

Dr Gerry Curatola (00:00.105)
that.

Chris Wark (00:00.174)
do your intro. Okay. All right. Here we go. Got your bio pulled up. I'm just going to do an abbreviated version here. All right. Here we go. Hey everybody. Well, today I'm excited to interview my friend, Dr. Gerry Curatola. He is an internationally acclaimed biologic dentist. He's a best-selling author. He's a researcher, humanitarian, 40 years in clinical practice.

Dr Gerry Curatola (00:09.031)
Sure, please.

Chris Wark (00:26.68)
He's the founder of Rejuvenation Dentistry and he has practices in New York City and East Hampton, New Jersey. I was just in New York City. I should have just come by and gotten my teeth cleaned.

Dr Gerry Curatola (00:36.073)
East Hampton is not New Jersey, they'd be very offended. It's actually East Hampton, New York.

Chris Wark (00:39.894)
I'm sorry. Eat Sam to New York. I'm sorry.

Dr Gerry Curatola (00:44.253)
We got very upset. The Jersey Shore is totally different than the Hamptons.

Chris Wark (00:46.766)
That was a flub, my bad, my bad. And so Gerry is a, he's a pioneer in many protocols and procedures in biologic medicine and dental practice. He's often referred to as the father of modern biologic dentistry. That's a pretty significant title. He's lectured extensively on the harmful effects of oral toxicity and inflammation.

Dr Gerry Curatola (00:50.953)
That's funny.

Chris Wark (01:14.056)
he is very outspoken on the harm harms of water fluoridation and the ongoing use of mercury in dental practice, like mercury fillings people. And, he is also an expert on the oral microbiome. He's a founder and chief science officer of Ravitan life sciences, which is a, prebiotic dental formulation, Ravitan toothpaste. We'll talk about that.

And so I'm excited. Gerry's always got really fascinating things to say and I've learned from him. And, and I think, you know, some of my audience probably doesn't really know what biologic

dentistry is. And so I'm excited to dig into that with you. So good to see you.

Dr Gerry Curatola (01:55.527)

Yeah, you too, Chris. Great to be here. I was happy when you reached out and I'm always happy to come and have a great talk about health and about cancer. know, I've always admired you from the beginning. And for you to take...

what was, as my mother would used to say, you know, there's no mistakes in life. There's just lessons and blessings, you know. So, you you had a big lesson on on your health experience and your journey. And it's been something that, you know, I've been passionate about, because it's really interesting. I.

When I came out of dental school, I actually did a master's program in holistic health. was 1983. I know he called me the father. I could probably be the grandfather now. But 40 years later, 43 years almost, it's been a journey. And so when I came out, I did this master's program.

in what was called holistic health, was voodoo back then, know, well, holistic health, you know, those are the quacks and the crazies. And I learned a lot about many systems of medicine that looked at the body in a much more holistic and that's a very trite word, know, holistic health and all that. But it looked at the body in a holistic, W-H-O-L-E, holistic. And that included...

the many different levels and I'm finishing a book right now, sort of taking biologic medicine and explaining what biologic dentistry is from that perspective. Really, biologic dentistry is rooted in biologic medicine and biologic medicine is very interesting, integrative philosophy of medicine that believes that we have a divine life force.

Dr Gerry Curatola (03:55.529)

and Ayurveda, call it prana and Chinese medicine, they call it chi. In the Western world, it's our spirit body, right? Where mind, body, spirit, it's not a cliché, it's a real thing. Someone sent me a video of this new technology that can actually read the energy field coming off your body right now as we're speaking, a foot and half from our body, and that's our spirit.

which is not this fake thing that's floating around up there, or it's inside in a little compartment in your heart, or that's what I used to think as a kid. Where's my spirit? Where is that? And the reality is that that life force is what gives us the capacity to self-regulate and heal. And we regulate and heal on five levels, microbially, and I spent a lot of...

22 years studying the human microbiome and specifically the oral microbiome. was actually mentored by one of the, you know, was a mentor of mine, Dr. Steven Moss, who was the chairman of, it or not, pediatrics and headed NEC at NYU. And he was an MD, DDS, and he had a PhD, I believe. he...

He actually taught me about this microbial community, which we used to think, you know,

bacteria are bad, you got to kill them. And now we understand that, no, we are made of microbes and those microbes keep us alive and keep us regulated. The oral microbiome is such an essential part.

of your immune system, immune system modulation, which we can talk about in a little bit. But suffice it to say we regulate on a microbial biochemical pathways, energetic, which is really interesting, meridian flow in the body and what that means and how.

Dr Gerry Curatola (05:50.329)

often it's misunderstood, energy channels that we call meridians, or Chinese medicine has talked about it for thousands of years, and it's in the fascia, which is also another part of our body that I never really learned much about in dental school. And then there's the psycho-emotional component and then the spiritual, which is our connection to source, like, well, God. And that is as important as the

as a microbial layers of regulation. So it's been a long path for me to explain that biologic dentistry is an oh, I do safe mercury removal. Oh, I don't do root can I take root canals out or I do this is my favorite. I do biologic root canals. Well, that's like an oxymoron. That's like military intelligence, jumbo shrimp, biologic root canal. So I want anybody to know that if you're a dentist,

is performing root canal therapy and we could talk about that. But that is the antithesis of what we would consider a biologic healthcare procedure. It's really kind of the opposite because it's embalming and keeping something non-vital, what's called non-vital or dead. We keep a dead tissue in the body in the hopes that you're going to be okay. It's like, so

Biologic dentistry for me, and I appreciate you saying the father of modern biologic dentistry. When I got into biologic dentistry, was a path from that program I did at a dental school, which was 1983, to Harvard Medical School had a program in the late 90s for complementary and alternative medicine, which I got this.

for sure, that basically said a course program in complementary and alternative medicine at Harvard open to all health care professionals. And this was really interesting because I get there and the first day I'm sitting next to this guy and goes, you know, hey, I'm Bob. I said, hey, I'm Gerry Curatola. And he said, oh, hi, Gerry. What do you do? And I said, oh, I'm a dentist. And he looked at me and he goes, he had a big MD on his tag. And he goes,

Dr Gerry Curatola (08:10.185)

Well, what are you doing here? And that was like, well, Bob, you know, this, even though we went to separate schools, you know, and we learned, oh, look, I got a bunch of hearts. We went, I guess I was doing this. I don't think, oh, there it goes. Yeah, you just got to make the heart. So this, which I love the mouth, the mouth is not divorced from the rest of the body.

Chris Wark (08:26.862)

I've never seen that. that gonna make hearts on mine if I do it?

Dr Gerry Curatola (08:39.849)

That was the moment in the late 90s that I said, I got to write a book, The Mouth Body Connection. And that's when I wrote, I don't know if I have a copy, oh, here it is. That's when I wrote this. I wrote this when, and I wrote it for the lay person, you know, I actually.

didn't plan to write it for the professional community. But I've had so many dentists write me and say, wow, Gerry, I learned so many things in your book, The Mouth-Body Connection, that we were never taught in dental school. So from there, was a nurse that was really, she was a critical care nurse. became a holistic.

Nutrition got involved in holistic nutrition. She actually healed my daughter of chronic sinus issues nutritionally, which I'm sure you relate to very well. And then she came to me, she became my patient, she came to me and one day and she said, I was diagnosed with breast cancer. And I said, you are you going to Sloan Kettering in New York? You know, and and she said.

Hell no, that's a meat grinder. I'm going to the Paracelsus Clinic in Switzerland, founded by Dr. Thomas Rao. And the next words out of her mouth were Gerry.

You need to meet Thomas. was around 1999. Around that time, she said, you need to be Thomas. And I said, who? Who? Thomas Rau is a famous restaurant. Rao's in New York. You know, R.A.O. It's R.A.U. Rau's R.A.U. And she said, well, Thomas will not treat you for any cancer, lung cancer, prostate cancer, breast cancer, any kind of cancer, colon cancer, ovarian cancer. He will not treat you.

Dr Gerry Curatola (10:37.257)

until your mouth is cleaned up. So the first thing he says, when if you have a cancer diagnosis, the first thing this man says is open your mouth. Do you have any root canals? You have any heavy metals? You got any mercury fillings? They're not. They're not silver fillings. Everyone who's listening, they are 52 % mercury. They're 26 % silver.

