



Oral Systemic Health

**Nafysa Parpia, N.D. interviewing
Alireza Panahpour, DDS**



Nafysa Parpia, N.D.

Welcome to this episode of the Mycotoxin and Chronic Illness Summit. I'm so happy to have with me today, Dr. Alireza Panahpour. Hi there.

Alireza Panahpour, DDS

Hi.

Nafysa Parpia, N.D.

So we met more than a decade ago when I was working at Dr. Klinghardt's clinic and he was as well. And now, that I'm not working there anymore, it's been more than a decade and I've been at Gordon Medical for the past six years. We would like Dr. Panahpour to come work with us and our patients because I understand that we need a conscious dentist on board when we're working with people who have a multitude of infections, including dental. And so we're gonna talk about that today, our holistic work together. So Dr. Panahpour welcome, I'm so happy to have you here.

Alireza Panahpour, DDS

Thank you.



Nafysa Parpia, N.D.

Yeah.

Alireza Panahpour, DDS

Thank you so much for having me. I think what you're doing to begin, with Dr. Papiia, is so needed and I hope this will be one of many other podcasts to come for us to be able to truly raise awareness on so many of our patients that have spent countless years and hundreds of thousands of dollars going from one doctor to another where they truly needed a conscious dentist such as I, conscious natural path such as you or advanced medical clinics such as the Gordon Medical Clinic in San Rafael. If you don't mind, I'm just gonna jump into it, if that's okay with you.

Nafysa Parpia, N.D.

Absolutely

Alireza Panahpour, DDS

First, I wanna wish everyone of our patient Happy New Year. It was this morning, so Happy New Year everyone. Second, I want to thank all my mentors throughout my years of education that allowed me to sit on their shoulders and be able to see a little bit further than them. After years, decades of studying, I came to the conclusion that, unless we have multiple practitioners that are all in synced together, all on the same ship, we would never be able to truly help our patients who are dealing with multiple, multiple chronic issues. So really early I realized in dental school that I was not gonna be that Billy Phillips type of the dentist. And I wanted to be more involved in my patient's healthcare. With that said, tooth decay, gum disease, clenching, grinding, infections of jaw, root canals. In my opinion, they all have one thing in common, they're all chronic issues on the immune system. We know that as we are sitting here right now or talking, our immune system is dealing with over 6,000 different types of cancer cells. So the last thing you want is have a chronic issue within your system that is burdening your immune system. So that's kind of where my scope comes from. With that said, I'm seeing a lot of patients and of course, as I advanced in my education I've somehow attracted much more compromised more



difficult patients. And what I'm seeing over and over again is that, these people have again, traveled the world from one doctor to another, have gone through multiple different therapies, anywhere from chelation to detoxification, where there's been hiding infections in their jaw or some sort of a lymphatic issue or clean air cycle disharmony that has caused them oxygenation issues. So I spent ample time, not only on the phone but giving lectures to medical doctors, functional medical doctors and these natural path acupuncture, chiropractors of the importance of dentistry in conjunction with their medical health. It's quite rare, I would say, within the past five years for me to see a patient without working closely with their medical doctor or naturopathic doctor, et cetera, et cetera. And I usually know within the first few minutes talking to these other doctors if they get it or if they don't get it. And if they don't get it, sure I'll be more than happy to spend more time with them, go through that learning curve. But of course I always tell my patients, your doctor's great but just not experienced enough for these type of issues.

And I recommend for you to see, I mean I only work with a handful of doctors. There's Dr. Eric Gordon, at Gordon Medical, he's one of my primary referrals. Dr. Papia, which in the same clinic, is my primary referrals. I have Dr. Santiago that I work with in Pasadena in my Los Angeles office. Dr. Virginia Martinson in La Luz Wellness Center in Mexico. So again, there's only a handful of doctors that I have faith and trust in, that I work with closely with our patients. Now with that said, when a patient comes to me, first thing I look at is structural harmony. Structural harmony, clean air cycle harmony leads me and helps our patients in oxygenation and lymphatic movement which is primary for all of our patients. Sometimes I have to spend at least weeks or months with certain dental appliances with these patients and with the help of proper chiropractors not only pop, pop, pop chiropractors I'm talking about cyclo-oxypro technique. My number one physician chiropractor is in Los Angeles, Dr. Charles Blum, which I've been working with for the past 20 years. And only through few weeks of getting these patients turned around in allowing more blood flow to the head and neck more dumping of toxins, oxygenation, lymphatic movement that really is the beginning of our treatment for most of our patients. And from there, let's say, I'm gonna put this in basically, three different compartment for you. First and foremost my physicians need to assure me that our patients are ready for surgery, adrenals, thyroids, hormones especially because hormones are directly connected to



