

Holistic Dentistry – Living Well In Every Season of Life

Dr. Michelle Jorgensen: Ep #558



Dr. Michelle Jorgensen

About 15 years ago I got really, really sick. Didn't know what it was. Memory issues, major gut issues. couldn't eat. Sometimes I couldn't even drink water without pain. Numbness. I had such numbness, it was just painful all the way up my hands and arms. I didn't have the power of my thumb to be able to push the back of the handpiece. But eventually found out it was mercury poisoning from actually removing silver fillings. And it was really a slap in the face because I had to say, what do I bl-

Dr. David Phelps

Decades ago, I hustled to grow my dental practice and real estate empire. Society patted me on the back and every new deal and patient reinforced the success they said I had. Then my daughter Jenna was diagnosed with leukemia. Nine years, several intense chemo treatments and years of epileptic seizures, my daughter was given one more miracle, a life-saving liver transplant. In that hospital, I realized I wasn't successful. I had money, I had real estate assets and a business, but the only thing that mattered was time with my daughter.

In that hospital room, I decided to sell my business, leave active income and sustain my lifestyle with my real estate assets. Now, Jenna is healthy and all grown up and me, I am teaching others to do what I did. And I continue to uncover the principles, strategies and lessons we can apply in business and investing to create ultimate freedom for what matters most to each of us. Welcome to the Freedom Founders podcast.

Dr. Michelle Jorgensen is the founder of Total Care Dental and the author of Living Well with Dr. Michelle. In this riveting conversation, she shares how mercury poisoning from routine dental procedures nearly ended her life and her career. Her story of transformation from burnout and toxicity to holistic, biological dentistry is a wake-up call for the entire industry.

She's now leading a movement to help patients and practitioners alike reclaim true health by addressing root causes, not just symptoms. This is more than dentistry. This is a revolution in wellness. Please welcome Dr. Michelle Jorgensen.

Michelle Jorgensen is such a pleasure to have a conversation with you today about what I know has become really mission central for you in your life. And we're going to dig into what that is. But I first just want to congratulate you and show our audience this amazing book, *Living Well with Dr. Michelle*. I just I love the way that just flows. But knowing you as I have for a number of years, been in different high caliber groups with you, you presented at Freedom Founders and just knowing your passion about what you've done and being a

traditional dentists like many of us, probably many listening to this podcast and doing that at a very high level. And we're gonna get into your story in a minute. But the fact that you transitioned from traditional dentistry to more holistic and biological medicine and wellness overall, and why you did that and really where this is going in the world, not just dentistry, but just I'm a big believer too. I just haven't gotten to the depth that you have, but I'm a big believer that

in my world, one of our five freedoms is health. Because you can be all things and make money and have a great practice and live a great life. But if your health is not maintaining or it's on the decline because you just let it or you try to allow Western medicine just to write prescription after prescription after prescription to fix the symptoms and never to root the problem, then you really aren't living your full life and you're all about living well. let's go to the backstory. Talk about your iteration.

What prompted you, what inspired you to make the move to what you're so passionate about today?

Dr. Michelle Jorgensen

Yeah, know, the short version of the story is that about 15 years ago, I got really, really sick. And you know, a lot of people have these, what do they call them? You know, pain to promise kind of stories and that sort of thing or pain to purpose. And definitely was the case for me. I started getting really sick, didn't know what it was. Went to doctor after doctor. was, you know, I was the patient and didn't have any answers, wasn't finding any answers. And eventually long story, but eventually found out it was mercury poisoning from actually removing silver fillings in people's teeth and magma fillings.

And I do want to highlight this just for any dentist that's listening. This is a real thing. And I know when I was in school, you know, 28 years ago, they told us if we talked about this, we would lose our licenses. Well, it's not the case anymore. We need to be talking about this. I just heard this weekend of two more dentists who committed suicide this weekend. And that absolutely devastates me. And I just can't help wonder how much of this despair that people feel comes from a literal

heavy metal toxicity. Mercury is a neurotoxin and it affects everything in the body. Clear back in the 1800s when they started these mercury fillings, the doctors at the time knew that mercury was dangerous because of hat making. Hat makers would use liquid elemental mercury. They would rub it on fur and it would turn into felt. And that's how they made all these felt hats. This is where the term mad hatter comes from. Because those hatters were literally going mad and they were suicidal. They couldn't feed themselves. They couldn't walk like they could get this crazy gate.

that they talked about and that's where the whole Alice in Wonderland story came from with the mad hatter. So if you are in that situation at all, please go get tested. This is the easiest test ever. You do a mercury provocation test to find out is this something in your body that's creating symptoms that you're struggling with currently. And I can almost guarantee that every single dentist has some sort of mercury levels in their body built up that is not doing them any favors. It is simply harming them. And there's ways to get rid of it and there's ways to practice in a way that you don't have to get more in.