So it's a, in my opinion, a fraudulent misrepresentation for any doctor, any dentist to say it's a silver filling when it's more than 50 % mercury. So he'll say that he'll say, did you get your wisdom teeth removed? You know, do you have any jaw cavitations, which are the residual necrotic areas of bone where teeth may have been removed. So all of these things, and that was, do you have a lot of tooth colored fillings, composite resin fillings, because

Composite resin is loaded with BPAs. It's bisphenol A, glycidyl methacrylate. And so those plastic fillings in people's mouths that they grind on and that wear very easily, that's why we use a lot of ceramic now, those plastic fillings could be dysregulating your endocrine system. They

are endocrine disruptors, major. And they're major causal.

relation to breast cancer, ovarian cancer, prostate cancer, and then all of that stuff just from plastic filling. So that man in that moment changed my life. And I realized that there is a huge connection and I play a very big role in helping people on their health journey and helping them do what biologic medicine believes, which is

We all have this divine capacity to self-regulate and heal. And so that, in a very, long response, is what biologic dentistry is.

Chris Wark (12:32.938)

Yeah, and it's interesting too, because I was going to ask you to talk about your progression into it, but you just did.

Dr Gerry Curatola (12:38.409)

We read each other's minds.

Chris Wark (12:41.878)

Yeah. And it's not your first rodeo either. So, okay. I'd love to get into some specifics because I know there are people, you're not the first biologic dentist I've interviewed, but it's been a few years since I've interviewed one. And I know there are people in the audience that want to understand just those sort of basics. So let's start with fluoride. What is wrong with fluoride? What's the problem with fluoride?

Dr Gerry Curatola (12:47.496)

Go.

Dr Gerry Curatola (13:12.733)

Well...

Chris Wark (13:12.982)

And is there a benefit to it in any application in your opinion?

Dr Gerry Curatola (13:17.475)

I was just interviewed on and in a television spot. I actually I forgot what now Merritt Street Network. They were the ones brave enough because they're not being underwritten by the Florida toothpaste companies and all that. They're brave enough to have a debate with me and the representative of the American Dental Association, which I am a card carrying member for 40 over 40 years. And but I am a staunch staunch

anti fluoride doctor fluoride is for everyone to understand the research on fluoridation and the perceived benefit of fluoride and there's two types there's stuff there's a chemical that we put in the water actually has a renowned you know a

reputation as a hazardous waste product. is. It's hydrofluorescent. We call it the silicic, the silicic silicate fluorides. Hydrofluoric, silicic acid is a byproduct of aluminum manufacturing, phosphate fertilizer manufacturing, and uranium enrichment. So you have three major, major lobbying groups. have Alcoa, Monsanto, and the Department of Defense, you know, all producing this toxic

They have to wear hazmat suits to dump it into the water. And it's a very convenient way to dilute a hugely toxic on so many levels. I mean, we could get into all the things that it causes, including major risk of bone cancer, osteoporosis, thyroid interference, it calcifies your pineal gland. I could keep going.

on what hydrofluoro-salicylic acid in the water does. So that's one type. The other type

Chris Wark (15:16.256)

And let me point, let me add that it's illegal for them to dump it into rivers, lakes and streams, right? Or the ocean, but it's legal to add to drinking water.

Dr Gerry Curatola (15:23.091)

Well, what they used to do prior to this research that was done in the late 40s, by the way, at the Army facilities in, I think it was Grand Rapids, Michigan, or somewhere there in late 40s, early 50s, they were finding that, wow, when you introduce fluoride, which is from the element fluorine on the periodic table, what's interesting about fluorine, FL minus

is for any organic chemist, any chemistry people out there, FL minus is the most highly reactive, non-radioactive element on the periodic table. So what it does when you introduce it into teeth and bones is it replaces hydroxyapatite, which is not to be confused with the synthetic hydroxyapatite they're putting in toothpaste under the banner of the new fluoride. And that doesn't work. And it's not good.

By the way, you don't get cavities from a lack of fluoride. Everybody understand that they've drilled this narrative that's just as and it is completely false. You do not need fluoride to not get cavities. What you need is a balanced oral microbiome, which is rooted in good nutrition, balanced pH and proper salivary flow.

Chris Wark (16:48.802)

I want to, I want to go deep on that, but before I do, just, just to make this point from a common sense perspective, they've been putting fluoride in drinking water since the 1950s, right? everybody's drinking it. in, it's in bottled water too. And there's cavity, kids have cavities, adults have cavities. mean, cavities have not stopped. Right.

Dr Gerry Curatola (17:11.611)

In any case, are fluoridated communities that even have higher rates of decay than

non-fluoridated. And that's in very low-income areas. They've used this excuse. By the way, CBS News, because now people are waking up and we happen to have a director of HHS, whether you like him or you don't like him. This guy is brilliant and he's rooted in science. Robert Kennedy Jr. has been branded

Chris Wark (17:18.434)
Dental fluorosis, right?

Chris Wark (17:32.172)
I like him.

Dr Gerry Curatola (17:38.261)
as an anti-vaxxer, all his kids are vaccinated, by the way. He's all about vaccine safety, which doesn't exist a lot. They even took out the recourse that people have who have children who have been injured by vaccines. can't sue the vaccine company, even though there's a huge number of adjuvants that are crazy and ridiculous, including fetal tissues and all kinds of other stuff that are in vaccines that don't belong there.

So this make America healthy again, by the way, it's a good thing, everyone. We need to be healthier. You have one in I think it's 40 children being diagnosed on the spectrum for autism. When you have, you know, when I was a kid, it was one in 10,000. So something is wrong. I think it's a confluence of factors.

And but we need to look at it and not be ignorant and ignore it and not listen to the narrative that is telling you, no, don't look over there. Look over here because here's the facts in since 1970. This is data from the World Health Organization from 1970 to 2010. The decrease in decay rates in fluoridated versus non-fluoridated communities, countries, whole countries.

Florida versus non-Florida, World Health Organization looked at this, is exactly the same, the same drop. As a matter of fact, I put that up in the interview I did with the ADA guy, and he was like, well, that's because we use fluoride in the salt in Europe, and know, because most of Western Europe, they were again, why did Western Europe not adopt fluoridation? Because it's mass medicating a population. You can't control the dose, by the way.

So if you drink a lot of water or you go out to eat a lot, you're in restaurants that use fluoridated water, you're not getting one part per million, everyone. And you're using fluoride toothpaste and fluoride mouthwash and da da da da. Fluorosis in children, by the way, which is defects to the enamel teeth, making them more prone to decay. The very thing that you're using this toxic halide chemical. So if it's on toothpaste, they have to put a poison warning on it. And if it's. And if it's in the water, it's.

Dr Gerry Curatola (19:56.285)
basically a very dirty hazardous waste, is loaded with arsenic and lead and other things, not just

hydrofluorosilic acid. And by the way, I started to say prior to putting it in the water, they were putting it in these drums and burying it in the ground. It is so corrosive that it ate through the metal drums and it would contaminate acres and acres and acres of crops and farmland and toxic in the ground.

But they would like if they can mass dilute it in the water under the banner of preventative dentistry, it would be good. It has not contributed to a decrease in decay. There's been not one, not one controlled clinical trial for its safety or efficacy. It does not work. Most of the scientists agree that it doesn't work.

And there is, but there's a huge political lobby. And it's one of the problems with our government is that you have these huge, very, very, you know, multi-billion dollar companies that can control lobbying in Congress and can actually control media and control the spin that people are getting. So CBS News had, I mean, it was this, I went apopleptic when I saw it.

Taking fluoride, it's now banned in two states, Utah and Florida have banned fluoride. It's gonna be banned across the nation because it doesn't belong there, it's toxic. There is way more harm than any iota of perceived good from water fluoridation. So if there's any one thing, and you have to go out and buy unfluoridated water, buy water. mean, we have...

reservoirs upstate New York when I was a kid. New York City had some of the purest water in the country from the Catskill reservoirs where they still bottled water from up there that isn't fluoridated. And it's really, I think, very unnecessary. And why is it banned? Why did the California Supreme Court come out and say fluoride is an unnecessary health risk for children? Seventy two studies.

