

LIVING *Fabulously*  
with BEV

Episode  
#107

How oral  
health  
impacts your  
immunity

With  
Meliors Simms

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## Hello there, I'm Bev

As a well-being transformation coach and bestselling author, I work with women in business who constantly feel exhausted - that's a sign your body isn't coping and something needs to change.

I've been where you are now... I would drag myself out of bed each morning and fight the need for sleep for the rest of the day yet come 9pm I was getting an annoying second wind! My brain fog was worse than 'Gorillas in the mist' and my mind was scattered, I couldn't concentrate, and my memory was MIA.

I felt dismissed by the western medical system and a realisation dawned on me that if I wanted to be well again it was up to me. I created a roadmap to well-being to help me navigate and that became my bestselling book 'Hope in a Dark Tunnel'.

So now I enable energy on demand for women in business who feel challenged by exhaustion / fatigue and brain fog and your first step is here...

### **Put your health higher on your priority list**

because once you place a priority on your health you're capable of so much more!

Yet it may seem like you've done SO MUCH WORK around your fatigue, exhaustion, fogginess. Perhaps it feels like a bottomless pit, everyone said they could help solve it and no one really did much to help. Not finding solutions is exhausting, and you're already exhausted.

You may have closed the door on trying any new solutions or practitioners. You may skim everything and reject almost everything. It will take something and someone very special that really resonates in a HUGE WAY with your gut feelings.

I'm known for wellbeing transformations - 'rewiring' for healthy habits to create vitality. Connect with me and let's explore how I work to shift you from frustrating exhaustion to having energy on demand to successfully run your business and have a life you love!

## Book in your FREE Energised for Business & Life Strategy Session today

Let's work out how I can help create your personalised approach to well-being, working within your preferences to take the next small step consistently.



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My wish for you is to be Living Fabulously and Living Well!

*Bev*

## How oral health impact immunity

Meliors Simms

Bev Roberts 0:05

Meliors thanks for coming back and sharing something really topical today. But before we get started, tell us more about yourself and what it is that you do.

Meliors Simms 0:32

So I am the holistic tooth fairy. I'm a natural oral health coach. And I got into this because I had really terrible teeth. I don't have a background in dentistry or health as a professional, as a policy analyst and a researcher and an artist or thoughts of things, but always had problems with my teeth. And about eight years ago, I felt a very familiar type of deep toothache standing up and I thought, Oh no, this is going to be my seventh root canal. And I went to the dentist and he confirmed that he thought I needed a root canal. So we made a date to come back and do that procedure. And I went home from there and just thought I can't seven root canals. That's it's just stupid. It must be some other way. And I don't know why I never thought to look into it before but I finally got on the Google and started researching alternative ways of healing teeth. And within two weeks of finding a book called Cure Tooth Decay. I had turned around that tooth so completely that the dentist agreed I did not need that seventh root canal. I've never had another root canal or a major filling since any dental work I've had done since then has been like old fillings just reaching the end of their life and falling out and having to be replaced. So after a few years of research and learning everything I could I'm experimenting on myself and bossing around all my friends and family and trying to get them on board with what I'd learned about healing teeth.

Meliors Simms 2:21

I was starting to be asked by the by the wider community to share what I was learning. And that turned into this business that I started three years ago, called the holistic tooth fairy. And you were my, like the first month of being in business. You very kindly invited me to come on your podcast. So people were listen to that interview and this interview, you'll really see how far I've come in three years.

Bev Roberts 2:47

Beautiful, and I love that it's not just that experience, you also use metaphysical understanding of the different teeth. And I think that makes it so different and unique. So that's really helpful for people to understand, because I know when I was going on my own health journey, I was trying to understand those particular teeth that had root canals, what were they linked to and it gives you some other understanding. But I think we both would agree that the mouth is the gateway to our health. So let's kick off and what is the role of this oral microbiome and its relationship to the immune system.

