeth taken out because there was not enough room in my mouth for all my teeth. As a result, they were afraid that I was going to have inflammation. I just never did it.

I never did it until a few years ago, at which time I had begun to lose part of my jaw bone because of the fact that the periodontal disease; which is basically chronic inflammatory in the gums and it affects not only gums but the bones supporting the teeth. And the bacteria that result from the chronic inflammation, they destroy connective tissue. And they form little pockets where there's infection that persists. And eventually you can either inhale it or ingest it in your saliva, and it gets into the blood stream. It's very, very dangerous.

So a few years ago, I had my wisdom teeth pulled. And literally after I had them pulled, my teeth began to space out. There was enough room in my mouth. The pockets went away. I had always flossed, I had always brushed, I had always used a Waterpik. But there was still chronic inflammation until I got my wisdom teeth taken out.

And I'm not saying everybody needs to get their wisdom teeth taken out, but I did. And when that happened, my teeth spread out. The pockets went away. And there's no trace of periodontal disease now. So you can reverse it.

So if you have bleeding gums, don't be distraught or think there's nothing you can do about it, there certainly is. Periodontal disease is chronic inflammation, has been linked to cancer. There was a Reuter's story that was published, I guess about a decade ago, but they looked at data from about 60,000 women that had answered surveys over the last several years. And what they found out that people that had active periodontal disease.

Not periodontal disease like what I have at this point, which there's no symptoms. Because my gums don't bleed and my bone has returned. I've got a healthy mouth now, thank god. But active periodontal disease, there was something like 30% more likely incidence of lung cancer, there was 70-something percent frequency of gallbladder cancers. Something like 15% more likelihood to have breast cancer. Melanoma incidence increased 20 or 25% in the study. So there's definitely been a link between untreated gum disease and diabetes, cardiovascular disease, and even cancer.

But I don't want to leave people feeling hopeless. You certainly can do something about it. And periodontal disease is nothing to sneeze at, but it's also something that can be treated if you know what to do.

And for those people that might have periodontal disease that have had their wisdom teeth taken out, it might be because you're not brushing properly. You're not brushing your gums, you're not flossing properly. Everyone should be using a Waterpik at least once a day to push out some of the little bits of food that you can't even get with flossing. So there are a lot of things that you can do.

And there are also different remedies for periodontal disease, which would include something like oil pulling, essential oils, that kind of thing. But coming from a personal perspective on periodontal disease, it's nothing that you should leave untreated. I certainly did for a lot of years.

But you know, one of the great things about what we do, Jonathan. And I know you can attest to this. We learn as we're going. And a few years ago I began to learn of the importance of having a healthy mouth. And at that point, I said, "I've got to do something about this periodontal disease." And lo and behold, it worked.

Jonathan Landsman: Without a doubt, Ty. I'm with you, 100%. We talk about this over and over again for years. How chronic inflammation is really at the heart of all of these problems, no pun intended. Heart disease, cancer, body pain, chronic fatigue, difficulty in thinking, poor digestion and not having the ability to absorb nutrients well. All of this is about inflammation.

So when we look at things like root canal treated teeth, gum disease. These are all sources of feeding that inflammation in the body. We're looking to calm things down in the body so that our immune system can stay very, very strong, and on the lookout.

Ty, a couple of things that you mentioned, which was so valuable. In terms of properly extracting any tooth, especially wisdom teeth. Please make sure that you're listening to Dr. Blanche Grube, who is a part of the Holistic Oral Health Summit. She's got decades of experience, and she will blow your mind with her perspective in terms of what to do with wisdom teeth. I'll just leave it at that. Dr. Oksana Sawiak, who again has got decades of experience. She is an amazing woman. Very experienced in dentistry. Talks deeply about gum disease. Make sure that you listen to that conversation, as well, as part of the Holistic Oral Health Summit.

Now, Ty, I'm going to shift gears again. And this may seem like a really random question for a lot of people who are listening, but can chewing smokeless tobacco actually increase our risk of cancer?

Ty Bollinger: Great question. There's a lot of misperceptions about smokeless tobacco and about cigarettes. Granted, smoking cigarettes; any time you inhale hot air. The paper is on fire, the tobacco is burning, and you inhale that. It's not a great thing to do for your lungs. So I'm not saying that. But, the Native Americans have been smoking cigarettes for millennia. And there's very, very little incidence of lung cancer in Native Americans.

