

Caspar (00:00):

A common question we get at NYCIM is where can I get my mercury fillings removed? Although there are only a handful of dentists in the entire world that really removed mercury in a safe and natural way, our guest today is one of those dentists dedicating themselves to delivering dental treatments that benefit every aspect of health. This is the story of Safe Mercury removals with Dr. Yani, Dr. Yani. So glad he could be on, and we can finally connect. We've been circling around each other's kind of a hemisphere for a while, and I, I love what you're doing with, with, you know, removing something so toxic from the body. But I want to hear your story of how you got to where you are right now and how mercury impacted your own life.

Dr. Yani (00:47):

So definitely I'm very happy to be here. Very flattered that you invited me. You've been trying for a while. Covid separated us, but now here we are.

Caspar (00:57):

We are here now. That's what matters.

Dr. Yani (01:00):

And, and I'm so happy to share the information with my patients because it was part of my personal experience struggling with a lot of endocrine and infertility issues. I had no idea that mercury could have such an impact on my hormone levels. At early on I got mercury fillings put in my mouth. I suffer very abnormal cycles in my period. My uterus didn't develop. I, my thyroid gland wasn't producing enough T3, T4 hormones. These happened for over, if I would say 12, 14 years, I was on hormone medication. So, despite all this, you know, I make it through school. I get into dental school, we start working on each other, removing all this, not even following a, a safety protocol, but I gotta give you—youth. That was my, my insurance protector at the time. Little I know that.

Dr. Yani (02:03):

Then after this toxic materials are removed from my mouth, my thyroid hormone levels start being totally normal. And I no longer need to take any synthroid medication. And the funny story is finishing dental school, pregnant after being told I couldn't have kids. Okay, two surprises. Finishing middle school was my main goal. And on top of that, having the big challenge to have a big belly there. Now knowing that mercury also impacts the, and, and crosses through the placental circulation and affect the fetus, and it's transmitted through the breastfeeding, the babies. I think I did something good being in dental school, getting them removed even though there were no protocols at the time. This is in the early nineties. Well, that's telling you that my age now, I felt, I mean, I have a perfectly healthy baby. My health improved enormously and I only expect even for patients.

Dr. Yani (03:09):

And if people are listening right now and getting a little bit of wisdom today, we can never expect to get dry as long as we continue to stand underneath the shower. When you have a lot of health issues concerning going from one doctor to another, nobody can figure out what's going on with your body, your immune system, your hormones. You gotta think about your mouth. The mouth is the key area to look into and resolve health issues. Why? Heavy metals, heavy metals like mercury in amalgam fillings, they're creating a havoc of inflammatory event, deplete your production of natural antioxidant. Your ability to synthesize proteins, hormones, reutilize cellular energy for repair of your DNA is completely

impacted. So that's why mercury can affect so many systems, so many multiple organs in your body. We go from autoimmune problems to infertility issues, from central nervous system, peripheral nervous system concerns, and it goes on and on and on.

Dr. Yani ([04:26](#)):

So for me, getting this on an early age and being able to get rid of that, led me through a much healthier path. Little, I know that after going through dental school again here in the US and working on mercury, putting mercury fillings in order to pass our boards being trained to do these perfect metal restorations in the mouth, I started getting a little bit, again, sinus strip, chronic sinus infection, constant migraines and headache. That was my second exposure to mercury. That's when I went to friends of mine that are doctors and said, I'm getting sick again. And I don't know why. I was already into prac in my private practice and said, well, are you putting mercury fillings? No, I don't put any mercury feelings at all. Last Mercury fillings were I put in my patients when I was trying to, when I was getting my boards and, and getting my degree and I said, then it click on me.

Dr. Yani ([05:29](#)):

And like, but I'm constantly removing them. And at the time I wasn't a member of International Academy of Oral Medicine Toxicology. I had no clue that every time I put a drill in my patient's mouth, not only in my patient but also myself, we were inhaling enormous amount of mercury. Just to know, on an average, there's gonna be a release of 17 micrograms of mercury without a stimulation, daily intake on an average number of a few mercurys fillings in your mouth. When you remove these toxic alloys, you are producing up to 4,000 micrograms of mercury. This is way beyond what the E P A is allowing you to inhale and, and in inhalation leads you to, to the lungs and from the lung anticip to the bloodstream and affect every single cell in your body. Every single cell, because there's no safety level for mercury.