Meliors Simms 3:30

So the oral microbiome is a community of between 300 and 800 different bacteria, different types of bacteria in your mouth, and there's like, billions and billions of total numbers of bacteria in your mouth. And there's nothing wrong with any of those bacteria except when they get out of balance. So that's when you get problems like gum disease or tooth decay or dry mouth or any of the other well known problems that people experience in their mouth. It's an imbalance of the bacteria. So the mucous membranes on the inside of your mouth so the inside of your cheeks, the pink part of the gum that you can see, your tongue, the palate, all of that is really porous and it's a gateway into the bloodstream. It's a mechanism for your body to investigate whatever's coming in your mouth, breath, food, liquids, pollen particles, anything that's coming in, through the mouth, is kind of investigated by the body via these mucous membranes so they like a little computer in a way, making sense of the world. You know how babies put was putting everything in their mouths? Well as adults we're not doing that in the same way, but the body is still kind of on this journey of discovery.

Saliva is like a major player in the immune system. And also inside each individual tooth is like a little individual immune system operating inside each tooth. And it's a very complex system. There's more nerves in the jaw and then around the jaw than anywhere else in the body. They're really densely packed and they're really fine. That's why you feel toothache so intensely, if you do have problems.

Inflammation is probably the most well understood impact on our health and that is the result of the immune system being triggered by bacterial imbalance (dysbiosis) in the mouth or by foreign things coming in and we get inflamed and in the gums. A lot of adults are very familiar with that feeling of inflammation where your gums bleed when you floss or they look puffy and they get really bright or really pale. You get ulcers, get abscesses, things like that. And those kinds of inflammation can get into the rest of the body so the bacteria that only lives in your mouth and has been found on the heart when

there's been heart disease, in the gut which makes more sense because you're swallowing down bacteria from mouth into the gut all the time, that's not actually such a big deal most of the time because the whole system is set up to take oral bacteria into the gut, but it's when it's getting into the heart or the lungs or the brain, or the joints. That's when it's a real problem. So inflammation in the mouth can cause inflammation elsewhere in the body.

Bev Roberts 7:25

And so that means that it's like the first line of defence really. So oral hygiene given the pandemic we're experiencing worldwide, oral hygiene should be like the top of your list, as is gut health, you know, so those things that naturally support your immune system. So I was at my biological dentist in Sydney yesterday and she talked about the impact on her services. So how is the pandemic impacting dental services?

Meliors Simms 7:56

Yes, well, should we should Probably just say that we're recording this on the 19th of March because it's quite likely that by the time people are listening to this, events will have moved and changed. But as at today, more and more dental associations around the world are advising their region or their country to suspend regular dental services and only provide emergency dental care. And so a lot of dental offices are closing or should be closing. Now one of the issues is that in most countries, most dental practices are privately owned. They're not part of the public health system, but quite separate and in relatively unregulated. And so even though this advice is coming out from the dental associations I'm seeing quite a number of dentists said I'm aware of still continuing to advise their clients is nothing to worry about come in for your check-up or your cleaning, business as usual. So I really want to stress that the advice from the CDC (Centre for Disease Control), from the dental associations is that unless it's an emergency, you shouldn't be going to the dentist.

Bev Roberts 8:47

So that brings us to the point why can't we continue going to dental service or what are some of the reasons we should not do that right now?

Meliors Simms 9:28

There's reasons that are for protecting our health. And there's reasons that are protecting other people in the clinics health. And then there's reasons for protecting the wider community that were a part of, so I'll go through them one by one.

So in terms of risk to yourself, standard hygienist cleanings and deep cleanings, tooth extractions, basically any procedures that might compromise the surface of the gums and cause bleeding could really undermine your immunity. And so even if a dentist is working on a tooth, they could do something that you know just breaks through that mucous membrane. And you are then not just vulnerable while you're in the dental chair, but potentially, when you go out and that membrane's open to whatever you're eating and putting in your mouth and breathing in and all of that. So we want to protect ourselves.

But probably the main reason for that advice to stop standard dental practices at the moment is because quite a few regular dental instruments in procedures real normal things that they do. Create aerosol sprays put droplets of your saliva into the air. That's why you'll see your dentist under regular circumstances is fully gloved up, and they're wearing protective glasses and all of that. But it's even, of course, at the moment, there's so much higher risk of those droplets in the air. And what we're hearing is that those droplets can stay in the air for at least three hours. So not only is the staff who are working on your mouth, at risk, if you've got the virus, even if you're asymptomatic, the equipment they're using is creating a spray of your saliva. They're at risk, but the next person to walk into the dental office and sit down in the air that you have just filled with your saliva droplet is at risk too. And on it goes, so we want to take good care of each other. And also, there's quite a number of procedures that make you cough like have you know when you have that It's called intra oral X ray where they put the little wings in your mouth and then give you the X ray. A lot of people will cough and do a little choke when they have it. And that's normally not an issue. It's not a big deal. But of course, we don't want it anyone coughing around us, when in a confined space. So they missed that. And this is probably a very small risk, but if there was a contamination on a glove or a hand or an instrument that touched you inside your mouth, that puts you at risk. But I would say there's hardly any dental offices that don't already have really, really strict hygiene procedures around that. So that's a low risk.