Anyway, that's my PSA, my public service announcement for the side.

Dr. David Phelps

That's important. And where does one go to get the test?

Dr. Michelle Jorgensen

Yep, so there's a test. You can always reach out to me. Just please reach out to me, Michelle, at TotalCareDental.com. I believe it's called Doctors Data. There are tests. You have to do something called a mercury provocation test where you have to take something to pull it out of the tissue. Mercury goes and hides in the kidneys and the brain and other places. So you can't just do a blood test or a urine test and find actual levels in your body because it goes and hides. So you have to pull it out with something called a chelator. It has to grab it.

pull it out so that you then can do a urine test. And typically urine is where we're going to find the mercury from fillings. There's elemental mercury and there's the other kind of mercury that you're going to find in fish and things. Elemental mercury shows up through the urine, through kidneys. So yes, please reach out to me, reach out to me on any of my channels, anything. I'm always happy to talk to everybody. I can send you the exact link for where to go get this test because this, if I can save one dentist from going down the path that I did, it's worth it to me.

Dr. David Phelps

Well, better to know. And so you can take steps that you have already laid out through your journey on how to eradicate the issue, which is obviously a big part of the book. Well, once you made discovery from your own journey and your own health crisis to back to health again, then this just became a mission for you. As you said, you've already indicated it's become a mission that you want to carry out to both practice professionals.

in our industry, but also our patients. And so your focus and your passion makes a lot of sense. How hard was it to make this philosophical shift within the practice? What did that look like over time to change the focal point and have these different conversations? Have your staff buy into the mission and then of course patients, what's all this about? What just changed? Give us a little bit of that picture. I think lot of dentists would like to probably focus more on

on total wellness, but you get caught in the, where you came from and it's like, well, if I shift that, how am gonna do that? And no one's gonna believe me and all the limited beliefs that we have.

Dr. Michelle Jorgensen

Exactly. And honestly, some of those are very true. They're very valid concerns. And I really ran into that wall, first of all, just my own philosophy and my own education and teaching. And my father's a dentist. My grandfather was an internist. You I was just raised in this modern medical world. that's it. And part of that, I think that we were all trained to not doubt it, right? We're told something and that is just truth.

It's just what it is. And that was really, that was, that was a challenge for me because all of a sudden, like I said, I'd been taught in school. If you talk about this, there was this guy named Hal Huggins. if you lost his license, we've all heard his name, you know, but he lost his license because he told people they could get sick from mercury. So don't do it. Don't go there. And then I learned that I myself got sick from mercury and it was really a slap in the face because I had to say, what do I believe?

You know, what do I believe? The evidence right in front of my face that I am not well, and what are my symptoms? People probably want to know this as well. So symptoms were gut issues, major gut issues. couldn't eat, sometimes I couldn't even drink water without pain. So major gut problems, memory issues. You know, I was always, I started dentistry when we had film x-rays and paper charts, and you did as well. And there would be times where they'd be carrying that paper chart down the hallway and an x-ray would fall out, right?

and they'd pick it up and if it wasn't an amount, they'd all go, who is this? You know, I don't know whose x-ray this is. And they would always bring it to me because nine out of 10 times I could look at the x-ray and I could tell who it belonged to. I mean, just have, I have a very good strong photo, you know, photo memory. I can remember things. I can remember faces. I can just remember. I stopped remembering. I stopped remembering patients' names from room to room. I stopped being able to complete sentences. I mean, this was drastic, a drastic change for me.