Dr. Yani ([06:30](#)):

Single atom of mercury is extremely toxic to the body. And this is a message I wanna send to patients because there's still a, a skepticism about it. We have the American Dental Association is supporting that these fillings are still inert and they don't cause any reactivity in the body, which with science, science that started back in 1930 by a German chemist, Dr. Alfred Stock, he documented the personal hazard that he experienced in his own body. He didn't couldn't continue doing all these studies because in Second World War, his lab got bombed down. And, but then we had Dr. Olympia Pinto that continued the studies in the 50 60s here in the US when he arrived to the US and work with Dr. Hal Huggins. Dr. Hal Huggins is the pioneer and biological demonstrate, unfortunately disease, but with all the respect, he left a major mark for us biological dentists to give us the evidence of how the immune system is heavily impacted when these metallic restorations are not removed in a safe way.

Caspar ([07:47](#)):

Yeah, no, it's, it's a, you know, it, it's mind boggling that is still allowed in many ways and it's really troublesome that some people just overlook it. And there are dentists that say, yeah, it's, inert, not a big deal. When, when you see so many people impact. Your story is really a, you know, a, a very good example of when you remove things from the body, the body can do things like have children. Infertility a lot of times is due to the body kind of preserving itself, cuz it realizes it's a toxic environment. It's not one to procreate, it's not one to have a child in. And a lot of times when you do detoxification in general, you'll realize that that person suddenly can have a child and you were told you couldn't. So it really is an

amazing thing what happens. Is there any a case it where you would say, keep the mercury fillings in your mouth?

Dr. Yani ([08:41](#)):

I try to consider also my patient's age. Okay. And a very comprehensive medical history review. If I don't see that our major systems affected and they don't have any major concern, and these fillings are relatively small and I feel like it will be a major comorbidity removing them out of their mouth, then I'd rather leave them. These are very few occasions. But you also gotta understand if you have a 60, 70 year old person who had this mercury forever, and doesn't it show any levels of toxicity that will deem them important to get removed? I don't wanna open up Pandoras box. Yeah. Well first, because I suspect they might be able to have liver pathways of detoxification normal. They able to secrete, eliminate toxins out of their body. But also I see younger generation coming with infertility issues with neurodegeneration leading with cardiovascular disease.

Dr. Yani ([09:53](#)):

We see a lot of hypertension. I mean, mercury fillings in activating pro important enzymatic reactions in the kidneys. Inactivating acetylcholine transferase is a very important enzyme that regulates blood, blood pressure. So for me, this is like, okay, you're dealing with blood pressure taking all your medication and you're still not getting any improvement. Your baseline is highly elevated. What can we do? I mean, I suspect of that. The other problem with patients with respiratory problem, because mercury will bind to several proteins and enzymes especially hemoglobin will inhibit production of hemoglobin connect to hemoglobin impeding transport of oxygen. So we see all these cyanotic cases, patients that are not able to breathe well, sometimes when I check on their complete blood count, I can see elevated levels of red blood cells erythrocytes. Why? Because it's a compensatory, they're not transporting oxygen. So your body send you to produce more red blood cells to compensate for that deficiency. You see, it, it, we approach based on case by case, but for the most part, if you have a toxin, you have to get it removed to create what you said, a appropriate environment for the body to have the ability to heal and detoxify.

Caspar ([11:17](#)):

Yeah, it's incredible how many systems are really impact. I mean, you're highlighting so many of these, and I was recently down in Florida listening to Dr. Thomas Rau talk about what he's seeing. And he sees mercury, cadmium, all these heavy metals, mostly mercury and the thyroid and Hashimotos, because the thyroid has such a vital blood supply. So the mercury kind of ends up there in the tissue there and impacts it. And then you have autoimmune cuz it inflames it, it's a very potent toxin that ends up there. And then suddenly you have Hashimoto's modes, you have thyroiditis, you have all these things that impact such an important system of the body. Now if someone's listening to this right now and they're saying, okay, I got, you know, some mercury fillings in my mouth, I'm freaking out a little bit, where do they start? Because, you know, it's, I I think there's a process to this of not just running to anyone and saying, please remove these. There has to be a system in place. So take us through the process. If someone were to come to you and say, I have mercury fillings, Dr. Yani, where do we start?