However, they don't smoke the cigarettes that most people smoke. They grow their own organic tobacco. They don't use any pesticides on it. They don't use any glyphosate on it. They don't use any chemicals when they process the tobacco. It's just pure tobacco. There's very, very little incidence of lung cancer.

But, we all know that back in the 50s, there was a concerted effort among the tobacco industry to deceive the American public into thinking that normal cigarettes that you would buy on the store shelves; these processed cigarettes, were not only benign, but they were actually healthy. I remember seeing snippets from newspapers and magazines back at that time that would say things like, "A pack a day keeps lung cancer away." "My doctor smokes Pall Malls because they give him fresh breath. Or They make his mouth feel clean."

It's really absurd the kind of disinformation that we were given when it came to the tobacco industry. Now, big tobacco knew at that time that cigarettes caused cancer. But I believe, and this is just my perspective. And people can disagree with this. But I believe that it's not necessarily the tobacco that's causing the cancer. I believe it's the dozens, if not hundreds of chemicals that are used and created during the manufacturing process that caused that cancer.

So when it comes to smokeless tobacco, there are about 30 different chemicals in smokeless tobacco that are known to cause cancer. The most harmful cancer-causing substances are called TSNA, which are tobacco specific nitrosamines. I'm not saying that it's a healthy habit. Far from that. My perspective, though, is that it's the chemicals in the cigarettes and it's the chemicals in the smokeless tobacco that are causing the oral cancer and not necessarily the tobacco itself.

Jonathan Landsman: You know, Ty, I'm glad you're saying it. Especially in our position. This can be a very risky position to come out and say this. We know, in a politically correct environment, this is tricky to say. But I personally don't smoke. I personally don't chew tobacco. And I couldn't agree with you more, at the same time. It's all about these chemicals.

We might warm up in some sort of vapor machine, if you will, some essential oils and we breathe that in and it gets heated up or steamed or something. And that's all nice. You're looking at cannabis, as well, and it's from a plant. And if it's grown without chemicals, we know all the health benefits that are there.

But again, these things are all demonized or downplayed as being so important. And something that they admit causes cancer, this, as you say, commercially produced tobacco loaded with all kinds of horrible toxic chemicals that are in this tobacco that's treated that are pushed out to the masses. We admit it's no good for you, and we still allow it to be sold. It's absolutely insane.

Ty Bollinger: It is. It really is insane. I know this is on oral health, but while we're on cigarettes here. I've got a good friend that was one of the shamans for the Cherokee nation. And the Cherokees smoke heavily. They grow their own tobacco, and they roll their own cigarettes, and there is almost no incidence of lung cancer among the Cherokee nation.

But if you look at it kind of as an epidemiological study, you could look at what's the difference between those Cherokee Indians that are smoking, and the same number of Americans that are smoking cigarettes. What's the only difference? Well, the Americans are probably going to have a very high risk of lung cancer in the smokers. What's the difference in what they're doing? Well, the tobacco is not chemicalized, it's not processed the same way.

I don't know that there have been studies that have been done on that, but I think you could, through a good epidemiological study, show that it's not

necessarily the tobacco that's causing the cancer. It's likely the chemicals that it's being manufactured with.

Jonathan Landsman: Oh, Ty, this is so much in what you've said. And I agree with you. I'd also add, and I know this is not scientific. And no, I haven't spent millions of dollars in investigating this scientifically. But I would just throw out there that when we often talk about the synergistic effect of things, whether it's positive or negative. Look. Somebody is having toxic tobacco they're smoking, chewing, putting it into their body. Then you add to it factory farming techniques that are put in for dairy products and meat, and all the chemicals that are ingested into the body. And start created a very sticky environment in the digestive tract and in the lungs. And now all these chemicals over years and years get added more and more. And just sort of attach themselves to the inside of our body. I think that's where we need to really appreciate why so many people, over time, eventually get so sick. I'm sure you know what I'm saying.

Ty Bollinger: Yeah, I agree. It really is; it's the toxic overload. It's the chemicals. And I think what people need to just sit and analyze; look at 100 years ago when the incidence of cancer was about 1 in 80. And now we've got 1 in 2 men, 1 in 3 women, according to the World Health Organization, that will succumb to cancer during their lifetime.

Well, what's changed over the last century? This certainly could not be a genetic epidemic. Genes do not change that quickly. They don't. It's just a fact. There's got to be something else that's causing this. So look at the last 100 years; what has happened. Our food supply has radically changed. Our manufacturing processes for the foods. The canning; that's changed. The way that we preserve foods has changed. The genetically modified organisms are now in the picture.

