

[Intro music]

Introduction

Will:

Welcome back!

By now, we’ve discussed:

- The crucial aspect of awareness
- The fundamental importance of diet and nutrition
- The importance of proper oral hygiene
- As well as the importance to know whether the products you use in your oral hygiene are helping to head you in the right direction by supporting, or undermining, your immune potential

Now let’s broaden out the discussion a bit and cover what we consider to be the “Secret Sauce”—the glue that brings all these other different aspects into perspective and together.

To really do this subject justice, let’s begin by stating that really, whatever determines whether we experience optimal oral health or not, is a factor of our immune response.

If, for example, we are constantly insulting our digestive tract with lots of processed foods, this insult can cause [a] chronic inflammatory response in our system, resulting in less-than-optimal oral health.

So, the underlying issue really is one of maximizing our immune potential.

Caution against speaking poison

One way we find [that] many people habitually undermine their health is by speaking less-than-positive words.

In fact, it seems that our culture somehow thrives on what we call “speaking poison”.

Transcript
5 Steps to a Healthy Mouth
Video 7 - The "Secret Sauce" to a Healthy Mouth

My question to you is this: **How can we expect to create optimal oral health when we speak poison from our own mouths?**

In the words of our favorite contemporary musical artist, India Arie,

"The words that come from your mouth, you're the first to hear. Speak words of beauty, and you will be there."

I think what India so eloquently is saying here is, when we speak poison, not only are we poisoning anyone in earshot, but we're the first to hear these words, so we poison our own immune system in the process of speaking negativity.

The antidote to speaking poison: speaking words of peace :)

So, the "Secret Sauce" to optimal oral health is to cultivate the discipline to only speak words of peace.

Like we were all taught as kids, if we don't have something positive to say, what's the rest of it... best not to say anything at all, right?

We call this step "exercising verbal harmlessness". So, speaking no harmful words.

Now, I'm not gonna kid you, speaking harmlessly can be tough at times, and we all slip up. However, if you really want to see your immunity soar to new heights, the next time you want to verbally thrash someone, just stop yourself.

Now, I'm not talking about repressing our emotions here. If you feel wronged by someone and you feel the need to express this to them, then express yourself.

However, before you let your tongue tear into them, take 3 breaths and choose words that express your feelings rather than ripping into them with poison.

Transcript
5 Steps to a Healthy Mouth
Video 7 - The "Secret Sauce" to a Healthy Mouth

We have found that there are *always* more positive words that we can choose to speak when we feel angry, frustrated, upset, or any other emotional state that provokes us to feel like speaking poison.

Also, this particularly applies if we are speaking about ourselves. Please, we urge you to watch your words when speaking about yourself. Our words have power whether we realize it or not.

Our culture has habituated using common phrases like, "*I have a bad ____*", and then fill in the blank with whatever body part is hurting them at the time. Or here's another common one, "*My ____ is killing me.*"

These are terrible habits [of speaking]. Habituating negative self-talk is a sure way to not only undermine your health, but also make you feel less happy, less passionate about life, less excited, less fun to be around, [etc.]

Sure, it takes work to mind the words [that] we allow to come from our mouths. But again, if you really want to have a healthy mouth, practice speaking healthy words.

One way I find helpful is to imagine that with every statement I'm getting ready to speak, I imagine that I'm really saying, "*I wish I had more of ____*" and then in front of whatever statement.

For example, if I want to complain about a neighbor and how he irritates me to my wife by saying, "*He's such a jerk*", I imagine that I'm saying, "*I wish I had more experience of jerks in my life.*"

You see, this serves as a test for me to see whether the words I want to speak are poison or will help support my life.

In truth, whatever words we speak, we are wishing for more of that in our lives.

If you are intrigued by this idea, we have found the work of Marshall Rosenberg called, "Nonviolent Communication" [to be] a tremendous tool to support each of us [in]

Transcript
5 Steps to a Healthy Mouth
Video 7 - The "Secret Sauce" to a Healthy Mouth

having a literacy of our feelings so we can better express ourselves without resorting to violent speech.

Wrapping up

So this wraps up the video series. We hope you find great benefit [from] applying these strategies and principles in your life, and that applying these tools helps you to really increase your oral health.

As always, if you have any comments, please [contact us at info@orawellness.com]. We love to hear how you benefit from using and applying the information that we share with you.

Like always, if you know someone who may benefit from hearing about this video series, please help us help others by sharing about this with your friends and loved ones.

It's time we as a culture understand how to create optimal oral health and heal the cultural misunderstandings we have around the cause of tooth decay and gum disease.

Thank you so much for participating in this series with us. Until the next time! Aloha! :)