



Fatal Conveniences™: Teeth Whiteners: What Are You Bleaching Away?

[00:00:00] Fatal Convenience Intro

Darin: It's that time of the week for another fatal convenience. This is a bite-size segment that addresses some of society's fatal conveniences and the steps you can take to avoid becoming a victim of them. I define fatal conveniences as the things we may be doing because the world we live in makes us believe we have to. Tap water, shampoo, sunglasses, food... I dive into the hidden truths behind some of our everyday choices that could not only be harming us but even killing us, so let's dive in.

[00:00:41] Fatal Convenience

Darin: Hey, everybody, welcome to the show. This is Darin Olien. This is The Fatal Convenience. I'm stoked to get into this one. But before I get into that, I've been doing Fatal Conveniences for a while now, and your feedback has been amazing. Every week, just blowing me away with the response. I know sometimes it's inconvenient but then it becomes convenient for you as you all are changing your habits. Nothing makes me happier than feeling like I am part of this community and we're building this community together that actually care about ourselves, about our friends, our family, and pushing back and helping to change conscious consumers. Ultimately, that's why I'm doing this so that we all can have healthier choices and we don't have to get hit with these toxic products any longer. You've definitely made an impact on my life and now I wanna see how these fatal conveniences have impacted your life. If you're on Instagram, tag me in a post or a story showing me something that you've changed in your life after listening to one of these episodes, one of these fatal conveniences. Show me the change that you've made and the fatal convenience that you've implemented. I'll be sharing some of them in my story, so please tag me, tell me what impact they have had in your life. It's all a chain effect and I want to share with others what you have done. Let's keep going. I know that this intro is a little longer but I have to say more about my freaking sponsorship here, that's Bite Toothpaste because it fits perfectly with this episode of teeth whitening and what to stay away from. I love their products. I love this company, the quality, the safety, the cleanliness, the non-toxicity, and their package as well. Bite Toothpaste company is completely reinventing personal care by making products that are good for you and good for the planet, what a concept. They only are using clean products, that means no more harsh chemicals, sulfates, artificial dyes, or flavors ever. Their hero product is the dry toothpaste tablets that come in reusable glass jars, love that. You can then order refills that come to your home in compostable pouches. Toothpaste tablets might sound strange but it actually makes so much sense. You just pop one in your mouth, bite down, and start brushing. You get just enough toothpaste but with no plastic tubes and a bunch of toxic compounds. You get clean ingredients and it's super effective. They literally thought of everything. It's incredible. We need more companies like this. They have so many other awesome products and I really recommend checking them out. They're offering all the listeners, all of you, 20% off using the code, DARIN. If you want to try



them out, head to bitetoothpaste.com/darin. As always, you can find the link in the show notes. Now, continuing on our oral healthy hygiene today, we are now gonna dive into the fatal convenience topic of teeth whiteners. This is all about the smile and wanting those bright shiny teeth, I get it, for sure. These are lightning trends right now. We want to bleach our teeth a little bit, get them a little whiter. Listen, I have a root canal in the front of my tooth that I landed on my face when I was about 12 years old and it deadened my tooth and I always have just seen a little different shade. I haven't done any teeth whitening but I definitely have looked into it, and I'm glad that I looked into it deeper.

[00:05:05] Prehistoric oral hygiene

Darin: Literally, 3000 BC, people didn't even brush their teeth. They did something called chew sticks. Have you heard anything about this? They take this small medicinal twigs and a person just breaks them off and they chew parts of it on their teeth, and that's how they kind of keep gunk off of their teeth. Ancient Romans whiten their teeth using urine. That's right, ammonia in the urine was a bleaching agent. How many of you are gonna gargle with your urine? As much as that makes you squirm a little bit, ancient ayurveda which is 20,000 years have used urine therapy in many different ways. I'm not gonna get into that all right now, but it actually is a powerful agent of health is using your own urine, but I'll leave it right there. During the 17th century, people really relied on barbers for care of their hair and teeth, did you know that? Interesting. The barbers would file down the teeth. That sounds painful. Apply an acid to whiten them. That sounds just horrible. I read that, I was like crazy but now, some fun facts. The Americans have been reporting about \$1.4 billion annually on non-prescriptive teeth whitening products to bleach away the effects of cigarettes, coffee, red wine, and just plain old age and just not eating well. Your teeth do reflect your health. In 2015, Americans spent over \$11 billion on teeth whitening including over 1.4 billion in home whitening products. Statistic reports indicate that about 40.5 million people in the United States use tooth whitening products in 2018. So there's a lot of us, there's a lot of you that are using this stuff and we want to change because listen, it's inconvenient. Teeth discoloration is not attractive. When someone smiles and they have brown or yellow teeth, it just is a massive turnoff and instinctually it just gets us to kind of move away from that person because it doesn't seem like it's healthy. All of this intrinsic stuff has effects, what kind of foods you're eating, what kind of beverages, you're smoking habits that could be your pot-smoking, cigarette, so many people use cigars, all of that stuff, but also coffee. Everyday coffee, black teas, red wines, dye, dyes, tobaccos, all of this stuff is absolutely staining the teeth. Again, you don't want to give up those habits, but you want white teeth, therefore, these whitening toothpaste has largely come into the market, hydrogen peroxide, but we'll get into all that stuff.