Billions and billions of tons of pesticides and herbicides are now sprayed on our crops. That's what has changed. The environmental chemical toxicity is through the roof compared to the turn of the century in the 1900. That's what changed.

And it's funny; even though most medical doctors would say that cancer is a genetic disease, even the American Cancer Society will tell you, on their own website. You can look at a document, it's a PDF document called *Cancer Facts and Figures*. On the ACS website. And they say that only maybe 10-15% of cancers have a genetic link. The other 85% is caused by environmental toxicity and lifestyle choices.

Jonathan Landsman: Without a doubt. The message is clear for everybody. Toxins, toxins, toxins. Get away from them as much as possible to reduce your risk of cancer.

Ty, we're getting right to one of the biggest areas of concern. Again, I'm going to say it this way. And we'll just get your feedback on it. It just seems so disingenuous for these "experts" out there to be warning pregnant women. "Hey, you know, if you're thinking of becoming pregnant or you are pregnant, maybe you want to back off on the tuna fish and eating tuna because it has a little too much mercury." And wow, it just really seems like they're trying to help women out to raise healthy children. That's great.

But our biggest source of mercury exposure for millions and millions of people is the legalized use of these silver fillings that are still being put in the mouths of people by about half the dentists, at least here in the United States alone. Ty, please, spend a few minutes. Whatever you like to say. Talk about the dangers of these mercury-based silver fillings, as they like to call it. Just sliver, like it's some sort of precious metal.

Ty Bollinger: That's right! That's part of the deception. Is calling them silver fillings. Because nobody would want the fillings if you said; "Hey would you like me to insert a mercury filling in your mouth?" No, not mercury. But what people don't realize is that these "silver fillings" are mostly mercury. And mercury is a known neurotoxin.

So, if you look at the Material Safety Data Sheet for, let's look at thimerosal. It says on the Material Safety Data Sheet, you can go to sciencelab.com to check it out. Thimerosal is mutagenic for mammalian somatic cells. May cause damage to the following organs: Kidney, liver, spleen, bone marrow, central nervous system. It may cause cancer based on animal data; but no human data has been found. May cause reproductive adverse effects. May cause sterility, infertility. It may affect genetic material.

Ok, so let me ask you this. In light of the fact that the MSDS on sciencelab.com says that thimerosal, which is 50% mercury. And I got this MSDS specifically for my documentary on vaccines. Which we know that vaccines contain thimerosal. But the dangerous part of that thimerosal is the mercury. Would you like that to be in your body? Knowing that it has been shown to cause cancer in animals. But they're not sure about humans.

Do you remember the book, *Alice in Wonderland*?

Jonathan Landsman: Sure.

Ty Bollinger: You remember the Mad Hatter? The term “mad as a hatter” originated from a disease that was peculiar to the hat making industry in the 1800s. They used mercury in the finishing of a hat. They had to turn the fur into a finished hat. And with the cheaper source of fur, there was an early step they used, which was brushing a solution of mercury on the fur to roughen the fibers. And the hatters breathed in these fibers, and they went crazy.

So the mad hatter disease was a combination of symptoms like trembling, slurred speech, loss of coordination, anxiety, depression, personality changes, and so forth. Even memory loss. This became known as mad hatter syndrome, and it resulted from the exposure to mercury.

The American Dental Association is in total denial about the toxicity of mercury. There was a news release about 15 years ago that said there was no sound scientific evidence supporting a link between amalgam fillings and systemic disease or chronic illness. That is just a flat out lie! It's a blatant lie! We know there is an association.

Dental amalgams, the mercury filling. If you've got an amalgam filling, it's probably mercury. It's highly unstable, and it gives off mercury vapor. And the most dangerous route for transporting mercury vapor, which is being released from these amalgam fillings, is from the mucus membranes in the upper nasal cavity. And it goes directly upwards into the brain.

In other words; if you were going to try to get mercury into the brain, there is no better way to get it into the brain except put an amalgam filling in your mouth. Because it goes straight through the nasal cavity into the brain.

Jonathan, would you take a leaky thermometer and put it in your mouth? One of the old thermometers, right? Not the new ones that are digital. But the old mercury thermometers. If it was broken, would you put it in your mouth?

Jonathan Landsman: Not a chance.