blood clotting factors. And of course that becomes the responsibility of our physician to make sure that system is working again, thyroid ,adrenal, blood clot, so that's step number one. Step number two, when I go in there, as an advanced surgeon to remove these capsulated infections in a way, what am I really doing? I'm spreading that infection now throughout the system. So how do I protect my patients? Well, if you talk to microbiologist, infection control doctors, pathologists, mostly aopathic mind, they tell me that yes, put your patient on three to five different types of antibiotics. Why three to five? Well, we know that these are super bugs. As soon as you give a start on the first dose, these super bugs have babies and their babies have babies and they become immune to that antibiotic. So you gotta hit him with another one and another one but can you imagine what that does to one system? Shows your gut, allows even more flatulent candida issue and, your gut is your first line of defense. We have more lymphatic connection to our gut than any other part of the body. So the other option is immune modulation and that, again, goes to the expertise of the doctors that I go with to make sure through certain supplementations intravenous IV supports of vitamin C, especially ozone before and after surgeries, and other factors too, to prevent the die-off and downfall of these patients. So that's number two.

Number three, and this is again, most important part of all whenever you remove a chronic issue away from the body that for example, patient had their wisdom teeth extracted 20 years ago or they have a root canal that was done 15 years ago, and these areas are abscess, are infection, they're harboring biofilms, bunch of different bugs, viruses, bacteria, fungus, parasites full of dead bone around them so when I go in there and remove that entity, the immune system's like, wow, great, I don't have to deal with this anymore. What am I gonna do next? And believe it or not, this is the hardest part for me to try to explain to the doctors that I work with. These doctors are so as monolithic, they only think of certain compartment of the body instead of looking at the whole body. So as soon as one of these chronic issues is taken away from the system, at that time, the body either wants something or it wants to dump something. And mostly its heavy metals. Now, that also has its own ripples effect. Whenever the body starts jumping heavy metals, well, the body at the same time says, oh, oh, heavy metal toxicity, let me dump some candida. So that's why I can only work with a few physicians in the States right now that truly understand that, and



are able to predict what's gonna happen to the system and be able to protect our patients. So basically that's in a nutshell.

Nafysa Parpia, N.D.

Thank you Alireza, for that really, really important nutshell. So first of all, the patient comes in, typically this patient has already been my patient or Dr. Gordon's patient for a while.

Alireza Panahpour, DDS

Correct.

Nafysa Parpia, N.D.

And we realize the person has infections. We send them for a CT scan of the jaw, it looks at slices of the jaw for infections there that an X-ray won't look at, then we say, all right, it's time to send them to Dr. Panahpour because Dr. Panahpour can clean this out here, right?

Alireza Panahpour, DDS

Well, just take a step back. We know that normal dental X-rays, are a two dimensional picture-

Nafysa Parpia, N.D.

Right.

Alireza Panahpour, DDS

Of the structures we look at, thank God for our new 3D technology. We're able to look at the system in a more three dimensional manner. And of course, when we take these scans above and beyond me and you and Dr. Gordon looking at them, we always send them to a radiologist.

Nafysa Parpia, N.D.

Yes.



Alireza Panahpour, DDS

Just like there's different types of natural paths, different types of dentists, there are different types of radiologists. Some focus on looking at the sinus, some looking at the TMJ tones. Some look at breeding. The people they work with are like the masters of the universe. They look at everything, especially infectious of the jaw. So only when we get confirmation not from just me or you, or Dr. Gordon looking at them from an expert radiologist that gives us a report says from the imaging that we're seeing there is very good evidence, there are infections in these areas and what they're calling it, is chronic fibrosis osteomyelitis, it's a nicer way of saying yeah, in gringo, basically.

Nafysa Parpia, N.D.

Uh-huh.

Alireza Panahpour, DDS

To be honest with you.

Nafysa Parpia, N.D.

Right.

Alireza Panahpour, DDS

And whenever I talk to infectious control doctor or a pathologist and they see these reports, their jaw drops to the floor. "Oh my God, she's got chronic fibrosis osteomyelitis." I'm like, listen, 90% of your patients have this, you just don't know about it.

Nafysa Parpia, N.D.

Right, right.