[00:08:18] What causes teeth discoloration?

Darin: Intrinsic discoloration is from within the tooth. Intrinsic can also be affected by medications we use, childhood illnesses that have caused all this stuff, infections, infections within the teeth, tooth trauma, and also aging of course. Let's just jump to why is teeth whitening harmful? Well, one of the first things that kind of jumped out at me is teeth sensitivity. Teeth are



sensitive, and we do feel pain. They do have their own nerve endings into those. When we consume hot and cold drinks, all of that stuff, we notice those things, but there are major side effects to bleaching and using bleaching agents like peroxides and concentration of peroxides. You have no idea what or how to use some of these things, and they're not regulated in those in-home applications. Essentially, you could be causing nerve damage and gum damage to your teeth and not even knowing it.

[00:09:28] Is hydrogen peroxide ok for your teeth?

Darin: Dental whitening strips typically contain hydrogen peroxide as the main active ingredient. I actually use hydrogen peroxide when I want to get my whites whiter in my laundry and not use toxic compounds to do that. This substance is an oxidative agent. It cleans up the free radicals, it sterilizes, essentially, it's a lightning agent. So it's very powerful and it's also a disinfectant obviously on wounds and things like that, but it can also cause soft tissue irritation. Now I'm just talking about the hydrogen peroxide itself. These tissues are very, very sensitive. Prolonged exposure of these gels and these gel solutions with this hydrogen peroxide can cause inflammation, redness, and then cause a whole slew of down the line bleeding and pain and all of that stuff. Again, listen, all these in-home kits, they've got hydrogen peroxide, it's nonregulated, but they also have these other factors in there. Your internal mouth is its own ecosystem, microbiological with amylase and enzymes that are starting to digest carbohydrates. It is a pristine environment when we start bringing in other harsh chemicals that have a lot of other down-the-line effects. Bruce Davidson, MD, chairman of otolaryngology, I didn't even know that was a thing, head and neck surgery at Washington DC Hospital says, "There may be possible links between teeth whiteners and oral cancer." Again, we're changing the environment. You change the environment, you allow other things to proliferate. He continued to say, "which affects the tongue and other soft tissues of the mouth." In a statement on the safety of teeth white news, the American Dental Association cites two reported cases of tongue cancer in patients who did not have any identified risk factors for cancer. The statement indicates, however, that no other studies have been conducted that show a link between teeth bleaching and cancer. It might be a stretch there but again, what I want to emphasize is this is changing the environment and prolonged use of these things could cause issues. The American Dental Association said in the report that bleaching is generally safe when done under the guidance of a professional, but did say that "safety concerns" related to potential toxicology effects of free radicals produced by the peroxides used in bleaching products. Free radicals are known to be capable of reacting with proteins, lipids, nucleic acids, causing cellular damage because of the potential of hydrogen peroxide to interact with DNA. Concerns with carcinogens and other carcinogens of hydrogen peroxide have been raised although these concerns so far have not been substantiated through research. Let's get into the ingredients just a little bit. Like I said, hydrogen peroxide might cause damage to the proteins and layers of the skin. Study was done by the American Society of Biochemistry and Molecular Biology, dentine is the hard tissue that lies beneath the tooth surface that may be caused and may be affected with the enamel. Hydrogen Peroxide damages dentine and the middle layer of the teeth. A tooth contains three different layers, a shiny enamel as the one external, the dentine layer is the mid, and the inner layer that is mainly the connective tissue. Hydrogen Peroxide can pierce through the enamel



and infiltrate the mid-layer, the dentine layer. Again, over time this can cause serious problems to the protein collagen in the teeth.