But when we're thinking about the wider community there's a shortage of masks and gloves and other kinds of equipment for keeping people safe from the virus when health providers are treating people who are sick and so using up masks and gloves on a non essential dental procedure is using a resource

that might be essential to save lives within the next week or month. So we'll just step back and let the people who really need those mask and gloves be using them. And last but not least, as it's keep the dental waiting rooms empty. I don't want to sit in the room with six other people breathing their air and touching their surfaces unless I absolutely have to. So those are my five main reasons why we shouldn't go to the dentist. Even if your dentist says it's okay. You can be sure that their governing body is giving them the advice or haven't already will be giving them the advice soon that it's not okay.

Bev Roberts 13:52

Thanks for that. That's really helpful. Because the other thing with the mask which I don't think many people realize is a standard mask is not what they call droplet proof. So actually people walking around the city with their mask on there are not microscopic enough to actually stop the transmission of the virus through that. So it's a false sense of security to have that kind of general mask that you can buy. If you had a different type of mask that is intended to stop droplets, that transmission, that would help. But that's an aside. Let's talk about teeth.

So let's say we can't get to the dentist, we are needing some sort of support, but what could we do as preventative maintenance in this period of time because we don't know how long this is going to go on. So what we could do at home if we can't get to schedule cleaning or any check-ups

Meliors Simms 14:58

So there is heaps we can do at home for prevention and maintenance. And it's a combination of nutrition, high hygiene, looking after the jaw and the anatomy supporting the teeth and the gums, and then what I call the metaphysical that kind of energetic side of things. And so, in terms of prevention, that a good nutrient dense diet that's rich in minerals and fat soluble vitamins, and has got a lot of really fresh wholesome local in season food is the best thing that you can do to nourish your teeth and gums and it's really good prevention. So minimising sugar I think everyone knows sugars, not good for teeth. Don't be stressed eating chocolate right now because that's going to help matters. Also avoiding bubbly water or soda drinks of any kind, even if they don't have sugar in them because the little bubbles in those drinks and the phosphorus in the bubbles can draw out calcium from your teeth and weaken your teeth. So, in terms of maintenance, swear off the fizzy drinks for the duration, I would say, if not for longer. Yeah, so I mean all of these things if you start doing them now and continue doing them forever, you will need a lot less dental interventions because you can take good care of your teeth at home.

What else about nutrition? A lot of the advice that I'm seeing for boosting immunity with different kinds of nutrients is also going to support teeth. But what's different for teeth is that they really do need the vitamin K2 vitamin A and vitamin D which affects soluble vitamins that are most easily found and Raw dairy and organ meats. And so you can supplement with cod liver oil, that's a very good source of all of those vitamins. Or if you're vegetarian, you should be getting your hands on some Natto, which is a Japanese fermented vegetable, which is the only plant based source of vitamin K2. And when you buy a K2 supplement it's made out of Natto if its plant based supplement. Yeah, so there's nutrition, hygiene, keeping your mouth really clean. So that's just common sense.

But

making sure that you're cleaning your teeth gently because if you're rubbing too hard with the toothbrush and you damage your gums, then you know making your gums bleed with either toothbrush or floss. That's putting you in a potentially immune compromised position. So brush frequently but gently. Yeah, and remember the point of brushing is to stop the bacteria from getting settled and building up an imbalance, not to kill the bugs, because there's nothing wrong with any of those bugs unless they get out of balance by moving the brush around on the tooth, you're just stopping them from settling and building up. Yeah. So those are sort of the basics of prevention. I'm actually running a workshop next week, where I'll go into a whole lot of prevention stuff in a lot more detail.