So that was a big one with my memory, but numbness. I had such numbness, I couldn't sleep at night. It was just painful all the way up my hands and arms. I couldn't blow dry my hair. Pulled onto a pen and I stopped being able to have the dexterity to even change out my burs. I didn't have the power in my thumb to be able to push the back of the handpiece and pull that bur out. My systems would have to change my burs. And then I thought, what am I doing? If I can't even hold onto an instrument, why should be doing dentistry anymore? So those were the symptoms I had. And I was drastic. mean, my symptoms were

my mercury levels were off the charts. So I had to do something. You know, I didn't really have a choice. If I was going to continue in dentistry and I put my practice for sale, I actually had my practice for sale. had all these other options. I was investigating, you know, I was in my late thirties, four young kids. This was our entire livelihood. This was, this was a big deal. This wasn't just like, yeah, I have, you know, a little bit of acid reflux now and then. And that wasn't the story here. So I had no choice. And when I found out that there were organizations that

taught you how to remove mercury fillings without breathing it in. I didn't have a choice but to implement those procedures if I was going to continue in dentistry. just didn't, I didn't have a choice. So I started implementing them and patients started paying attention. You know, when you walk in and you got this big old mercury filtration mask on and we're covering them and

we got this giant vacuum. I now call it the COVID vacuum because everybody bought one during COVID and nobody's using it. Pop it up there when you're doing, when you're taking out a mercury filling, my gosh.

It's already in your office somewhere gathering dust, use it. So, you when we started doing all these changes, patients started saying, what's going on? Why are you like crazy talk now? You know, what's happening in here? So I started describing it and saying, well, this is for my own health reasons. And then they would pick up on that and say, well, don't you think this is probably good for me too? And that's where I had to cross that line and go, I won't lose my license. I would say that because we know that mercury does things to the body. mean, people talk about it with fish and vaccines and my gosh, you know.

So I really had to change my own thinking. Then I started asking more questions because I'm a question asker. People would start saying, well, if you found this out about these fillings, well, what do know about ruginails? What do you know about fluoride? And I just knew what I'd been told, exactly what all of you have been told. That's all I knew. And so I started doing some research and finding out some answers and realized, oh, there's a whole other world I didn't know about. And I mean, I'll always remember this one patient. She'd been a patient for probably 20 years.

she came and had three infected root canal teeth, all right next to each other. And she was having some major health challenges. And I found the root canals on a a combination CT scan. said, these are all really infected. I think that those three, I'm going to recommend they be, they come out. Then I looked at the chart and saw that I had performed those root canals. And that was the day that again, I had to step over the line and say, she got 10 good years out of them. I know different now than I knew then.

And it's okay to say that. It's okay to say I'm doing my best based on the knowledge and the information that I have today. And I think it's imperative that we do continue to do our best, even if what we thought was our best before is no longer that. Has that come at a cost? know, professionally, perhaps people look at me like I'm the crazy one, you know, like I have three heads. And usually I just say, can I share my story? And that usually diffuses it, you know.

From a patient standpoint, has it come at a cost? To the contrary. This has actually grown exponentially since we are now looking at health.

Dr. David Phelps

Before you rush to sell the practice you're tired of, stop. Your practice is still your strongest lever. Not to trap you, but to buy you options. Options to simplify, stabilize, partner or sell on your terms. This November, I'm leading a four-week masterclass designed to help owner doctors like you create margin fast, understand what buyers really value, and build replacement income so you never have to negotiate on weakness.

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By the end, you'll have your own option-ready plan. A clear path for the next two, three, four, five years. Whatever makes sense for you, your life, not just your practice. If you want fewer moving parts, more margin, and a freedom to choose your path, this is the place to start. Reserve your spot today at freedomfounders.com forward slash masterclass. That's

freedomfounders.com slash masterclass. Because freedom isn't selling fast, it's being ready for.

In a world where it seems like ■ with the prevalence of ■ dental offices ■ and DSO clinics spring up everywhere, just like Starbucks on every corner, unfortunately, our world has become very commoditized. Insurance commoditizes us. so, your point, you didn't do this to differentiate yourself, but you have definitely differentiated yourself in the right way, for the right reason. And so I think when you stand for something that goes contrary,

to the mantra, the belief system that society or the industry has had, yes, you're gonna be a target by a lot of the people who want to hold on to what's been there because they're afraid. They're afraid and they won't step over the line. You did it to save yourself first, which makes a lot of sense. And then because you saw the benefit, you can't hold back and just keep playing the same game. You had to, or just not do it at all.