Dr Gerry Curatola (22:17.413)

showing drinking fluoridated water in children with developing brains caused a decrease in IQ, cognitive impairment. Fluoride is a neurotoxin. So that's the dirty truth about fluoride and why it doesn't belong in the water. Now, toothpaste and other things. Let's talk about is that OK? Well, fluoride in toothpaste and fluoride in mouthwash.

Basically, it's so reactive that it converts your teeth. So does it stimulate remineralization? Yup, it can. But what's the mineral that's made? Fluorapatite. What are the physical properties of fluorapatite? It's like glass. It's very hard, but it has about 35 % lower tensile strength than natural teeth and bones, which is why after the introduction of

fluoridation in the 50s, they studied hip fracture rates in the 80s. And they expected to see hip fracture rates going down under this mantra that fluoride makes teeth and bones stronger. No, it makes them hard, but more brittle. So they actually saw an exponential increase in hip fracture rates. And there's been something like 21 studies linking fluoride to osteoporosis, another epidemic problem.

thyroid impairment.

cancer.

Dr Gerry Curatola (23:52.147)

So yes, kidney cancer, lots of different cancers. So that's again, the dirty truth about water fluoridation and topical fluoridation.

Chris Wark (24:03.032)

That's great. And I think it's important to point out. mean, if, if anyone is skeptical, skeptical about this, there's some terrific books about it. The fluoride deception is one, by I think Christopher Bryson and there's a documentary called an inconvenient tooth, which I love the name. that's also, also worth watching that you can really learn the history of all this. and again, if you're, go ahead.

Dr Gerry Curatola (24:23.945)

By the way, I'm sorry to interrupt fluoridealert.org. FLUOR is not FLOR, it's FLUORIDEALERT.ORG. There's a paper on there called the 50 reasons about fluoridation, why fluoridation is a problem. By the way, Western Europe did not adopt fluoridation of municipal water supplies. Countries

putting fluoride in all their water. They didn't do it in Europe. Why? Because, well, they were very sensitive to it after World War II and the Nuremberg draws and all that because it's mass medicating a population without their consent. They're drugging a population without their consent. And now we have 71 studies showing cognitive impairment. So.

Chris Wark (25:13.816)

Well, and for the person that refuses to believe that fluoride is bad, here's the thing. You can still get it in your toothpaste, right? You don't need it in your water. If you really think you need fluoride, hey, go buy the fluoride toothpaste and brush your teeth with it twice a day. You're going to get your fluoride. I personally don't use fluoridated toothpaste, haven't in 20 years. Still got all my teeth.

Dr Gerry Curatola (25:37.673)

By the way, if you you have fluoride in your toothpaste, read the and this is the part that really gets me upset. And now there's six or seven class action lawsuits, thank God, against the majors with fluoride toothpaste because they're marketing to children with like Disney and Kanto on the front of the on the front of the box. And then on the back, it says keep out of reach of children. If more than.

a pea-sized amount, keep out of reach of children under six years of age. If more than a pea-sized amount is swallowed, call poison control right away. Well, guess what? All kids swallow toothpaste. And the question is, is that fluoride in your toothpaste preventing your kids

cavities? I will tell you, no. If your child is getting cavities, it's not because they didn't have fluoride toothpaste. It's because their microbiome is not balanced. And we can talk about that because that's been a big

part of 22 years of research that I've done.

Chris Wark (26:37.402)

I'd love to get into that because the, yeah, cavities are a bit of a mystery to me, because I know people that are, that eat really well, eat really healthy, lots of fruits and vegetables and whatnot, but still, still got cavities and, you know, don't use fluoride toothpaste and that, know, they kind of do all the healthy, healthy oral, you know, oral health stuff, let's just say, but still have had cavities. so, I'd love for your, your opinion on.

A couple of things related to that. One is chewing gum. Does that contribute to cavities to the oral microbiome, as you mentioned, and then also xylitol.

Dr Gerry Curatola (27:18.505)

Yeah, I'm glad that's that's that's we could cover all of that because there's a lot of controversy about xylitol. And what's interesting is that xylitol is a brilliant development. Xylitol was developed by a subsidiary of DuPont, Tineska in Europe, commercial made commercial xylitol. Now, let's be real. Xylitol can be found in cranberries. It can be found in like, you know, that comes from pretty birch bark and and as a raw material.

Xylan, which is the raw material of xylitol, which is a sugar alcohol. It's in a number of different things, but they found a way to take a huge amount of bio waste, GMO corn cobs, and that they would throw away. They found a way to extract the xylan, put it into this industrialized process of hydrogenation.

called and it's actually they use a they actually using rainy nickel heavy metal in the catalyzation of this stuff. So you take this raw material, right, whether it's GMO corn cobs or it is pretty birch bark. And it goes through this process. It's a chemical process of hydrogenation. And what's produced is this white powder, which is actually an organic chemistry took textbooks. It's called a

high value chemical that has very, very low caloric content. And it's sweet, really sweet. And it actually can be used as a preservative in like mouthwash because it has a lot of water. So it prevents microbial buildup. It's very antibacterial. And the big thing they did, and this is ingenious as well. First, they took something you were throwing away and turned it into a multi-billion dollar sugar substitute.

Okay. The new methadone of the sugar industry. You know, we had aspartame, we had saccharin, and now lo and behold, we have the sugar alcohols and we have erythritol and xylitol and sorbitol and all these and they're real popular until you start to see erythritol two years ago

was found to make your platelets more sticky and it was raised your incidence of

Dr Gerry Curatola (29:38.221)

of thrombotic events like heart attack and stroke, so clots, clot formation. Well, lo and behold, Cleveland Clinic did a study and they found the same thing. The xylitol can increase your risk of cardiovascular events and stroke because of this making the platelets sticky. The xylitol is not absorbed, it's poorly absorbed and not metabolized by the body. So it's very disturbing.

to the entire digestive tract. Erythritol is absorbed, but not metabolized. It's almost worse. And so beware, they sneak Erythritol into lots of things like monk fruit, which sounds great as a sweetener. Until you have monk fruit sweetener, I did little block on this once. It was like monk fruit, and then you read underneath it, with.

erythritol or that by a drink, you know, no calories, you know, but but it has a retro tall and a retro tall also is sweet. So it tastes really sweet and it doesn't have any sugar. Read the ingredients. It is not good for you. So xylitol is very disturbing to the microbiome. They did studies in Finland and in Europe saying, well, xylitol is the new magic to prevent cavities.

because it keeps strep mutans from sticking to teeth. Okay, strep mutans bacteria from sticking to teeth. Well, here's the deal, strep mutans bacteria, which has been the bacteria that was identified when I was in dental school over 40 years ago, that was, you if you get tooth decay, strep mutans causes that. If have gum disease, you have porphyromone of Shinjivalis. Until you understand the new science of the human microbiome,

which is basically all of those microbes, are commensal bacteria, porphyromonous ginger alic, strep mutans, fusobacterium nucleatum, a really nasty one. They live in your mouth. When you balance the microbiome, which is what I spent 15 to 20 years

Dr Gerry Curatola (31:56.077)

working on an oral care formulation that promotes microbial homeostasis. And that's a fancy word of saying balance the natural ecology of the mouth. When I was on Martha Stewart years ago and I was starting this research and she said, tell me about the research. said, well, Martha, know, toothpaste, you know, was invented by soap makers a hundred years ago. You know, and I said basically it was flavored detergent for your mouth.

You know, my mother used to say, you know, I'll stick soap in your mouth if you say a bad word, you know, wash your mouth. It's like those were those were the old days. And I used to think, well, I'm brushing with it anyway, you know, and and then we started putting chemicals in like fluoride and antibacterial stuff like antibacterial, this germ killing stuff, which is chlorhexidine and triclosan with biggie. That was nice.

Chris Wark (32:48.63)

Like try close in.

Which is that still in some toothpaste? I know that's that's bad stuff.

Dr Gerry Curatola (32:55.238)

Now it's banned by it's been linked to cancer. Trichlosan. The insanity of trichlosan is that it was put in as the magic bug killing ingredient in Colgate Total, which was launched in 1998. That's the same year that the FDA mandated a poison warning in fluoride toothpaste, by the

Chris Wark (32:58.838)

Yeah, but they were putting that in toothpaste for years.