Alireza Panahpour, DDS

Yeah, so only at that time is when we start putting, the plan together of how do we get this patient ready to basically, carefully and properly in as not invasive way as



possible to remove these infections away from the body and allow the body to go on, on its path of dealing with further chelation, detoxification. I mean, how can you kill it, how can you detox? How can you get well, when you have breathing issues, lymphatic issues and infections that are harboring in your jaw? That's impossible.

Nafysa Parpia, N.D.

But infections harboring in the jaw, can cross the blood brain barrier or at least inflammation from those infections, across the blood brain barrier.

Alireza Panahpour, DDS

Absolutely.

Nafysa Parpia, N.D.

And then that can affect the pituitary or master hormone regulator. It can affect all kinds of different areas of the brain.

Alireza Panahpour, DDS

Absolutely.

Nafysa Parpia, N.D.

So with a leaky gut brain barrier sometimes as well there's a lot of work that we as need to do to prepare the patients to see doctor once we've made that assessment with the rheumatologist.

Alireza Panahpour, DDS

That's why I'm truly blessed, it's not like I'm around the corner for you, I'm actually in your clinic. 7- Exactly.

Nafysa Parpia, N.D.

That's where the magic happens. 7- Yes.

Alireza Panahpour, DDS

And of course, both of us being trained with autonomic response testing, we're able to truly at least focus on what the patient needs, what the patient does. I'm not



saying that's just exclusive. Of course, there are other markers that we look at also but I think autonomic response testing done properly also truly helps us. So I truly want to thank Dr. Klinghardt for again, teaching this to us and enabled us to advance in it. Dr. Papia, are you familiar with the Nun Study?

Nafysa Parpia, N.D.

Yes, tell our audience more about it.

Alireza Panahpour, DDS

Yes, so a Nun Study is an ongoing research study that's been going on right now for the past, I would say almost 30, 40, 50 years. It's in Baltimore. Basically, there's a convent right across the street from a medical school and dental school and all these nuns and pastors got their dentistry and medical help free, basically. And at the end, God bless them when they passed away, they gave their body to science. So they started doing a lot of different research. And of course, as technology got better, they were able to look at things much deeper. So basically going back to the Nun Study what they realized was that, say if patients were dealing with any kind of, let's say, breast cancer or ovarian cancer or any kind of a medical issue there was a specific part in their brain that was diseased. So let's say breast cancer. There was one area in the brain, ovarian in other spots. And when they looked at these areas in the brain, top three things they found, number one mercury, two aluminum, three biofilm. Now the question was, how did this buggers, these heavy metals, get to that part of the brain? Because there's a blood brain barrier.

Nafysa Parpia, N.D.

Right.

Alireza Panahpour, DDS

The conclusion was that these buggers, these heavy metal toxins can travel through the nervous system. And the closest part to that brain was the oral cavity.

Nafysa Parpia, N.D.

Right.



Alireza Panahpour, DDS

So I found that to be, and this was actually in the American Dental Association Journal which I'm not a big fan of that organization but it was really interesting even they came up with this research. So I found it to be very interesting. So again, the oral cavity is the engine, is the gateway to health.

Nafysa Parpia, N.D.

In functional medicine and naturopathic medicine today everybody's talking about the gut brain connection and it's really, really important. And yes, I focus on it a lot myself. But, what I'm noticing is that nobody's talking about the dental and sinus brain connection. It's something that I focus on hugely in my practice. And once we can turn the corner in treatment in those areas, a patient's life absolutely changes.

Alireza Panahpour, DDS

That's right.

Nafysa Parpia, N.D.

Yeah.

Alireza Panahpour, DDS

I've had many, many patients after when they see us like literally within hours after the surgery, they tell me "I don't know who I am right now." Their body has been on such adrenal rollercoaster.

Nafysa Parpia, N.D.

Right.

Alireza Panahpour, DDS

Fight, fight, fight, fight, fight, crash, fight fight, fight, fight, crash. That they don't know who they are. I'll give you a perfect example. I had a young man come to me a few days ago, 17 years old.



Nafysa Parpia, N.D.

Mm-hmm.

Alireza Panahpour, DDS

Jujitsu Master, third degree black belt, chess club, debate club, very active individual. They went to Massey William surgeon, in Beverly Hills who removed four wisdom teeth at the same time and they ended up putting cal bone in there after the surgery. Well, all the four surgeries not only ended up getting dry sockets because there was infection left behind and the cal bone because it's different DNA, the body rejected it. This patient has completely crashed. Can barely walk two steps.