Dr. Michelle Jorgensen

Exactly. Yeah. So yeah, the practice has grown and it's exponentially. Now we have seven doctors. have, you know, we're multi-specialty and people come from all over the world to see what we do. And really that has now propelled me into my next phase of what I am going to be because I realized our two hands are only two hands and dentists, think.

you know, struggle with this at times, we can only treat those that are literally sitting right there in our chairs. That's the only people that really able to influence. And so I realized that I wanted to grow that piece of the actual physical people that we could help. But that really wasn't enough for me. I wanted to share the information widely so that people could go and find a practitioner near them as well. And that has been an interesting thing as well, because I've realized that

The profession in general, and this this is shown statistically, it's in medicine, it's in dentistry, it doesn't matter what it is. We all know this, that schools are what? 10 years behind probably clinical practice, at least 10 years behind clinical practice. And clinical practice is probably at least 10 years behind research. So if you are continuing to practice what you learned in school, you're 20 years behind current research. You really are at that point. And so I realized that transitioning for sure schools and education,

but even clinical dentistry was going to take decades. So to speed this process up, I wanted to talk to people that have teeth and want something better for those teeth because they will push this demand faster than the profession will adopt it just because of entropy and the way that goes. And that's been really, I've really enjoyed seeing that the pressure.

pressure pressure is perhaps the wrong word. Just even a, can ask my dentists to be more for me than they just, than a tooth filler upper, you know? I can ask them to be more and I let people know that they should expect more from their dentist. The dentist actually can help a lot with health and overall general wellness. And we're not just, you know, we're not just good for just, know, plugging a hole. There's more to what we can provide than that.

Dr. David Phelps

So that makes a lot of sense, Michelle. I think giving consumers, the patients, the information, so they can be advocates for their own health. But how are you overcoming what I still see as

the issue? yes, you arm them with the information to go to their current dentist. But their current dentist is not going there. So are you establishing a...

A resource of dentists who have connected with you, believe in your mission across the US. Is there a way for patients to say, okay, my dentist is just not going to do it? I love the guy, I love the gal, but you know what? I believe in what you're doing. So can you help me, Michelle? What does that look like?

Dr. Michelle Jorgensen

Yep, most common question we get. Where do I find a dentist just like you? So yes, we have established a directory on our website. So my website is [livingwellwithdrmichelle](http://livingwellwithdrmichelle.com). Again, if you only need to know one thing from this, it is that. And I did not pick the title for the book. That was the publisher. they were like, well, it's already established. Let's just go with it.

So yeah, Living Well Dr. Michelle, if you go on there, there's a dentist finder on there that is a list of dentists that have been basically curated or vetted by me. We know they perhaps don't do everything that we do in our practice because we do everything from pediatrics all the way up to, know, we have a periodontist on staff. I we do everything, but they're going to at least have the same mindset. And that's the key component because if they have the same mindset, most likely they've developed a relationship with.

referral sources in their area that can do the surgery or other things as needed. So yeah, we get about 15 to 20,000 visitors per month on that website looking for a dentist. So any dentists that are listening to this, please get on the list, start providing some of these kinds of care because in fact, it's interesting, we actually had a marketing arm that we were providing for dentists and everyone said, we don't need marketing. New patients are not our problem.

We have more new patients than we could potentially ever see. What they want our help with is how to actually turn those new patients into paying, you know, people that are saying yes to care and how do they do that care efficiently in their practice. And so we actually have a continuing education arm as well where we're providing dental offices the kind of instruction and guidance to be able to provide this kind of care in the practices because the work we've been doing is working. Patients are looking for this kind of care.

And so we need practitioners and practices that we can send them to.

Dr. David Phelps

Well, yeah, you're really closing the gap of what I saw as being the friction point because a doctor, a dentist feels the compulsion to want to follow this. But again, where do you find the training? then how do you get first the buy-in from your staff? Because that's next step is your staff. We're famous as wannabe innovators. We go to different courses right over the years.

but our staff is not with us for many of the clinical courses and we go back and we're revved up to go and they just roll their eyes as we come in. So emboldening the staff to believe in the same mission, the same value is a big step. I think it's a huge step and of course then the ability for the dentist to provide whatever level of services they're going to provide or learn how to outsource those services that they don't want to do to practitioners who also are the same belief system.