Dr. Yani ([12:21](#)):

Okay, first of all, if I'm not within your zip code area, I encourage you to go to the Academy of Oral Medicine and toxicology IOMT.org and look for an accredited biological dentist and dentist who's certified to be able to remove these mercury fillings in a safe way. There's a specific protocol that we

follow. We go through the training, we go through the testing that we incorporating all of these equipments, and we do it in a safe way. So schedule an appointment with your biological dentist and analyze the risk and benefit of removing them based on your individual medical condition as well. And you'll be surprised. I mean, I have, this is, this is a very interesting case. I saw this gentlemen that came from Boston, was referred to me by his daughter, a an integrative doctor. She had done her research and wanted to send her father to me because the dad refused treatment for cancer.

Dr. Yani ([13:36](#)):

He was diagnosed with prostate cancer. So he said, my dad refusing prostate cancer treatment. He's changing his lifestyle. He's changing his diet. He was doing a lot of good things, you know, an alkaline driven diet, cutting gluten, cutting sugar, processed, as much as he can meat, carbohydrate. But he comes to me, the gentleman has a lot of mercury fillings, so we remove it. Two years later. He's my snowbird. So I get to see him every every winter here. And I said, how's everything going? Oh, I just got a PET scan and they couldn't even trace a single cancer cell in my prostate. It's gone. He was very grateful, said, I owe it to you. No, no, no, no. I don't wanna credit because I, I don't even think I have the power to change your body. It's your mind and your conviction to get healthy that led you to right decisions in regards to your health, your nutrition, and to eliminate those potential obstacles that could, you know, delay your healing.

Dr. Yani ([14:48](#)):

I think everybody has the ability to heal, start with your mind starts with your body and nutrition diet. And I don't see as nutrition, but as a lifestyle. I mean, my husband and I, we are devoted and we stopped drinking, et cetera. Okay? We're in our late forties. Gotta do lifestyle changes so we can have longevity, you know, so this is one of my happy stories. This gentleman, he's probably in his mid seventies and he's cancer free. And I cannot tell enough this story. My dad had two strokes. They moved from South America in 2015. My dad had just had a stroke with recovering learning to speak again. I brought him to my chair and said, dad, I gotta take a look. What what has been done in your mouth for the last decades? Of course, I mean, I found out two root canal, which will be another story separate.

Dr. Yani ([15:45](#)):

We don't wanna talk about root canals today. But he had all mercury fillings. I replaced them where in 2023 my dad had not had any relapse. His blood pressure had been normalizing. The mercury has been removed and he had not had any accident, cardiovascular accident or stroke. So, I mean, I see this in my own family and these are true stories that happening. And people need to believe because if you're trying to find a cure, there's no miracle cure. But we have to remove what we were persuaded to believe that was healthy. Because it is not healthy having these restorations in your mouth. It's the most hazardous, naturally occurring non-radioactive element that gets put in our mouth. Not to mention the galvanic corrosion that it causes. I mean, constantly I'm removing gold crowns and what the old generation dentist used to do, they used to leave the mercury filling underneath the gold. So all these causes even more leech without a stimulation of mercury going into your system. So just wanna create that awareness, you know, if you're concerned, at least get a consultation. Figure out, overcome that obstacle that not knowing at least being aware what needs to be changed is a step forward in regards to your health and your healing.

Caspar ([17:13](#)):

Absolutely. And even if you're not yet symptomatic, understand that you may be, this is a preventive measure that this is absolutely a neurotoxin. If you wanna look, I know there's that famous kind of video from the University of Calgary where the vapors are coming off, right? Yeah. It's obvious that this is not benign just sitting in there. There are vapors constantly coming off and then you're thinking, you're chewing with it, you're grinding your teeth a lot cuz you're so stressed of the world. That's just gonna make it worse. That releases, this is not a metal that's so solid. It's used in that matter because it is malleable. Correct.