Bev Roberts 18:29

And we'll put we'll put that link in the show notes for everybody so that they can sign up and take action. This is a time for action now, not for passivity, and getting fearful this is about taking action. So I'm glad you are offering that. And so Meliors, let's say you're in the middle of a treatment plan. You've got a temporary filling or you've got some major dental work lined up. What could we do then?

Meliors Simms 18:59

Talk to your dentist and get a sense of what they advise obviously, but eating that good nutritious diet will help to stabilise whatever's going on in your mouth now, so that it doesn't get worse while you're waiting for the treatment to be finished. Temporary fillings, if taken care of, can actually last for years.

It's not ideal, but if you stay away from really hard and really sticky food and don't eat silly things like pop popcorn is so bad for knocking fillings out and compromising your gums. You know you cut your gums on a piece of popcorn. So if you're worried about your teeth, if you've got an issue going on at the moment, stay away from popcorn, hard foods, sticky foods and eat it carefully and nutritiously and, and keep your mouth really clean it's probably the main thing if you've got a temporary filling or a partially done root canal that's still waiting on the crown or something like that. Keeping your mouth super clean so as well as brushing and flossing, I recommend rinsing with a salt water solution after every thing you eat, just to make sure the mouth has really cleaned out the next couple of hours until you eat again. And that will help to maintain whatever it is for as long as we need to wait until you can go back to the dentist and have it finished off.

Meliors Simms 20:33

But you know, it's really nothing to panic about. In my work as a holistic tooth fair as an oral health coach. I see a lot of people who have got such great fears and trauma around the dentist that they literally haven't been for years, sometimes decades, sometimes with half finished dental work in their mouth. It's really not unusual for people to come to me and so part of what I do is coach them into a point where they can go to the dentist and finish the dental work. But the point that I'm bringing that up for us that dental work can last, even temporary or partially done dental work can last and stay stable for a really long time if you take good care of it. So don't please don't panic if your part way through something and you don't know when you're going to be able to finish it because who knows how long this pandemic is going to last, your dental work can last

Bev Roberts 21:33

Good encouragement there for people. So what I noticed for myself, and I'm glad you mentioned the actual rinsing after eating because it's surprising how much actual un-masticated or undigested food comes out when your instrument so it makes perfect sense to use a salt water solution to rinse your mouth out after every meal, even whether you've got dental work pending or not that's what I'd say. It's a really good idea.

Meliors what about if let's say we don't have a current issue but in the midst of this, the dental surgeries are all closed, and we strike up with a toothache or something happens, you break a tooth or whatever, what would you recommend?

Meliors Simms 22:22

So, the first thing I'd recommend doing is a self assessment so have a look inside your mouth with a little mirror, use the camera on your phone, get someone to help you or I've got a guide to taking useful mouth selfies that you can download from my website. It gives lots of tips and tricks for doing this well. So have a look yourself. Can you see a cavity? Can you see a crack? Can you see a filling has fallen out? Like try and figure out if there's a surface issue visible, that you can associate with the pain. Keep some notes and a diary of your symptoms and track the kind of the pain level or sensitivity or whatever it is you're experiencing over time to see if it gets worse or stays stable or get better.

Because then if you know what's going on yourself, then you're much less likely to kind of get into this panic state where you feel like you need outside help because you don't understand it and you're scared. So just knowing and understanding as much as you can about what's going on in your mouth, I think will really help you to cope with it because often the problem in our mouth is made much worse by our fear around it than the actual problem itself. Now, if you do have toothache, one of the easiest, cheapest quickest result things you can do as massage your jaw and relax the muscles to take the pressure off the nerves. Now obviously, that doesn't get rid of an infection not an abscess or inflammation, but it will very often help relieve the pain. And it's one of the things that my clients think I'm a miracle worker, because I teach them this little message. And suddenly they don't need a root canal because it stopped hurting.

That's very satisfying. So by the time this podcast goes out, I'll have a new updated version of the video of how to do this jaw message onto my YouTube channel. So I'll have the link to that too follow along and learn that. Yeah, so if you do that assessment, and then contact your dentist by phone and run it by them, and you can get their opinion but also I have lots of resources on my website to help you manage different kinds of symptoms and different kinds of solutions as well so you don't have to figure it out on your own.

Bev Roberts 24:59

Brilliant, so what would be best practice then if you did have some serious dental emergency, it escalated and you couldn't manage it with these things during this time, this pandemic.