Dr. Michelle Jorgensen

Yep, and there are starting points and that's a lot of what I teach is where do you start? You can't eat the whole elephant at once using the time worn analogy of how do you eat an elephant? One bite at a time. And that's how you implement some of these things in your practice. But I think you'll be interested to find from a staff standpoint, actually we have really great staff by and even team members who join our practice not even knowing the kind of practice we are.

but they start to listen to stories. And so I encourage any of you who are interested in this, your team most likely is on social media more than you sometimes during work and you don't want them to be, but they're on social media. So have them follow my channel and have them see stories. I will show ConeBeam CT scans and what we found with patients and then we'll tell the end of the story. You hear enough of those and it's not just, you know, your doctor coming home saying, guys, we're going to do like 15 extra steps. Now when we're taking out fillings, it's

Wow, guys, did you know that as you sitting right there next to me while I'm taking out that filling, you're getting mercury in your system. We're going to protect all of us right now. We're going to make sure that we're all super safe with this. And they go, ■ wow, I'm never going to leave this office because I would never go and remove a filling next to another doctor again that doesn't do these kinds of things. So it really is all about the stories and the bringing them in that way to why would we do this? Why is this going to be a benefit for us and our patients? Why is this going to be a differentiator? It's something that you can be really

proud of when you work here. And I think the staff buy-in is actually one of the easier things when you do it the right way.

Dr. David Phelps

Makes sense. And then the patients therefore that you now attract are already raving fans of health overall. They have to be. Or they would just go to the clinic down the street. Because it's quick, easy, and they take my insurance. So you're already overcoming one of the big obstacles that many of our colleagues in dentistry today are faced with is all the PPO plans and ■ reimbursements are going down, overheads going up. And I have to see, you know...

7,500 patients a day to, and I think I'm profitable, but most times I'm not. This is again, obviates all of that. And you're attracting patients who are referring the kind of patients you want. just, becomes, de facto becomes a marketing arm without actually having to do marketing per se. mean, I'm not saying marketing is not good, but when you have internal referrals coming and or your staff are also bought into a mission, as you said on social media, it just becomes pervasive.

And you really can't get better marketing than that. Yeah. Overall.

Dr. Michelle Jorgensen

And people are often dentists are often worried that you're going to attract all the crazy people. You know, they tell me that all the time, ask me those questions. They say, well, how do you deal with all the crazies? And you know what? Actually, they aren't crazy. There are their occasional. There's the occasional crazy person, you know, but everybody's going to get

those in their practice. Just my kind of practice. Everybody knows that. You know, you have the one, point point zero zero zero five percent of patients that you're just like, oh my gosh, they are completely off the rocker. But the large majority of patients I see that maybe were classified crazy elsewhere, they just don't want fluoride.

They just want you to say, how did you actually get that cavity? And they want you to say, yeah, actually you can remineralize a tooth and we're going to support you in doing it. They just want you to take a comb beam CT scan and tell them if the root canal is still not infected or if there's new apical infection. they just want you to say, okay, when they say, I want my tooth out, you can't believe the number of people that come to me and they say, my dentist refused to take my tooth out. I just want my old root canal tooth out. They refused to do it. I thought we were supposed to get, know, so.

That's the crazy that most people think is showing up in my practice. They're not crazy. They just want you to be able to speak their language.

Dr. David Phelps

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Imagine waking up one day and not having a practice to run. No patience, no charts, no 6 a.m. staff texts. Just space to think, to breathe, to live the life you've put off for years. But here's the truth. You don't stumble into that kind of an exit. You build it intentionally. That's why we created the Exit Strategy Playbook, a free, brutally practical guide for practice owners who want more than just a payout. You want peace.

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purpose, national security, and a path that honors your values. Inside the Playbook, you'll find how to align with your spouse, what your numbers really need to look like, deal terms that protect you, and how not to lose your identity when you hang up the coat. This is your literal blueprint for exiting on your timeline with no regrets. Download it free at [freedomfounders.com slash Playbook](https://freedomfounders.com/Playbook). That's [freedomfounders.com slash Playbook](https://freedomfounders.com/Playbook).

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Real freedom doesn't just show up with a check, it shows up with a plan. Download it now for free at [freedomfounders.com slash playbook](https://freedomfounders.com/playbook).