Dr. Yani ([17:47](#)):

Yeah, that's definitely. And The other aspect that we see, everybody's talking about Alzheimer. So mercury's heavily linked with a specific mechanism causing Alzheimer's disease. And Dr. Haley Boyd did the studies, I think that was in, in their early nineties. And now we're, we're seeing this big prevalence on, on Alzheimer's, dementia. And we go back, look at our baby boomer's mouth. Those are mouth full of metals full of mercury.

Caspar ([18:23](#)):

So you have this smart process, safe mercury, amalgam removal technique, smart process that happens that protects you, takes, you know, makes sure the vapors as you're getting out aren't going into the patient themselves. So they're not becoming overwhelmed by mercury. You know, as you start to remove these, what what is the additional process? Let's start with what is, what are you using then to place into the teeth rather when you take out the mercury fillings?

Dr. Yani ([18:53](#)):

Well, first of all, patients not gonna be covered if they were gonna get a kidney surgery with me. I joke around cause my surgeon that works with me said, oh my god. Yeah, you covers more sterile than I know I'm joking. But we the material we used to replace has to be a material that is inert. It has to be biocompatible. I usually like to do a biocompatibility test on my patient to customize the materials that will cost less reactivity to the immune system. For the most part, I've been using some German products that are called Almosti. So our silica particles in an organic matrix that doesn't have bisphenol A and doesn't have fluoride. And that's my material of choice because I see for most of the viral compatibility tests, my patients are not reacted to it. So surprisingly I had also another interesting case.

Dr. Yani ([19:48](#)):

These young female in their early twenties got some feelings done re in Mexico. They put a material and she started having a lot of neurological condition, headaches ringing of the ear tinnitus saw six dentists. They told, oh, you're crazy. You need to see a a neurologist or a psychiatrist. I started recommending her about compatibility test, do your homework, try to find out what material was put in your mouth. She was the most reactive to the resin bonded feeling they put in. I mean, we're perfectly done. I even felt bad removing it by knowing that those materials were creating a reactivity in their body. It was our duty to remove. But by the time I was removing half of the mouth, the patient already was improving and said, oh my god, all these psychotic events and ringing of the ears and they're disappearing. A year later she got married.

Dr. Yani ([20:53](#)):

Can you believe that? If that can happen, that's a miracle. So I just want people to be a little more cautious on when they select dentists. Not always the cheapest is the best. And especially somebody

who's not evaluating on an individual basis. What's the ideal material for the patient? Make sure that they don't reach out or create galvanic corrosion because galvanic corrosion happens and we see so many different alloys being incorporated. People's mouth from titanium from gold, palladium, platinum. Then if they get a removal, partial danger, they get chromal. It's just a human battery. Our brain goes crazy. You know?

Caspar ([21:40](#)):

Yeah. And this is a story I've heard in many, many patients that they may go to some, you know, doctor that tells 'em, oh, you have higher mercury levels. Did you have amalgams? They do that research, but then they just, you know, they say you need to get 'em removed. Next thing you know, they go to a doctor that doesn't remove 'em properly and suddenly the patient exacerbates the symptoms, it gets worse. They remove them all at once without safety protocols just pulling on, yanking them out. And that patient gets really, really sick. Is there a detox protocol doing it safely the way you do? Do you leave the patient host removal with some sort of protocol detox or healing protocol?

Dr. Yani ([22:18](#)):

Yeah, definitely. I like my patients to start a pre-detox protocol because we wanna open pathways of liver detoxification, phase one, phase two of the liver, increased glutathione levels by boosting precursors of glutathione like N A C alpha lipic acid, selenium, chlorella liposomal vitamin C. So I mean it, if my patients can start with that, it makes so much easier their recovery. And it minimizes also the impact to the immune system. After mercury gets removed, they continue to be in that protocol. And the day that the mercury is removed, I like to give them activated charcoal in case of any metallic particle or nanoparticle might have got him into the system. They were able to eliminate, flush it out of their body. I don't like to give it because it interferes with the onset of anesthesia. And I have been, I mean, patients can be already anxious from getting this removed, having a rubber dam blocking their airways, their mouth breathers. So I don't wanna have complications getting them numb. So I give the activated charcoal at the end of the procedure and they'll continue to take all the antioxidants as well.