Nafysa Parpia, N.D.

And was so strong.

Alireza Panahpour, DDS

This poor young man is losing his mind, how is this possible? Of course the parents feel so guilty but it's not their fault. They didn't know any better. They trusted the specialist or surgeon, what have you?

Nafysa Parpia, N.D.

Right.

Alireza Panahpour, DDS

So imagine a 17 year old coach, so active, is so strong goes with dental treatment and barely can stand. So I try to explain this to the functional medical doctors. It was like I'm speaking alien. They couldn't even understand when I even said, give them an ID vitamin C drip, get system well, that's not common.

Nafysa Parpia, N.D.

Neither respond.



Alireza Panahpour, DDS

That's not the norm. Well, I called the parents, I said, I really wanna help your son but I can't work with this doctor. You gotta come to my people. Of course, being in LA, I referred the patient to Dr. Santiago, who's a very advanced natural path and within three days, this young man is back on track again. Not the same that it used to be. So basically we are preparing him for surgery going in and we took the CT scan. The radiologists confirmed that, these wisdom teeth that were extracted in Europe are infected and we need to clean them out. So now the doctors are getting him ready for the upcoming surgery. What I'm just saying is that imagine that mentally to our patients. They've been chasing their health for so long and after years and years and years, they come to a conclusion that, "oh my God that guy who told me that I should take care of my dental infections, which I didn't listen to. Now I gotta go back to it.

Nafysa Parpia, N.D.

Right.

Alireza Panahpour, DDS

And I would say more than 50% of the cases that I do right now are re-do. They went to some wicked warrior who took some wicked class at some wholistic in dental organization calling themselves biological dentists now or even some of these other ones who advertise such thing. They went in like doing a filling. They went in, removed the infection gave some vitamin C, some vitamin D/K2 and they think, yeah, that's it's over, it's not.

Nafysa Parpia, N.D.

No.

Alireza Panahpour, DDS

The preparation before, during and after is so crucial. So again, that's why I love working with you, working with Dr. Gordon and other practitioners. As you know, I'm sitting in the Alaska Lounge right now on my way to your office.



Nafysa Parpia, N.D.

That's right.

Alireza Panahpour, DDS

Because we have patients for the next few days at the clinic, so I'm really actually excited and looking forward to it to be able to truly help our patients on these levels.

Nafysa Parpia, N.D.

I know, I'm so excited that you're at our clinic because now we can change their lives in a deeper way.

Alireza Panahpour, DDS

This is a new paradigm.

Nafysa Parpia, N.D.

It is.

Alireza Panahpour, DDS

This is a true new, hopefully this will be a start of other clinics having a conscious dentist with proper expertise in their clinic. That's where the magic happens. I truly believe in that from the bottom of my heart.

Nafysa Parpia, N.D.

Believe in that too. That's why you're with us. That's why you're working with us. I mean it's-

Alireza Panahpour, DDS

Thank you so much.

Nafysa Parpia, N.D.

Absolutely.



Alireza Panahpour, DDS

And lemme tell you like with my LA office, San Francisco I consult in Miami and a clinic in Mexico, I'm traveling all over the place and people tell me, how are you able to do it? I said, it's the result that I'm getting, when I see these patients get well, when I see them get stronger, when I see them finally are able to change their life around, that gives me the strength to keep on going.

Nafysa Parpia, N.D.

Absolutely.

Alireza Panahpour, DDS

True.

Nafysa Parpia, N.D.

Thank you for the work you're doing.

Alireza Panahpour, DDS

Thank you, I could never do it without you guys. I want to be honest about that. So again, I spend ample times talking to other doctors natural pass, I will say only one out 10, truly get it. And I'm willing to train the other nine outta 10.

Nafysa Parpia, N.D.

Right.

Alireza Panahpour, DDS

I go through the learning curves with them but it's truly an honor to be able to work with someone that can hear me, understand me and for us to be able to help our patients in a synergetic matter, one plus one equals three.

Nafysa Parpia, N.D.

That's right, that's right. Thank you, Alireza, thank you for this interview and thank you for joining our practice. We're also excited-



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Alireza Panahpour, DDS

Thank you so much. I look forward to seeing you guys next, this coming week.

Nafysa Parpia, N.D.

Yes, we'll see you very soon, in person.

Alireza Panahpour, DDS

Thank you, thank you so much.

Nafysa Parpia, N.D.

All right, thank you.

Alireza Panahpour, DDS

Bye.

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