So what would you say, to people and talk about what's the central message? This is a very well researched ■ book, but what's the central message if people are just saying, why should I get the book? Why would I wanna read it? If you could break it down to that.

Dr. Michelle Jorgensen

Yes. So in today's world, and even if this isn't the focus you're going to take in practice, or if you're, you know, not a non-practice owner listening to this, there's so much noise around health today, right? In fact, there's even more noise than ever with the whole make America healthy again, which I'm all for, you know, great, let's let's talk about this. I love that it's coming up everywhere, even through politics nowadays. So this confusion and noise is so overwhelming.

And that's where I found myself is I now had my answer. It's mercury. Okay. Now what? You know, so the first thing we did is we went like through way all of our food. You know, you're not supposed to eat any of it, right? It's in a box. It's in a package. It's white. It's, you know, process. Okay. Throw it all away. Now what? We need to eat food. Well, you know, you're supposed to eat keto or paleo or you're supposed to fast or you're supposed like it's so confusing and exercise. Let's add in a whole nother level there and then supplements. There's gotta be like one perfect one for everybody, right? Of course. Yeah, you know, that's just the way it is. But so let me tell you an analogy because this explains, think, the best way ever. So let's say you cut your finger. If you put a bandaid on it, okay, put a bandaid on it. Does the bandaid do the healing?

Now, what actually heals the finger?

Dr. David Phelps

immune system.

Dr. Michelle Jorgensen

body,

right? Your cells, like they have to do the work. And if you think about it, it's pretty dang amazing. Like first of all, like it sends your immune system and just like you're saying, sends your immune system in and the cells go, okay, guys, it's time to clean up the mess. And they're cleaning up everything. It gets red, it gets swollen. You feel it pulsing, you know, that's the working happening. Then that chills out and they say, all right, it's construction time now. And all those skin cells start moving in and the connective tissue cells. I mean, we learned all these things back in dental school and they knit this together so tightly that it doesn't separate.

and you didn't have to tell it to do any of that. I mean, isn't that it's so freaking amazing. So our body and cells know what to do to keep us well. All medicine, whether it's modern medicine, traditional medicine, supplements, food, exercise, air, water, all those things are simply band-aids. They are all there to help ourselves do what they already know how to do.

Dr. David Phelps

It is incredible.

Dr. Michelle Jorgensen

So the question shouldn't be which diet plan should I use? I follow keto? It shouldn't be, should I take a probiotic? It shouldn't be, should I crossfit or distance train? Those are the wrong questions. The right question is what do my cells need to be able to do the work that they already know how to do? So what I've done in the book is I've taken all the traditional medical methodology. So Chinese traditional medicine, Ayurveda, Korean medicine, German herbalism, Native American medicine, all of these.

I brought them all together and said, what do they have in common with one another? They all use the seasons and the elements of the earth as classification systems and ways to help define our bodies as well as how to get better. So I put them all together in a big database and created an assessment. So you take this assessment and you plug in your symptoms

because symptoms in today's modern day, we've come to think of them as the problem, right? If we have a headache, we take ibuprofen.

Instead, we should say, cells are giving me the only thing they know how to do. The only thing they know is to give me a symptom. That's how my cells alert me that something is wrong. And instead of covering up the symptom, that's like, you know, putting duct tape over the warning light on your dashboard, right? So if you just take the ibuprofen, now you've just covered up the symptom, but you've not fixed the reason the symptoms showed up. So instead of covering up the symptoms, we're going to interpret them. And that's what the assessment does.

So you plug your symptoms in to this assessment and there's one in the book, a written version, there's also a digital one. There's reference in the book to where to get to the digital assessment. You plug in your symptoms and it tells you which season you're in. This lines up with Chinese traditional medicine, all of these. They define things as, for example, if you are bloated, you're just not digesting well. You feel like you're stuck in life, you're irritable, you're ornery, you get kind of swollen.

swollen fingers, swollen joints, all of those things indicate that your liver is kind of struggling to get rid of stuff. That's the spring season. So you would be classified as a spring season. And then what I do is I walk you through what to do about that. So once you've found your season, I say, okay, this is what you're to do. This is how you're going to take care of your cells and get them what they need so that your liver and gallbladder are in better shape and those symptoms go away. You then do it again. You take the assessment again in a couple months. go, oh, cool.