Ty Bollinger: I mean, we knew that as kids. I remember in kindergarten-first grade, going through a class that at that time; I'm almost 50 years old. So back in the day, there was no such thing as a digital thermometer, they were all mercury. And I remember in class learning that if a thermometer broke, you stay away from it. We had to evacuate the class. You definitely wouldn't touch it, much less put it in your mouth.

But that's what we're doing when we're putting an amalgam filling in our mouth. We are putting one of the most toxic substances in the world right there within a couple of inches of our brain. There's over 4,000 research papers that show that mercury is a highly toxic substance.

So, my question to any dentist out there that uses mercury fillings is this. How can you be so thoughtless as to place one of the deadliest toxins in the world 2 inches from the brain of your patients?

Jonathan Landsman: You know for all those listening, especially the health care providers. I know Ty and I, we're not giving it from a medical perspective. We're not trained in medical school to talk about these things. But let me tell you; somebody who got funding from the National Institutes of Health, the NIH, Dr. Boyd Haley. Nobody can talk better about the dangers of mercury. He's on the Holistic Oral Health Summit. He's a part of this event. Please make sure you listen to his talk. It was an incredible conversation.

And just really quick, Ty. This is a man who wanted to look into it further. He's at the NIH, 20 years getting government grants, getting money. We're talking very high level research, knows what he's doing. He wants to look into the topic more, and of course they say; no. Case closed. We don't really want to look at that. There's nothing to look into with this anymore.

He keeps pursuing it, and guess what? All the money dries up and he's gone. Pushed out. This is what happens when people are questioning the status quo that is certainly protecting a lot of business interest.

For those people who also want to learn more about; hey, how do I get this mercury and other heavy metals out of the body? Make sure you listen to Dr. Chris Shade as part of this event, and Dr. Thomas Janossy. You'll be very pleased with those conversations.

Ty, as we're closing out the program, I just want to take a deep breath. For all those people who are absolutely crystal clear now that; hey, I've got to look at these issues in my mouth. I've got to connect myself with a good, well-trained, biological dentist. And yes, I recommend that people look for the International Academy of Oral Medicine and Toxicology. It's a great organization. It does certify biological dentists out there. It's not a guarantee that everyone is going to be at the level that you want, but it's a good place to start.

Ok, we're past that point, Ty. We know that people out there are going to want to do this. But just generally speaking. What are some of the best ways to

naturally reduce the risk of cancer. You of all people have been involved with waking people up for years. So I'm really looking forward to hearing what you have to say.

Ty Bollinger: Thanks, Jonathan. I think the first step should be; if you have cancer, one of the first things you should do is look and see what's in your mouth. Do you have amalgam fillings? Mercury fillings? Do you have root canals? Do you have periodontal disease? What are some things that you could do to clean up your mouth? That should be the first step.

And most of the experts that I've interviewed over the years, that's one of the first things they do. If they have a cancer patient, they look at their mouth first to see what's in there. And most likely, there's going to be one of the above.

Now, to reduce your cancer risk, to prevent cancer, specifically with the mouth. Let's look at it from just that perspective. Because of course, I can say to prevent cancer you need to eat an organic diet, you need to detoxify, you need to exercise. All those things that we already know about a general cancer prevention protocol.

But specifically when it comes to the mouth; to oral cancer. Oil pulling is something that I would recommend everybody do. I do oil pulling every day with coconut oil. I just get a teaspoon of extra virgin coconut oil, put it in my mouth for about 10 or 15 minutes, swish it around and spit it out. Don't swallow it, because it will pull the infection from your mouth. It will pull bacteria out of your mouth. And you don't want to swallow it. You want to spit it out and rinse your mouth.

Oil pulling is something that everybody listening to this program should be doing. And I have heard stories of people that had dementia. And I'm not saying that this is a cure for dementia. But I've heard stories of people that had dementia that were oil pulling to help get some of the bacteria out of their mouth, and the dementia decreased. It went away. And we've all read the stories about the relationship of the coconut oil and the mind.

So, that's something that everybody should be doing every day. Oil pulling can help with asthma, bleeding gums, sore throat, tooth decay. It's just awesome, and it's easy to do.

Essential oils are something else that should be used to help prevent the pathogenic bacteria from building up in the mouth. So there's no adverse

health consequences if you use them properly. I mean, I like tea tree oil, clove, cinnamon, turmeric root oil, neem.