Dr Gerry Curatola (33:23.837)

And that was because Procter & Gamble had a product called Crest Sparkle that was fluorescent blue bubble gum flavored and had sparkles in it. were enough. There's enough fluoride in a regular sized tube of toothpaste that. Oops. Sorry. I shook the table there. There's enough fluoride in a regular sized tube of toothpaste, commercial tube of toothpaste to be fatal to two children under five. Now you make it taste like candy, which they're still doing, by the way. You have bubble gum flavored toothpaste out there.

Chris Wark (33:31.853)

I remember that.

Dr Gerry Curatola (33:53.257)

that's supposed to be, it gets your kid to brush with it. Well, if it has fluoride and they're swallowing it, it puts them at very high risk of toxicity and even death. Right. Can you imagine a four year old brushing their teeth, eating the toothpaste and the mother comes by and sees the child, you know, unconscious on the bathroom floor? It's unconscionable. And so it took them until from 1988 when that product came out, not until

1998, the FDA, the notorious FDA poison warning on fluoride toothpaste came out, which people still don't see. It's like buried in the small print on the side. But, you know, I have a lot of parents, young mothers who read the tube, read the box and they're like, why is there a poison warning on Crest or Colgate or, you know, any of these fluoride toothpaste? Even Toms of Maine, which was a natural toothpaste, took out

artificial dyes and artificial flavors and artificial colors. And they, they caved because they wanted an ADA seal of acceptance and they dumped fluoride in. It was bought by Colgate a number of years ago. Tom Zeman is not owned by Tom Zeman, Tom Chappelle. Yep. It was a major sellout. When they put fluoride in, I was like, really, he was just getting ready to sell the company. And I

Chris Wark (35:06.894)

I was a Tom's of Maine fan until they sold out.

Chris Wark (35:12.674)

Yeah, big time.

Dr Gerry Curatola (35:19.803)

admired it in the 80s when it came out because I was like, wow, somebody's taking the garbage out of the detergent product. But anyway, on Martha Stewart, when she was asking me about it, said, you know, Martha, you know, what we've learned is that, you know, we don't want to put pesticides in toothpaste anymore. We really, you know, I said, and it's time for doctors to get out of the pesticide business. And what I'm promoting is organic gardening for your mouth. It just came in my head and it was like the perfect

Sound like, know, sound bite, you know, like, like it's time for doctors to do organic gardening in and on your body, you know, not just in the environment around us. And that that is the truth. So.

Chris Wark (36:03.224)

Well, it's like an essentially, it's like a dose of antibiotics every time you're brushing your teeth with some of these additives that we're using. And that's not good.

Dr Gerry Curatola (36:12.561)

No, so xylitol, which has now become a darling. The really crazy thing about xylitol is that I still see research touting it as healthy and natural. It's a natural sugar and it is not natural at all. It's synthetically made. It is either made by an industrialized process of hydrogenation, where there's another process where they use fermentation with bacteria to make it.

But it's the same thing. It's a white powder. It's a basically a high value chemical and it kills strep mutans bacteria. Now, why do you want to kill? It's time to get out of pesticide business and promote organic gardening. And that's what I tell these natural dentists, these biologic, they use that term, biologic and biologic. don't even understand what the philosophy and

what the you know what biologic dentistry actually is they themselves don't understand they join a club like the IAOMT which is International Academy of Moral Medicine and Toxicology and IOMT is an organization that you know they tried to raise awareness they really were founded on like the dentists that were against use of mercury in dentistry which I applaud. Yeah no Hal was right at that and Hal was

Chris Wark (37:30.316)

Hal Huggins, right?

Dr Gerry Curatola (37:34.055)

very early on about root canal, root canals of this, root canals of that. like, even if they're really well done, how do they need to come out? This is before I went to Switzerland and I followed Dr.

Thomas Rau and thinking about, well, what's the big deal? If the root canal is filled and it's embalmed well, taxidermy on teeth, if it's done really well, is it good? No, because 100, and there's been already PubMed studies that show 100%.

of root canal teeth, endodontically treated teeth, produce endotoxins. Endotoxins are bacteria and bacterial byproducts that are very dysregulating to the human immune system, which we can talk about because we'll get into the microbiome.

Chris Wark (38:19.158)

And these would, are you saying these would not be there if the root canal was not there?

Dr Gerry Curatola (38:24.288)

Endotoxins, yeah, well, endotoxins are bacteria and bacterial byproducts. They're produced, by the way, they're produced by root canal. Root canal teeth always show endotoxin presence. Metal implants, titanium implants, which became very popular. We thought they were great. I mean, I did my first metal implant in 1989 and I was like, wow, the bone loves this. The bone grows around it and it's great. I have three metal implants myself. And I'm like, this is fantastic. Until we see what happens.

Reason the bone grows around it so quickly and the bone that grows around it is what we call sclerotic bone. So when we did histology studies on the bone around metal implants, we found that it was very dense. It didn't have a good blood supply. was like ischemic blood supply, right? Sclerotic bone. It's like scar tissue bone. Ceramic implants or zirconia implants, which we've totally shifted to zirconia. Most of the major implant companies

are introducing zirconia alternatives because the handwriting is on the wall for that. Zirconia implants do not block meridian flow. Zirconia implants do not create sclerotic bone. They cause the formation of vascular bone, which is bone with blood supply. So the life of human bone is blood. You need blood to have healthy bone. The life of teeth, believe it or not, is saliva.

you need saliva to have healthy teeth and gums. So if you have reduced salivary flow because you had chemotherapy or radiation, we've got to be really attentive to making sure your mouth. And that's why I created this. I created a prebiotic formulation. And we can talk about this in a little bit and why rebalancing and promoting a healthy microbiome is an essential component.

to a healthy immune system. So the oral microbiome and your immune system are like this. That's a really important concept for everyone to understand. And we know that cancer is not this, it doesn't fly into your body and set up shop and yada yada, or he's changed, his mother, Susie's mother had breast cancer, Susie's grandmother had breast cancer, so Susie's got breast.

Dr Gerry Curatola (40:45.533)

breast cancer, Susie's got the BRCA gene and da da da da da and all this stuff. What we know

now is, we are living in a world right now where you can fix your genes. Your genes are damaged. We can fix them. It's called epigenetics. Genetic expression can be modified. So nobody gets a death sentence here.

And you really need to wake up and understand that our body has a divine capacity by God to give you the ability to self-regulate and heal. That is my deep-rooted belief. That's my deep-rooted faith. And cancer is the end stage of dysregulation. There's other stuff going on before that diagnosis comes. And what we do now, and that's why cancer prevention, you know,

I know you as well have been involved with Fran Drescher's Cancer Schmancer organization. And I love Fran because she took her ovarian cancer walk and turned it into a way to help people wake up and understand that cancer prevention is a real thing. And being able to help our bodies regulate and heal, happens in biologic medicine. It happens on a microbial level. That's why this

is all about helping with the microbial level, biochemical, energetic, psycho-emotional, which is, I love psycho-emotional. I have a lot of patients who come to me who have had wake-up calls, cancer diagnosis, they got chronic Lyme, they got this, they got autoimmune disease, they have all kinds of things. And to me, I really believe strongly that...

Life gives us lessons and blessings. There's no mistakes. There's no, I could have, would have, should have. It's like, no, you got this. Okay. What's the purpose of this? What's the path in my time on this planet? What is the purpose of me learning from this experience? And what can I do better? And how can I help my fellow man? You know, how could we, how can we stay in that state of love and gratitude and help others while we're, have this limited time on this planet? So for me,

Dr Gerry Curatola (43:07.003)

It's really been about helping patients understand that psycho-emotional components of regulation is just as important as the microbial, biochemical, energetic, the psycho-emotional component and the spiritual connection. So, you know, how do we connect from here to there? You got to get out of your head here, but let's talk about here because I deal with this a lot and I call it stinking thinking. I know there are people that

They get into this head like they're never going to get better and they're doomed and they're never going to get better. Well, guess what? If that's where your head's at, you're not going to get better. If you've got to tell yourself, I have a divine capacity to self-regulating heal, I'm on a path to healing and this is part of the process. I'm here. There was a guy, one of the books I read when I did that Harvard.

program and compliment your alternative medicine was by Dr. Bernie Siegel. He wrote a book called Love Medicine and Miracles. And he said, yeah, actually, Bernie's kids, he he I fell in love with the book too, because I was like, wow, for this guy, as a you know, he's he was a renowned

surgeon. And as a guy who like literally was boots on the ground, who were the patients who did better? And who were the patients who did where the patients who did better?