Caspar ([23:35](#)):

Yeah. It's, it's really smart to get 'em starting the detox pathways early. Cuz again, something that I've witnessed with some patients that don't do it properly is they have high mercury levels. They take out the mercury filling, sometimes not properly, and they go straight into the, the chelation and sometimes without the pathways ready for the chelation, all that does is any residual mercury filters around the system ends up in the brain or in the connective tissue and never actually goes out the pathways. Cuz the pathways aren't open yet. They're not stimulated to get the liver, the lymphatic, the kidneys, everything going, the GI system. So I like that you're starting a little bit early cuz I, I also have seen that where people don't, and they're not at all caring about the organs of elimination. Right. Being functioning properly so that anything that's there can remove quite easily. Now you talked about mouth breathing. What do you think about that? That, because I'll, I'll switch subjects a little off the mercury. Okay. Because it is very big right now and you see all these, you know, things with the nasal breathing and everything else. But from what you're seeing, you're looking in mouths a lot. You know, and you know which ones are mouth breeders obviously, when you go through this, is there something to be said about dental health and nasal breathing?

Dr. Yani ([24:54](#)):

Well, with nasal deviated septum, definitely. I mean, you have to work with an ENT in this regard, but also with the evaluation of the soft palette. For that I like to refer to a oral surgeon that does all the assessment of the myopathy classification. The other concern that I have is always, I think in term of terms of orthotropics, how can I create most expense expansion and position of the teeth when I'm doing orthodontics or Invisalign to have more balance of the soft tissue space for the tongue. Because when I see tiny mouths totally constricted, very crowded, the tongue occupies a more posterior position. I'm suspecting airway closure mouth breathers, bruxer, they grind at night because their brain not getting enough oxygen. Sending all of these information and neurotransmitter to our atory muscle to knock off those teeth out of the way to be able to breathe more. But it perpetrates a vicious cycle and very destructive. So early on, early diagnosis is the key.

Caspar ([26:02](#)):

It is. And, and many people don't even pick up on these things. They live, they don't realize they're breathing through the mouth. They don't realize it's a cascade of events that happens as well that take them into poorer health over time because of these things than it does again, it all starts in the mouth, as you said, that is the gateway to the body. And so much of that goes there. Now, I don't want to have a whole episode on it, but you brought it up as well and I, I've definitely talked to many different people about this. Your thoughts on root canals,

Dr. Yani ([26:33](#)):

Please? My friends, I love y'all, but

Caspar ([26:37](#)):

I know it's a tough question.

Dr. Yani ([26:40](#)):

Arthritis majorly. Yeah. You have joint pain. First I think about root canals. Do you have a root canal.

Dr. Yani ([26:51](#)):

Root canals will release incredible amounts of toxins produced by an aerobic bacteria sipping through your body. All these toxins are affecting everywhere your immune system shuts down. It requires so much cellular energy to try to heal these necrotic dead teeth that remain in your mouth just for one vanity. And the other one is okay function. But does it justify to keep a dead organ in your mouth? I honestly, I tell my patient, listen, get the root canal, remove extracted, then we deal with the missing tooth. Some people don't even get to miss second molars. It's only here in the US compared to studies in, in Europe that we're crazy about having all set of teeth. We can properly function after the first molar buy and you don't have to incur an expensive treatment. But yes, if you have a root canal, if you have abnormal breast tissue, consider your root canals as a culprit, a potential source of toxin draining to the lymphatic, cervical lymphatic draining into your breast tissue and causing changes in and in your D N A because that's gonna lead to cancer cells.

Dr. Yani ([28:10](#)):

So I mean, I follow also meridian fields of energy and try to locate the teeth and how it can impact. We have approximately 10 to 12 teeth that correlate with breast tissue and especially in my female patients. So it know we, we gotta, we gotta get away. Dentistry is the only specialty in medicine that allows dead oriented remain in the mouth. And we try to close our eyes and obviate all the impact that it has in our,



in our system. So for me, I check make sure root canals get removed, mercury get removed, and that we put by compatible materials to bring back the function of your mouth.