Meliors Simms 25:14

Yes. So I think anyone that listened to the start of our conversation about this event, the risks involved and getting into work done will be really you know, doing their best to avoid an emergency but if you're absolutely unable to last with the situation in your mouth, and a dentist would likely consult with your primary care practitioner, your doctor and with whatever medical professionals are available in your area and I suspect they're all going to be real busy with the covid-19 is there's not going to be that many people available to deal with other kinds of health problems. But the dentist would probably need to use a hospital facility, particularly if you had any exposure to the disease or you travelled or any kind of symptoms at all. But even if you were asymptomatic and not testing, they would probably want to err on the side of caution and get you into an operating theatre type environment because a dental office isn't set up for the level of transmission precautions that the Dental Associations are advising to use in emergency situations. So it would be a big deal. It wouldn't just be like tripping along to your regular dentist, having an hour in the chair there will be a big deal and a lot of resources would be tied up in doing it.

They would do everything they could to keep you protected and themselves protected from transmission of the virus while carrying out the dental work. Everything from, you know, gowns and masks and all of that but rinsing your mouth out with microbial mouthwash before the work. I really hope that we can help people to avoid an emergency situation not because it's necessarily dangerous to you, but because it's going to use up so many badly needed resources at a time when everything suggests that our health systems are going to be stretched to the max. So that's why I'm putting together as many resources as I can help people take care of things at home, including serious issues. You know, there's quite a few things. I help people with it root canals and heel abscesses and other things with holistic strategies. So if you really want to avoid an emergency treatment at this time, do have a look at what the alternatives are least to keep you safe until you can go and get the treatment.

Bev Roberts 28:30

Yeah, very, very sage guidance there. Thank you for that. And so what are your tips for living fabulously Meliors?

Meliors Simms 28:36

My tips for living fabulously, probably the number one thing for fabulousness in my life at the moment is my meditation practice. Gosh, I think I would be way more scared and anxious and less functional at the moment if I didn't already have a daily practice of meditating before I get up in the morning. It's just like this haven and the chaos of the world, have it 30 to 40 minutes of calm and introspection and connection and grounding and then I can go and see what the news is and what's happening and handle it so much better.

Bev Roberts 29:22

Exactly, yeah, I would encourage people at this time, other things like Mindfulness, breath work, tapping. If you've never experienced or tried any of these things, this is the perfect storm. Because if we think of uncertainty, we think of the panic that we've witnessed here in Australia, of panic buying and those type of things. It's clear we need other solutions and those solutions are all within our reach. And you know, Meliors has given us these amazing examples of how you can actually care for your oral health. And it's more important now than ever I kind of feel because you mentioned Meliors that it's not just what we put in our mouths in terms of food and drink, but it's also breathing. You know, a lot of us don't realise that we're actually mouth breathe, that we don't use our noses like they're meant to be. Our noses have little cilia which actually filter germs and yet often we tend to mouth breathe. So these are all really vital tips. So, we're going to rush this podcast to you so that you can get on top of this information and join me Meliors in her workshop that she's running that she's mentioned

I'll just encourage people to come back to nature. That's what I'm saying. Come back to nature. With like we've been talking about oral health now. I've been talking about gut health. Because when you come back to nature and give your body what it needs in terms of the nutrition and the support, the immunity knows what to do. So people who are immune compromised need to do more of this because if you are navigating an invisible illness or if your immunity is being compromised in some way, perhaps you had treatment for cancer in the past take note of these things, these are things that can support you in the here and now and get yourself well enough to be able to fight back and combat any potential risk that you're facing. So thanks for being with me. I just wanted to share that you can find Meliors at her website, which is [holistictoothfairy.com](http://holistictoothfairy.com) and also on Facebook under Holistic Tooth Fairy they will be in the show notes we said don't worry about the spelling. But thanks so much for being with me today, it's just so pertinent to talk about this and I appreciate all your wisdom.



Meliors Simms 32:05

Thank you so much for the opportunity. I'm very evangelical to get this information to as many people as possible at this time. So I really appreciate getting to chat to you today. Thank you.

Bev Roberts 32:17

You're welcome.

*The information shared here and in our programs and webinars should not be seen as medical advice and is not meant to take the place of seeing licensed health professionals.*