Chris Wark (44:10.36)

Huge fan. I've interviewed Bernie and I love that book.

Chris Wark (44:19.192)

Beautiful book.

Dr Gerry Curatola (44:32.189)

They call them exceptional patients. They were the ones that had this positive attitude, positively engaged with their doctors and positive, positive, positive. And guess what? Years later, Bruce Lipton writes a book called The Biology of Belief. What you believe changes the way your cells express themselves. It can change the way your genes express themselves. So you have the power.

The biology of belief was about our intention, our belief, the power of faith. Faith is believing in what you can't see, and it's the substance of things we hope for. And that is something that you ask for. I know, I know, right? I sound like it. I actually was when I was six years old.

Chris Wark (45:11.618)

Yes. Preach it.

Chris Wark (45:17.624)

Good. Well, and you know, the first, the first principle is you have to believe healing is possible, right? That's what we're talking about. That's the very first principle in the healing journey is you just have to believe healing is possible. You don't have to understand it. You don't have to, you know, under know how you're going to do it, how it's going to happen, but you just have to believe it's possible.

Dr Gerry Curatola (45:27.059)

Amen.

Dr Gerry Curatola (45:41.863)

Yes. And there are a lot of people, know, and I, you know, listen, I totally relate and I sympathize for patients who have really gotten dealt a really hard hand of things that happen and aggressive cancer and aggressive breast cancer, aggressive things. you really, if you do not get rid of the stinking thinking, which is what I call it, stinking thinking.

you have got to get out of your head. How do you get out of your head? You connect here, by the way. So the spiritual connection and the psycho-emotional issues and the spiritual, they're very, they're like right next to each other, know? have crown chakra, then you got third eye and you know, whatever. The fact of the matter is that the spiritual connection is, you know, prayer

about meditation. Meditation, I always tell people, I said, you know,

If prayer is like talking to God, know, meditation is listening. It's like tuning in and getting those divine downloads, you know. You really need to do that and get those down. And the health benefits of meditation are extraordinary. Days that I meditate versus days that I'm like, I'm running around, I can't, I don't have time and da-da-da-da-da. The days I meditate are so much more focused. They're so peaceful. They're so positive.

than the days where I'm just running around, letting my brain, you know, on fire, you know, getting hit with. And I forget what they say, how many decisions we make in an average day. It's insane. So anyway.

Chris Wark (47:18.882)

a lot. Yeah, it's a lot of know the number either. Well, and it's, it's like, you know, I mean, even just the internet and social media, it scrambles your brain, you know, it really does. It's all these little short, you know, this funny that I've noticed lately there, there's a new term and they call it micro learning. Like, you know,

Dr Gerry Curatola (47:26.647)

God,

Dr Gerry Curatola (47:39.403)

Hahaha

Chris Wark (47:41.324)

Which, know, all these little clips are watching and maybe you are learning useful things, right? Maybe some of it is useful. Most of it is just entertaining. You know, let's just admit like Facebook figures out Instagram figures out like kind of what you're interested in, whether it's clips of celebrities or whatever. Right. And, yeah, if it's.

Dr Gerry Curatola (47:47.977)

Right. Right.

Dr Gerry Curatola (47:55.625)

Oh, yeah. No, they got my wife. My wife and I were just on a vacation and we're, you know, we're in a beautiful place here on the Amalfi coast of Italy. It was just beautiful. It's really natural beauty. Like you can't believe looking at and we're where we're at a hotel that looked out over, you know, it's high up in the mountains and it looks out over the Mediterranean and it is and it's spectacular. And my wife is on the chair scrolling.

getting bombarded with and she's like, you know, Trump and Musk are in a feud and I'm like, Georgia, turn that off now. Get off the let's just take in this beauty. And so, you know, I would like take it out of our hands and I'm like, we're going for a walk, you know, we're to hike, you know,

and so we started, you know, we did an hour, I think it was like 15,000 steps instead. And

We came back and we were laughing and we were so much happier than, you know, just being bombarded by so much garbage that we're being fed, so much overload, so much manipulation. find I've never, you know, as a kid, I never knew the older I've gotten. I've realized that, wow, you know, we have we have a country that's so bitterly divided. have we have all this stuff. And I realize,

maybe there's some intent behind all that because it's an easier way to control everyone, right? You know, a divided house cannot stand. And so what we need to do is when you do meditate, when you do things like hiking, when you do things like healthy exercise and things like that, you get out of that and you're really able to kind of get in touch with your higher self. You're able to...

reconnect on a higher level than all of this bombardment of information. A lot of it, not good.

Chris Wark (49:59.266)

Yeah. Yeah. Unplugging is huge. We talk about that a lot in our community of just, you know, what I call getting on a low information diet. not the first person to say that, but you know, just, you don't need to consume all this information that's coming at you. And again, it scrambles your brain. It causes stress and anxiety. Your dopamine receptors kind of just get fried. turns you into like ADD, you know, zombie, know, it really.

Dr Gerry Curatola (50:14.289)

Absolutely.

Dr Gerry Curatola (50:26.821)

Right.

Chris Wark (50:29.002)

Yeah. I mean, it's just amazing if you can just not look at your phone for a whole day. You feel like a different person. really do. And I even struggle with it, right? Because I have social media that I'm managing. so it's like, I'm, you know, part of my work is, you know, is creating what I hope is useful content, interviewing you and sharing information and clips with people. so I'm part of me is part of what I do is contributing right to the information out there. And I hope it's.

Obviously I'm trying to contribute in a good way, but still it's still so easy to watch a great clip. And then the very next clip is something stressful and you get sucked into it. And not to get too political, but I want to agree with you on something. I think division is the goal. I think there are forces at work that continually seek to divide us politically. And I think most people agree.

Dr Gerry Curatola (51:00.937)

Very good.

Dr Gerry Curatola (51:17.086)

Yeah.

Chris Wark (51:27.304)

on most things, right? And I think we need to focus on the things that we agree on.

Unfortunately, Make America Healthy Again has somehow become, you know, it makes me sad that people on the left can't get on board because it's a right wing, whatever, Republican agenda, conservative agenda, because it's, yeah, because it's a conservative agenda, they have to oppose it. I'm like, this, you know, that's

Dr Gerry Curatola (51:32.488)

Yes.

Dr Gerry Curatola (51:49.097)

But I think it's a maga. A maha is a maga.

Chris Wark (51:57.228)

That's, it's not good. You know, it's, it's very tribal. Like I think the best thing that probably that you could do politically is to resign from a political party, right? Be an independent, be an independent thinking person. Right? So you're not pledging allegiance to one side or the other. And you can acknowledge when one side does something good, you can say, this is great.

Dr Gerry Curatola (51:57.648)

It's insane. Yeah. Yeah.

Dr Gerry Curatola (52:10.503)

Peace out.

Chris Wark (52:24.3)

Doesn't matter which side it is. You can just see it for what it is. Like this is good or hopefully the intention is good. The promises are good. I don't know if they're going to follow through, but I'm on board with the promise. That's the best I can do. Right. If I, I.

Dr Gerry Curatola (52:24.349)

Yeah, exactly.

Dr Gerry Curatola (52:34.057)

Who would not want to have a healthier child, healthier family, a healthy and you know, probably the generation that I have that I'm interacting with a lot, especially, you know, in my own social media, you know, have a group of young young people, they're all mid 20s. And they are, you know, they're connected to technology and data like way.

Chris Wark (52:41.902)

Yeah.

Dr Gerry Curatola (53:00.797)

beyond, know, they take the phone out of my hands when I'm trying to do something because they're like impatient. I'm sorry, I'm a baby woman, what can I tell you? I'm apologizing. And they love the message that I have, they love, you know, that because, you really, you know, I do talk to them about Mind, Body, Spirit. And I think

Chris Wark (53:05.582)

Too slow, yeah. Yeah, let me do it.

Dr Gerry Curatola (53:23.869)

that the Gen Zers out there and I really have such a heart for that generation. mean, my children are millennials and they are amazing. They're folks, they're really, really strong, but they sometimes, you know, they're trying so hard to make it and to do their thing that I think they are, some of that generation struggle with being in touch on a spiritual level.