Caspar ([28:56](#)):

Yeah. You know, when you, when people bring up the root canal thing, it's just, for me it's a, you know, silent infection. Silent inflammation, systemic, you know, and, and exhibits is everything from chronic fatigue syndrome to breast cancer to joint pain. Two autoimmunity. I mean, this is, like you said, it's, it's an infection that you can't really treat. There's no blood supply, there's nothing there. It's necrotic.

Dr. Yani ([29:19](#)):

There's no blood supply, no lymphatic drainage out of the two, nothing, no nerve. So you don't have that natural warning sign and anerobic bacteria. And not only an aerobic bacteria, but we've seen, I mean, I I use a lab DNA Connections to do this microbiological test. We've seen parasite amoeba growing within a root canal treated too, that was extracted. I was like, wow, that made me a nonbeliever of root canals after seeing parasite, a amoeba growing within a root canal too. And this was a canine, a single rooted tooth. Imagine those complex system where root canals are done in posterior molars. Mm. Have four or five root canals canals that they don't get properly that's infected and they will never be rendered sterile. So germs still accumulate and create a chronic degree of inflammation that is little by little shortening your lifespan.

Caspar ([30:18](#)):

And do you see that often where it's multiple root canals and multiple mercury amalgam fillings? Like I, I'm not at all comprehending how many people may have both, but is that common?

Dr. Yani ([30:29](#)):

Well, this, this week alone, I had a young patient probably in her early thirties they suspecting that she has lou Gehrig's diseases. But also had nine root canals and mercury fillings.

Caspar ([30:45](#)):

Wow.

Dr. Yani ([30:47](#)):

I always take a CT scan to study those roots, you know, because I don't wanna go removing teeth without the proper justification that there's a lesion, fermentation acidity, removing bone from our jaw because of the constant and chronic formation of, of, of pulse in the bone. In the bone. So this patient, she needs to get those nine. If you have this degeneration going on already in your body, you cannot afford to keep those teeth. And that was my message. And she is all on it. And the funny part is that she was diagnosed, not diagnosed, but recommended to see a biological dentist. She came to me not having much knowledge. She wanted a mercury filling removed, but when I tell her, what do you think about the root canals? You have nine of those. And she said, I have no clue about it.

Caspar ([31:44](#)):

That's, that's the scary part, is people don't even realize that these are harmful things. And they put their trusts rightfully so in, in dentists and said it was correctly done, everything like that. And it can't be a correlation. And then you have this mysterious illness almost, or, you know, mysterious symptoms or



even cancer or something like that, that suddenly is, is shocking to you and you can't connect it. So it's really important to build this awareness around it. Another thing you offer is full mouth reconstruction. Can you talk about that? What that actually entails and what, what, what a patient require for that?

Dr. Yani ([32:20](#)):

Well white or black, I nothing in my patient mouth and keep the drilling to the minimum if I can because I don't, I feel like there's nothing better than Mother Nature gave you. Your healthy teeth. If we can adhere to a, preventive protocol from nutrition supplements, minerals, re mineralized, small incipient cavities, I'm happy with it. And then I have the other spectrum. What I do with those patients that have six five root, they're gonna lose all the posterior support of their jaw. Then it comes into place how we restore them. I've been using for the last seven years, a lot of zirconia implants in my office for, to do mouth reconstruction. And just because zirconia at least doesn't have any electrical charge, Titanium has been the whole standard for over what, 30, 40, 50 years. But we see in patients that have autoimmune disease, you don't wanna put a metal in their mouth that will potentialize EMF radiation also ionizing radiation. So it has electrical charge. You wanna stay away from that. You want something that's neutrally charged. So that's been part of the rehab challenge that we encounter in our office. You know, patients go through a phase of healing. I'm happy to the point that if you cannot afford the implant, afford getting those teeth removed and then we figure out how to get you back into proper function.

Caspar ([34:03](#)):

Yeah. It, it, it's removing the problem first and then figuring out solutions as you go along. But even removing the problem is such a, you know, a blessing for many people are dealing with such big symptoms and illnesses. Now, what would be your best biological tips you could share with the audience of how to avoid ever needing to maybe see you .