I'm now in the fall season. Yeah, you're right. I'm of coughing like it's November. got this bronchitis thing. Okay, what do those cells need? And I just walk you through simply how to take care of your body so it can keep taking care of you because that is what I find in today's world. We are not lacking in information quite to the opposite. We're lacking in clarity through the information we have. So all of those things we listed might be fine. All of those diet plans may be fine. All those exercises, all the supplements, but not for everybody at every time.

You have to find out what do your cells need right now. And that's what this does because you talked about how to live a healthier life. A lot of us are looking for longevity, but I don't want to just live long. I want to live well. I want health span, not just lifespan. I want my life to be incredible every single day that I'm alive. And that's what this is all about is improving your wellness, not just waiting until you get sick and then figuring out how to fix it. How do you stay well by listening to what your body's telling you.

Dr. David Phelps

I love your analogies. I know that you're a great educator. Being a great educator means you were able to reach people and communicate with them in ways that they can understand the band-aid analogy covering overriding the symptoms of your body by taking ibuprofen. Perfect example. I see you, you know, is helping people advocate for their own health instead of...

running to the urgent care center on the weekend when they have some symptoms again. Now you have a way to get ahead of that. And instead of just covering up the symptoms, setting yourself up for, as you said, well, not just.

lifespan or longevity, but living well. Michelle, incredible work. Again, I can't be more proud to have just been along for the ride, at least the last few years that I've seen you take what's in your heart and your story and move it forward to a mission with such passion. ■ All the credit goes to you what you've done with a situation of adversity, which turned you into a huge passionate fan of people's health. So congratulations.

Dr. Michelle Jorgensen

Thank you so much.

Dr. David Phelps

In our conversation, Michelle, she had to ask herself when she was confronted with the truths that contradicted all the training that she had in her dental school. My question to you is, how often do you, how often do I, take things that are supposedly grounded in facts and basis and longevity, how often do we question some of those old paradigms to seek what might really be behind them?

Look, I'm not saying that we throw everything out, but oftentimes I do question what I hear, what I read, and because I want to seek the deeper truth, if I can, if I can. It doesn't mean I'm a skeptic. Doesn't mean I am not respectful of other people and their positions. But how many times in life have we found that whether it's diets or vaccines or certain food products or certain health regimens have been almost the reverse of what we were told years ago.

That's often the case in life. So I don't think it's a bad thing to question. I think if you do question, you want to be one who wants to seek the greater truth and that takes some time, some efforts, some research. Do your own work is my point. And if you're dealing with challenges or problems and the traditional methodology is not working, that might be a time to make your challenge in terms of what you're believing and what you're going to fall through on. Michelle also said, symptoms are messages, not problems. And what she's doing there is really,

challenging modern medicine's fixation on masking symptoms. When someone has a certain symptom, could be a headache, could be something swells up, the common remedy is, here's something, here's a medicine or here's a quick fix ■ to resolve that symptom. And maybe sometimes that's all it is. not saying it can't be that way, but oftentimes what we are doing in life and in medicine, perhaps,

is just masking those symptoms and hoping they just abate for a period of time. And then we have to deal with them again, rather than going to the root problem. I think in life, we often do the same thing, whether it's business or family dysfunction. It's when there's a symptom that comes up, many times we try to abate it by putting a bandaid on it or pushing it off and pretending like it doesn't really exist and it will take care of itself. Real problems in life, whether it's health or relational problems, don't go away.

You may think that you can put them off and they will dissipate over time, but most of the time they will not. And that's where we have to go to the deeper root and be willing to find out what the real issue is and put in the time, the effort and the intentionality to deal with it so that the symptoms don't keep recurring over and over again. If you're inspired by today's conversation and you're realizing it's time to take ownership, not just of your health, but your time, your

practice.

Dr. Michelle Jorgensen

you

Dr. David Phelps

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and your future, then you're not alone. At Freedom Founders, we help dentists and professionals like you build a life where freedom isn't just an idea, it's a reality. If you're ready to explore what that could look like for you, schedule a discovery call with our team. Let's talk about your goals, your vision, and how we can help you create the roadmap to get there. Start your journey at freedomfounders.com forward slash discovery. That's freedomfounders.com forward slash discovery. Remember, freedom doesn't just happen.

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it's created. As always, hit that like and subscribe button wherever you're watching and listening. I'll see you next time.