And I think Gen Zers are, they're very spiritual. I mean, they're much more open spiritually and they are very open about being spiritual. And many of them, you know, they've actually become very, they've become spiritual and they become conservative because they are awake and they are seeing and they want a different world, but they recognize that there's gotta be a higher power to

to help fix this world and to get to that higher power. The currency for that higher power is love, love and gratitude. Love and gratitude kind of like brings the walls down wherever you are. Because when you're stuck in your head and you're polarized in your thinking and I mean, like I've seen mega people just as bad as the far left and behaving with that hatred. That hatred.

Chris Wark (54:50.242)

Yes. Right. Totally.

Dr Gerry Curatola (54:53.063)

They are, the hatred is like, I'm like, whoa, that is the opposite of what we need to make our country healthier, to make us healthier, make everyone healthier, our children and our future healthier.

Chris Wark (55:09.474)

I'd love this quote. heard Scott Adams say, something that I think is, so, insightful. And he said, if you judge a group of people by the worst person in that group, then you're the worst person in your group.

Dr Gerry Curatola (55:29.033)

It's so true.

Chris Wark (55:32.654)

Right? I'm paraphrasing, but that's the essence of what he said. You it's like, you can take any group of people, right? Political group or racial group or anything, and pick out some really bad actors, right? So just some terrible people and try to see, see, right? And try to demonize the whole group. But you're actually a horrible person for doing that, right? Because you're...

You are really basically trying to demonize the entire group of people based on some bad actors. Like we just shouldn't do that. Like that's not good for humanity. It's not good for our society or our culture. Like we need to believe the best about people, right? We need to look for the good and believe the best about people. And again, with politics, it's weird because politicians are always promising things that sound good, but rarely follow through. And so the best we can do is, you know, sort of

support a good intention, right? With our votes, support a promise that we hope to see achieved, you know, and then we stand back and go, okay, well, let's see if they can do it, right? I'm all for you doing it. Please do it, right? But I'm encouraged. I'm definitely encouraged by the steps that RFK has taken, right? And some people have criticized him.

Dr Gerry Curatola (56:44.553)

I

Dr Gerry Curatola (56:48.073)

To Lillie.

Chris Wark (56:57.398)

Some of his supporters have already started criticizing him because they think he's not moving fast enough. But let me just say, look, the wheels turn slow here. The guy's got, he's got four years, right? At least he's not going to be fired. I mean, let's something crazy happen. He's got four, at least four years to, to really get in there and reorganize these agencies and, really push through policy change that takes away.

Dr Gerry Curatola (57:05.309)

Yeah.

Chris Wark (57:21.698)

the influence from the pharmaceutical companies and the chemical producers that want to put fluoride in the water and, and the, you know, the big ag and big pharma's influence on the regulatory agencies. mean, it's a, it's a really big mess, right? And even just AMA, CDC, FDA policy, there's a lot to, to sort out and straighten out. And it's many decades of corruption. And, so like give the guy, just give him some time to like work this out.

Dr Gerry Curatola (57:44.777)

You know, he did the.

Absolutely. I couldn't agree more. mean, I will tell you that and I come from a medical family, my brother's a physician, my sister's a dentist. We have mostly physicians on both sides, too. And all of them are deeply rooted. Many of them are deeply rooted in pharma and all of that. And they believe the media narrative that he's this great. Meanwhile, he was.

the darling of the left. He was the environmental hero. He did more to clean up the Hudson, to end industrial pollution, to ban, to go after companies that were that were destroying the environment around us. He was on the cover of every magazine and he was the darling, the darling of the environmental movement. And the minute he started to question the safety of vaccines, he became the target.

Chris Wark (58:20.962)

Yes.

Dr Gerry Curatola (58:44.583)

not the darling, target of the left, of really not the left. That's really unfair. He became the target of big interest groups, especially big pharma. And that to me, when I started to see that, I started to say, well, why are they going after him? Like, this is really unfair. Because I actually lectured with him because he was the first to kind of expose the use of thimerosal, low level mercury.

Chris Wark (58:52.322)

both sides.

Chris Wark (58:58.254)

That's right.

Dr Gerry Curatola (59:12.649)

in vaccines in developing nervous systems, which are the most neurotoxic element on earth, mercury, you know, and I'm speaking on getting mercury out of because, you know, 46 % of dentists still were doing dental amalgam, which is

Chris Wark (59:18.776)

Yeah.

Chris Wark (59:26.262)

Right. So I mean, you're on the, you're already saying, Hey, mercury is a problem. It's toxic. shouldn't be putting it in our mouths. And he's like, well, it's in the vaccines. You're like, well, that's not good either.

Dr Gerry Curatola (59:30.952)

So.

Yeah, exactly. Well, vaccines was even more dangerous because something about trace amounts and how insidious that is past the blood brain barrier and all that. And then all the autism studies that then started to get, no, that's not real. Don't look there. No. The American Academy of Pediatrics, which came out against them, was like, no, it's it's OK. It's safe. We didn't really get a clear correlation there. I mean, are you kidding me?

What is Mercury doing in there? You know why Mercury was in there is because it was a preservative. And now they didn't have to put these vaccines in the refrigerator anymore. They can ship them to Africa and everywhere else. I mean, it's insane. if we take...

Chris Wark (01:00:15.566)

Well, and the adjuvant immune stimulating aspect of mercury too, right? It was in there because it would stimulate an immune response. Whereas if you just injected a pure inactivated sort of, you know, quote unquote viral serum, your body doesn't do much. just, nothing really happens. So they have to like stimulate an immune response and that so that hopefully your immune cells will associate the viral particles with

Dr Gerry Curatola (01:00:21.16)

Yes.

Dr Gerry Curatola (01:00:34.782)

Right.

Chris Wark (01:00:45.39)

And sort of like tag them as a threat, right? Because of this immune response and then you've developed some immunity or whatever. I mean, that's the general, you know, theory behind vaccines.

Dr Gerry Curatola (01:00:53.531)

Right. Right. now, know, yeah, no. And then, you know, now you have, you know, the use of another technology like mRNA, which modifies and reprograms genetic codes. They first they said, no, it doesn't do that. It doesn't do that. And now it's like, well, it does do that. And actually, you can't turn it off. And so now you have kind of runaway inflammation. And that is a lot of very, very

serious questions that should be looked at. And that's the important thing is that let's just get honest. Let's just take a really honest look and not have the FDA and the CDC stacked with a cesspool of corruption with people that were former farmer executives that are working to approve the very...

products from companies that they were, you they may even still be on the board of or that they

work for. So, I mean, I do think you need a separation there to really protect and make sure that we are using materials, whether it's in dentistry and medicine or anywhere else that are safe and effective.

Chris Wark (01:02:03.608)

I think that's right. And I think probably the key operating word is prevention because we've for all of my lifetime, prevention has never been the goal of these government agencies, generally speaking, for public health, right? It's never been the goal of the director of the NIH preventing disease. It's never been the goal. It's always been treating disease, treatments.

Dr Gerry Curatola (01:02:24.829)

Right.

Chris Wark (01:02:31.564)

more drugs, more treatments for disease, making money off of treating disease, because there's no money in prevention. so the reason I'm so optimistic and hopeful about RFK is because he is the first guy to come in there with a focus on prevention. What are causing the problems? Let's remove the causes instead of just producing more drugs for the symptoms, right? Over and over and over. Like we have a chronic childhood disease epidemic. We've got a very...

Dr Gerry Curatola (01:02:36.318)

Yes.

Chris Wark (01:03:00.274)

horrible healthcare system compared to many other nations in the world. Like we need to get to the root cause of these problems. Go back to first principles, back to the drawing board, assume nothing, you know, and then replace, you know, really it's like time to change the guard.

Dr Gerry Curatola (01:03:12.115)

Good.