Dr. Yani ([34:26](#)):

Well, like I said, nutrition is an important thing. And these studies been done by Weston Price back in 1920s. Let's go back to basic. Let's start eating like the caveman. Let's chew our food. Let's get into nothing processed, you know let's boost our antioxidant levels, food reduce at more alkaline driven diet, cut all your seed oils. I mean, I'm into intermittent fasting and I'm amazed by listening to several people that I admire so much. So I'm always, when I talk to my patients, try to learn from them or share with them, Hey, how are you doing? You started the intermittent fasting, you know, it's incredible how you can even change the, how these genes cha epigenetics work. And, and, and you can promote improvement even if your microbiome did, you know that by fasting your whole microbiome can be reset if you fast approximately 17 to 19 hours. It's like mind boggling. I'm so crazy about that. It's just, I I I'm not gonna stop drilling and filling, but I pro promote some curiosity for my patients that will instill in them a much healthier lifestyle as well.

Caspar ([35:54](#)):

Yeah. It's a, it's a very holistic approach to it, but it's a very natural, and like you said, let's just go back a hundred years or so. I mean, we, we kind of sit here with a little bit of arrogance cuz of all the technology and everything, but we're much sicker than they were. Let's be honest.

Dr. Yani ([36:09](#)):

That's true.

Caspar ([36:11](#)):

So I think a lot of what you're saying is, go back to the basics, right? The fundamentals, work, diet, lifestyle, stress, all these things are, are are

Dr. Yani ([36:19](#)):

Your labels before you buy something? If that's, that chemistry, you cannot even pronounce it, stay away from that food, you know?

Caspar ([36:29](#)):

Yeah, yeah. No, it's become very difficult because a lot of those labels don't even list what may be in it as it gets processed. You know, I had someone on earlier that was talking about heavy metals in general and then testing and everything and you know, he said everything from hibiscus tea has aluminum in it and this our chocolate, it's processed chocolate. Right. Cadmium, lead things we love. Right. And I, but I think that takes you into control it as much as you can. If you could grow or know your local farmer, you have more control. Cuz it's not going through a factory, a company that paid to process it with other stuff. Machines that may chip off into who knows and will end up with other things that are not an ingredients. Even the scary ones that would be scary for you.

Dr. Yani ([37:13](#)):

I can testify for that. I'm a daughter of an agriculture engineer. I grew up in a farm in South America

Caspar ([37:19](#)):

In Bolivia. You were on a farm. Yes. So, so you know what it's like. So it's a real farmer's daughter.

Dr. Yani ([37:26](#)):

And sugarcane, you know, got blank around the sugar cane for the mercury that I put in my mouth early on. But

Caspar ([37:33](#)):

Yeah, no, the, the whole idea of going back to that and appreciating and knowing farmers is something that, that's big and absolutely can help with dental health as well. Dr. Yani, where can people learn more about you, connect with you if they have any questions?

Dr. Yani ([37:47](#)):

Well, I'm on Instagram and I have my website too, and they can always call my office. I have very well friendly staff, highly trained, and they can always come see me. And if they cannot see me, I gladly will recommend any of my biological dentist colleagues through the I U M T. I'm a big advocate. I think if it wasn't for that academy, I, I, I wouldn't stand here as healthy as I feel today.

Caspar ([38:19](#)):

It's a great organization. What's the name of your clinic?

Dr. Yani ([38:22](#)):

Dr. Yani GreenEwe Dental

Caspar ([38:25](#)):

Green. EWE, right? Green Ewe. Excellent. Well, Dr. Yani, thank you so much for coming on and shedding some light on this and hopefully people listening will be able to say, you know, say, I could now safely remove 'em and understand how to do that. So thank you for all your work.

Dr. Yani ([38:40](#)):

No, thank you so much.

Caspar ([38:42](#)):

Well, as you've heard here, whether you have mercury fillings or maybe a mouthful of root canals, Dr. Yani and her team are dedicated to providing patients with the best in technology, comfort, and quality care. Be sure you don't overlook that connection of dental, health and overall health. And until next time, keep writing your own healing story.