[00:14:00] Sneaky ingredients lurking in teeth whiteners

Darin: Sodium fluoride pops up in many of the teeth whitening toothpaste. They slide this in and this can cause irritations in the skin, eyes, the lungs even and then another interesting ingredient is Blue No. 1 or D&C Blue No. 4. This can cause neurotoxicity, endocrine disruptor, moderate persistence of bioaccumulation toxicity, moderate nonreproductive organ system toxicity, but it also has concerns of [00:14:35] and cadmium exposure. Believe me, there's a continued list and we got a lot of that stuff on many products with the Environmental Working Group. I have links of the Environmental Working Group, ewg.org. You can find, you can rate your products. If you want to use teeth whitening, then look on Environmental Working Group and see if those products can be rated as safe.

[00:15:02] What you can do to keep your teeth white naturally

Darin: So what can we do? We can brush twice a day. We can quit smoking. We can slow down some of the stain-removing, red wines, coffee, and teas. I know that one is gonna be hard, but I have to say it. You can go to regular dental cleanings to remove the plaques and surface stains. You can go to those professionals. Listen, if you're going to get support with teeth whitening, go to the professionals and have them use clean products on you. Tell them what they're doing, what it is, and all of that stuff. Another interesting thing is you can do Oil Pulling. This is a traditional ayurveda from India that can improve oral hygiene and remove toxins from the body as well, so there's double benefits for that. All you have to do is take one tablespoon of coconut oil in the mouth and swish it around for about 15 to 20 minutes and then you spit it out. Completely rinse your mouth, spit it and this can improve the oral hygiene in the mouth and potentially pull out some of the toxins and improve the enamel. You can also brush with baking soda. This has teeth whitening properties. It's very mild, it's not going to hurt the teeth, but baking soda helps with the alkaline environment of the mouth, which prevents bacteria. So these are great things. Also, please look at the foods that you're eating, fresh leafy greens, fruits and vegetables, nuts and seeds, legumes, and high rich calcium foods are great. This can improve dentine and everything else. Again, the mouth and the teeth are representations of your overall health, so you can do a lot of things to improve that. That's it for the fatal convenience. Thank you for tuning in. Again, if you want to improve your oral hygiene, the sponsor of this show is Bite Toothpaste. You can go to bitetoothpaste.com/darin and get 20% off. Listen, support companies that are supporting your health. Bite Toothpaste is an answer for oral hygiene without getting toxification anymore. And remember, I love you, I care about you, and I want you to have the best, happiest, healthy life ever.

[00:17:34] Podcast Outro

Darin: Thanks for tuning in everyone. I hope that left you feeling inspired to take a closer look at the everyday choices you're making and how they could be impacting your health and even the planet. If you want to learn more about life's fatal conveniences, head over to



fatalconveniences.com. You can sign up for the exclusive access to Fatal Conveniences episodes, news, insights, and more. And all this great stuff gets sent each week straight to your inbox, making it really easy. Now, that's a convenience without the negative side effects. It only takes a few seconds to join. Just fill in the form and take that amazing step towards making better choices. Remember, small changes can have a big impact. So, keep diving my friends, keep diving. And if you haven't had a chance to check out the interview, I released earlier on the week, here's what you missed:

[00:18:41] Snippet - Getting Good at Life Through Meditation

Emily: The right and left hemispheres of the brain start to function in unison. Now, this is an oversimplification, but the left brain, we think of as critical mind, past-future, analytical, math, balancing your checkbooks, directions. Super important for being a human, but most of us have been spending 90% of our lives in our left brain. Meanwhile, we have this whole other 50% of our brain, which is about intuition, and listening, and music and connectedness, and improv. That part of most people's brains is atrophying. I don't think that nature makes mistakes. I don't think that nature would have given us 50/50 if it wanted us using 90/10. That's why this practice feels like magic is because you start to use the other 50% of this magnificent machine and then you start to feel like a superhuman. Who doesn't want to feel like a superhuman? We're all running this one legged race when we could be running on both legs.