Dr Gerry Curatola (01:03:17.001)

I mean, the low hanging fruit in the room, the low hanging fruit in the room. I'm like, I'm like sort of a guest because most of my colleagues at New York University that I was on faculty with. Doctors who've done research, they all agree water fluoridation has done zero to improve dental health and the idea to defend the dumping of a toxic has a high-lid chemical. It's not even a halide chemical. It's a waste product hydrofluorosilid. Dumping it in the water.

and it doesn't do anything. And literally all the statistics are there. All the data is there. And for CBS News to come out with a report saying a new study shows that taking fluoride away could result in a billion cavities or whatever they said. It is just complete fake news. It is made up. The science does not support that statement. There is absolutely no data.

that can show that putting fluoride in the water prevents cavities, especially in low income areas, have a higher rate of, you know, more fluoridation. And there's been more adverse effects. Another interesting thing is that there are certain ethnic groups that also it's been shown to have greater harm. They have more fluorosis, more damage to their teeth. And

And so this is a barbaric practice and it's time to end this, you know, Frankenstein public health experiment of the past 75 years. And really, if you want a healthy mouth, if you want healthy teeth and gums, if you want a healthy body, you need a healthy ecology. You need to balance the natural ecology of the mouth called the human microbiome or the oral microbiome.

And the oral microbiome is a very complex community that there's something called the dento-sialo-microbial complex. Teeth, saliva, and your microbial flora. They work together. When it is in balance, believe it or not, the oral microbiome is an intelligent semi-permeable membrane that transports minerals from saliva.

Dr Gerry Curatola (01:05:40.073)

like and their ionic minerals, phosphate and calcium, which is hydroxyapatite, by the way. You can do natural hydroxyapatite, everybody, which your teeth and bones are made of. You don't have to throw it in a toothpaste. Another, you know, they tried that NASA actually developed nano hydroxyapatite in the 1970s, and they were trying to test it on astronauts and see how it would affect mineralization of teeth. And the reality is it does help make like, you know, create a mineral like

fluoride creates a mineral, but that mineral is weak and very subject to acid erosion, so it doesn't really work.

Chris Wark (01:06:17.24)

Well, isn't, isn't there some other issue with the nanoparticle size of hydroxyapatite that form? Can you talk about that briefly?

Dr Gerry Curatola (01:06:21.671)

Yes. Yes.

Nanoparticles are so small that when you use it in a toothpaste in your mouth, it can actually penetrate the soft tissue and damage DNA, mitochondria and cells. And they found nanoparticles in lungs, aspiration in the lungs and all this stuff. Again, it's another fad like charcoal or oil pulling, you know, which is an Ayurvedic practice of just helping to eliminate a healthy, unhealthy microbiome.

So oil pulling for everyone out there, he's like, oh, oil pulling, great. It's an Ayurvedic practice. Really, oil pulling is good short term if your mouth is unhealthy. I spent 20 years.

Chris Wark (01:07:06.894)

And what does it do? What is happening when you oil pull? Because, and maybe you know, I'm glad you brought this up, but.

Dr Gerry Curatola (01:07:11.733)

It's a detergent action, believe it or not, it's like a natural detergent that removes plaque from teeth. So if you use it over a long period, you also go out of homeostasis. You will have an atrophic microbiome and atrophic biofilm, which is like a desert. unhealthy is in the middle of the target here. In the middle is where you have balance. Unhealthy is when you go to the left.

Chris Wark (01:07:16.086)

Let me.

Dr Gerry Curatola (01:07:41.607)

which is atrophic, very thin. smokers, for example, have atrophic biofilms in their mouth. There's desiccation. People who have radiation therapy have atrophic biofilms. Chemotherapy can create an atrophic biofilm. And oil pulling long-term can create an atrophic biofilm. And then you get demineralization of your teeth. You get sensitivity and erosion of your enamel.

The other extreme to the right, far left, far right, far right, you have an overgrowth of the biofeminine. You have spirochete propagation and all this unhealthy anaerobic bacteria and all that. So you have lions and tigers and bears or Sahara Desert. You really want to be in the middle. That's what we call microbial homeostasis. And so my focus in all of my research, in all of the developments I've done,

has been on promoting microbial homeostasis. And what we found is when we did this, which is prebiotic, and you have vitamin C, D, E, K, ionic minerals, and CoQ10. CoQ10 is a wonderful ingredient. That and vitamin C are wonderful for the mouth. But also D and K, really important for enamel mineralization for stronger bonds.

and also for reduction of inflammation. everything you do and the first thing, you know, this is a product. First of all, you can swallow. You know, my son just redid the redid the packaging so it looks healthy. But this is my contribution to the world for changing the you know, it's disruptive to what oral care has been for the past hundred years, which is all about detergents and chemicals and and

and scrubbing away and killing plaque and killing germs. Know what we really want to do is we want to make you want to be healthy everyone. Make peace with your microbes.

Dr Gerry Curatola (01:09:49.789)

We want to get out of the pesticide business and we want to do organic gardening. So in our studies, people brush with this for three days and they wake up in the morning and their mouth still feels clean. They don't have that thick, sticky, smelly film on their teeth because that's an unhealthy imbalance. But when you brush with a detergent toothpaste, you're brushing with

xylitol toothpaste, you're brushing with charcoal, you're brushing with all of this stuff or commercial toothpaste.

you are stripping the microbiome. You do not need to strep mutants. You just need to make them peaceful. You need to make peace with them because when they are in balance, they are benign and they are beneficial in a larger community. So why... I'm sorry.

Chris Wark (01:10:34.21)

Yeah. And I think I was going to say, you know, just to really put this in simple terms for folks, it's like your intestinal microbiome. have a, the more diverse your microbiome is, that means the more different types of bacteria in your gut, the better. And, in your mouth, as you're saying, it's the same way. So there may be bacteria that are considered harmful or pathogenic, but there's a lot of good bacteria.

And those good bacteria keep the bad bacteria in check. It's a little bit overly simplistic, that is what's happening.

Dr Gerry Curatola (01:11:06.035)

Right now that's been a, and I'm going to correct you one step further. There's no such thing as good bacteria and bad bacteria. There are bacteria that behave good like people behave good or bacteria that behave bad like people behave bad. And if they behave good, we call them probiotics. And if they behave bad, we call them pathogens. The pathogens

Chris Wark (01:11:11.448)

Please do.

Dr Gerry Curatola (01:11:32.809)

in a patient's mouth. That's why all the salivary testing and, oh, you got porphyromonas gingivellas. You got a lot of porphyromonas gingivellas. That tells me that your microbiome is not in balance. And you know, got to get rid of the porphyromonas gingivellas. And oh, you have a lot of, you know, fusibacterium nucleatum. So they, like these doctors don't get it. We

Chris Wark (01:11:46.56)

It's the environment that's triggering the behavior.

Dr Gerry Curatola (01:12:01.277)

Bacteria is a microcosm of who we are. By the way, our mitochondria are the same shape as a bacterium. They divide the same. They hold the genetic information. And there's a lot of theories that in that cosmic event, whether you are a creationist or an evolutionist, or if you want to get as a creator, you know, in Genesis chapter two, verse seven, when it said, and God took from the

dust of the earth and breathe his spirit and we became mind body spirit. Well, God didn't take

dust. The word actually is slime from the Aramaic and the ancient Hebrew text. Slime. And the earth was covered with microbial slime before we, you and I were, and our species was even on the planet. So if we evolved or were created from that microbial slime,

It sort of explains the very symbiotic relationship between man and microbe that goes back to many hundreds of thousands of years. With that knowledge and that understanding, that's what we call a Copernican revolution in science. It's as big as when Copernicus said, you know, the earth isn't the center of the universe. You know, we revolve around this big ball called the sun. that's our understanding. That's how profound

the change in our understanding of our humanity and our relationship to the microbial world. And so the Human Microbiome Project was a Copernican revolution in our lifetime. I have all I did with this is the only thing I did with this is I created a product that respects that science. There's no ego. I'm not in this for the money and da da da da da. I've had a wonderful career.

I'm really grateful to God for everything that I have, everything that I've done. My main ambition right now is to change the way dentistry is practiced. And secondly, to change what people use in taking care of their mouths, because that's the most important thing you can do. A healthy oral microbiome equals a healthy immune system, equals a regulated immune system, equals cancer prevention.

Dr Gerry Curatola (01:14:30.213)
or healing from cancer.

Chris Wark (01:14:33.774)

It's a big step. I think, you know, and I've never used this toothpaste, so I can't endorse it, but I'm looking forward to using it. I'm actually excited to use it. Yeah. Cause I didn't even know when we sat at this interview, I didn't know that you had developed this. I didn't even know.

Dr Gerry Curatola (01:14:40.147)
this. O G. O G. Chris Wark is getting Ravitan this week.

Chris Wark (01:14:53.74)
Yes, free tube of toothpaste. It was worth it.