There's all kinds of essential oils you can use. You can infuse them. But you need to be careful before you ingest certain essential oils, like tea tree oil. But you can always infuse it. You could make your own mouthwash up with several different essential oils, and then some sort of a base oil. You just swish it around your mouth and spit it out. But there are certainly several different ways you can incorporate essential oils into an oral cancer preventative program.

I would also recommend that people supplement their diet with probiotics. Because it's a great way to inhibit the growth of cancer causing bacteria. And you can do that with a great probiotic supplement, or you can start eating sauerkraut and drinking kefir and kombucha and so forth. There's a lot of great fermented foods.

Another thing; green tea, Jonathan, is well known to contain micronutrients and antioxidants that can help fight inflammation in the body. We know that lowered inflammation can help reduce the risk of lots of different things, including cardiovascular disease, cancer, and obesity.

Again, the diet is the key. I want to make that clear. And remember, sugar in your diet feeds bacterial infections. Period. It feeds bacterial infections, it feeds fungal infections. Get rid of sugar, ok.

If you've ever had an infected tooth or infected gums and you eat candy, what happens? It hurts, right? It hurts so bad. Why is that? Because it's feeding the bacterial infection. It's feeding the infection in your tooth or in your gums. Don't do it. Get rid of sugar.

Those are just practical steps I think everybody could be able to take to reduce their oral cancer risk. And as you mentioned, I strongly suggest you find a good biological or holistic dentist that's close to you. You can go to the IAOMT or the IABDM. Which is the International Academy of Oral Medicine and Toxicology or the International Academy of Biological Dentistry and Medicine. Those are two groups that will have listings on their websites where you can find a biological dentist close to you.

Jonathan Landsman: Great information, Ty. And again, I know this is going to sound unscientific. And I can get your take on it in a moment. But I just want to try to impress upon people that this information is just so valuable,

beyond what you could ever imagine. Until you start taking better control over the health of your mouth.

And what I'm leading up to, Ty, is simply to add to everything you just said. To lower our cancer risk is about feeling better about ourselves. Mentally and emotionally. And I already said I know this doesn't sound very scientific. But what an empowering feeling to start getting control over the mouth. Seeing pocket sizes go down, infections going away that are not detected on that phase contrast microscope that a really good dentist should have in their office.

To see these things starting to turn around. To literally feel like your mouth is truly fresh and clean, and how that spills into the rest of the body. What a great way to be feeling better, which will absolutely reduce your risk of cancer. No?

Ty Bollinger: Absolutely. And you're right, Jonathan. There is not a better feeling. I can attest for this personally. Whenever I got my wisdom teeth extracted, and I began to continue flossing, continue to Waterpik. Begin to use essential oils. All these things in my mouth. And I went back to the next dentist visit, and they're like; wow. The pockets have decreased by 2. Whatever the pocket size was, they decreased. And the next time I went back and they're like your pocket size has decreased by another 2. They were at an 8, and now they're down to a 4. Now they're down to a 2.

That's an awesome feeling, because I knew that what I was doing was working. And I'm flossing, and there's no more blood in my spit. And my gums feel healthy, and they're the proper color now. That's a great feeling, because I know what I'm doing is working.

And you're right; that leads to this positive mental attitude. This belief that what you're doing is working. And as we all know, belief in healing; belief in preventing cancer, is a huge part of the equation that's often times overlooked. And if our mind says, "You are healing. You are going to be healthy." That's half the battle.

Jonathan Landsman: Yeah, that is exactly my point, Ty. I really appreciate all the words you just spoke. For those people who want to dive really deep in appreciating the value of what Ty talked about in terms of oil pulling, there's nobody better to listen to on this event than Dr. Bruce Fife. Please make sure you listen to that conversation.

Also, in terms of just an overall 8-step plan, if you will. Very comprehensive and yet simple and inexpensive way of taking better care of your mouth, please make sure you listen to my conversation with Nadine Artemis, who really goes over a lot about what you can do at home to keep your mouth fresh and clean. Like several of the things Ty has already mentioned in terms of the oil pulling. There's also salt water rinsing you can do. The essential oils that you start bringing into your life. Really, very valuable information.

Ty, I want to thank you so much for your time, and I want to thank our listeners for joining us today. If you would like a copy of this program, plus all the other presentations inside the Holistic Oral Health Summit, simply click the banner you see on this page. Thanks again for attending the Holistic Oral Health Summit. Talk to you soon. Take care.