Dr Gerry Curatola (01:14:56.573)
But actually we have a 20 % off, we'll do that. Nick, we'll give everyone on crispy cancer, your whole community, your tribe gets a revitin code to try it.

Chris Wark (01:15:06.75)
nice.

Chris Wark (01:15:11.16)

We'll just, just use how about coupon code Chris, just use coupon code Chris. Does that work? Yeah. Just. Yeah.

Dr Gerry Curatola (01:15:14.781)

coupon for Chris, Right. CHRIS, just that. OK, we're going to have Deborah, Deborah at Ravitan. We're going to create a code for this podcast because I really want every patient to try it. Every one of your followers just try it for five days, just only use that nothing else and then go back to whatever you were doing, because you will find that you when you respect the science.

And the science is really divine. OK, this is when you respect the science, you have a divine capacity to self regulate and regulate and heal, starting with your oral microbiome, then your immune system and then your entire body. I mean, I never realized how the mouth is really so essential and such a central component of total body healing. And the only.

Chris Wark (01:16:11.746)

That's great. And I think, I know we're over time here, so I don't want to keep you too much longer. I appreciate you just being willing to, to share and talk as much as you have, as busy as you are. I think, you know, for a lot of folks listening that have cancer, you know, you mentioned, you mentioned this in the beginning, but I want to circle back to it. this was Dr. Rouse belief and I'm assuming it's yours as well, but for cancer patients, do you still

believe or advise them to get mercury fillings out, to get root canals out like right away.

Dr Gerry Curatola (01:16:51.635)

There are two foundational components, I believe, of the dysregulation, because I believe when cancer is the end stage of that dysregulation, how do you dysregulate? The two biggest things are toxicity and inflammation. And then I believe there's a lot of research going on right now with what happens when the gene flips and then the kind of dysbiosis that takes over, especially parasites.

and things like that and dealing with that. that's why the microbe, know, dealing with balancing your microbiome. Yes, absolutely. The other thing with and, you know, eliminating dysbiosis, but toxicity and inflammation, major sources and everyone, this is a great way to wrap this. The most important area, the number one source of toxicity chronic.

inflammation, chronic low-grade inflammation. That's what gum disease is. Gum disease is a biofilm imbalance, but gum disease is also a major source of chronic low-grade inflammation to the whole body, ravaging to the whole body. Eight types of cancer. Let me see if I have them all. Oral cancer, esophageal cancer, lung cancer, breast cancer, pancreatic cancer, colon cancer, stomach cancer. So you have

Chris Wark (01:18:12.014)

stomach.

Dr Gerry Curatola (01:18:15.657)

gum disease as a major source. The number one bacterium in colorectal tumors is *Fusobacterium nucleatum*, which lives in the mouth. Doesn't mean you want to sterilize your mouth. If you sterilized your mouth, which is what all the killing plaque and triclosan and all that kill, kill. Oh, look, I just got confetti. I love this. It kind keeps everyone's interest. Well, but when we kill plaque,

Chris Wark (01:18:23.18)

That's right. That's right.

Chris Wark (01:18:35.298)

Who is doing this? I don't know this is coming from.

Dr Gerry Curatola (01:18:45.191)

we are destroying a microbiome and we're actually making you, if we were able to really kill plaque, we would have, often say we would have unleashed ecological Armageddon because our oral microbiome protects us. It keeps us alive. It's an essential part of the compartmentalization of our immune system. It is so, so important. It's foundational for your health. So.

It is not just about a healthy mouth and a healthy body and da da da da da. No, it is intricately connected in the modulation of your immune system. So understanding that the sources of toxicity and inflammation are root canals, are heavy metals, mercury filling, plastic fillings have now been a big, conference on microplastics at New York University Langone Medical Center. Microplastics are a big issue, much bigger than we once thought.

jaw cavitations and their ability to harbor serious pathogens and parasites, dysregulating your immune system. Those are the major things I often do. Major. I do a lot of virtual consults, so everyone can go to our website, RajivHealth.com, Rejuv-health.com, we can do virtual consults. We do

3D cone beams, can analyze it. You can be wherever you live in the country, wherever you live in the world, we can do a virtual consult and identify some of these targeted areas of toxicity and inflammation.

Chris Wark (01:20:23.694)

That's great. Cause that was going to be my last question is how, how can people connect with you, which obviously you're still in practice and they can work with you remotely. That's wonderful. Or come see you in person in the New York city area or the Hamptons area. and, but is there any other, resource for a person to find a holistic or biologic dentist in their area?

Dr Gerry Curatola (01:20:34.025)

Absolutely.

Dr Gerry Curatola (01:20:48.455)

That's kind of a loaded question because I'm really, I do have to say that there are a number of very good dentists. I always say there's a lot of good dentists. I know a number of really good dentists that are not biologically minded, so they're not tuned into toxicity and inflammation. And I know a lot of...

so-called biologic dentists that are just unfortunately not very talented with their hands. And so they have hurt patients even though they want to be healthy and they want to be. So there's a real gap right now in the profession between even in the functional medicine side too, people are all over the map. So what I always say is, if you want a, the best thing I think is to get a virtual consult. You don't have to leave your home.

You can do it. could at least know what's going on. when you do and then we can help you find somebody in your community, but to just give you a list, unfortunately, I don't have that right now, but I will tell you. And here's the best news is I am planning on establishing a center at a major university in the very near future to train and certify dentists in biologic dentistry. Like I said, the two my two life missions at this point in my career when I don't really have to practice are

to teach, disciple, and build the future generation of dentists, practicing dentistry in a conscious awake manner, and then changing what people use to take care of themselves and how they take care of themselves, and what are the things they should look for, and how they should do that. So part, there's education in two camps there. But again, I think the virtual consult is the best way or the safest way.

where I can also help if you're in a community in another area, we can help you try to get into the best hands that I feel are the most competent wherever you are.

Chris Wark (01:22:39.214)

That's great. Okay folks. So what we'll do is we'll put links to connect with Dr. Gerry Curatola and to also learn more and get a Ravitan. Uh, I don't know if you call it toothpaste technically or.

Dr Gerry Curatola (01:22:52.329)

We're writing prebiotic toothpaste. We actually need oral therapy. We're thinking of changing it to oral therapy.

Chris Wark (01:22:57.514)

Okay. It is. Okay. Okay. Good. Yeah. It is toothpaste. didn't know if you were. Yes. Yeah. So we'll link to that in the show notes below this video, you know, wherever you're watching it, we'll make sure there's a link to, connect with Dr. Curatola to get Ravitan. And then we'll, he generously offered 20 % off to coupon code Chris. So jump on that. I don't know how long that'll last, but

anyway, it'll, it'll definitely be, be, a working coupon code in the.

short term, maybe long term. We'll just see how it goes.

Dr Gerry Curatola (01:23:27.401)

We'll try to get it set up for you. So keep it longer than just a week.

Chris Wark (01:23:31.244)

Yeah, that's great.

Yeah, we'll give some folks time to find it. All right. Well, that's awesome. Dr. Curatola, thank you. You have been so generous with your time. I appreciate you so much. I just love how much we think alike and have in common and we're both so passionate and, you know, we're on the same team, obviously. So it's, it's just always fun to connect with you and hear you, you know, hear your perspective and your wisdom and you have 40 years of, of, you know, dentistry. really, I,

Dr Gerry Curatola (01:23:37.598)

Yeah.

Chris Wark (01:24:04.206)

Um, I believe you, and I think you carry a lot of authority and wisdom and it's, uh, it's wonderful. So thanks for the good work that you're doing. hope you have an awesome rest of your day and thanks for watching everybody. Please share this video with people you care about. You know, most people don't know anything about dentistry, right? They think fluoride's healthy. They think silver, silver mercury fillings are safe. They think root canals are safe. Like this is a, this is a

Dr Gerry Curatola (01:24:06.653)

Thank you.

Chris Wark (01:24:32.502)

really important education opportunity for folks in your circle, in your life to help them kind of open their eyes and start thinking about these things. And hopefully they'll read and research more and, and, and, you know, can prevent some pretty serious chronic disease by taking steps now that are put them on a healthier path. That's what we're here to do. See you. See everybody. Bye bye.

Dr Gerry Curatola (01:24:55.814)

Absolutely.

Chris Wark (01:25:00.406)

OK, let's hit.

