

# 'Root Cause' – The Health Effects of the Root Canal

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## STORY AT-A-GLANCE

- › The documentary “Root Cause” reveals how root canals may pose health risks by leaving dead tissue in your body, leading to chronic infections and systemic health issues that are often undetected by conventional dental imaging
- › Experts argue that root canal teeth cannot be fully sterilized due to miles of microscopic tubules that harbor bacteria, which produce toxins and contribute to various health problems
- › Research suggests correlations between root canals and chronic diseases like heart disease and cancer
- › Alternatives to root canals include tooth extraction followed by bridges or zirconia implants, with a focus on proper cleaning and healing protocols supervised by a biological dentist
- › Prevention through nutrition, oral hygiene and practices like hydrogen peroxide irrigation may help maintain oral health and reduce the need for invasive dental procedures like root canals

If your dentist recommends a root canal, also called a pulpotomy, for you or your child, consider the decision carefully. This procedure involves removing inflamed or infected pulp from inside your tooth, cleaning out the empty root and filling it with a rubber-like substance. The tooth is then covered with a crown or filling and left in place.

However, this invasive procedure carries risks, many of which are presented in the documentary "Root Cause."<sup>1</sup> This eye-opening film follows one man's 10-year struggle with debilitating symptoms like panic attacks, anxiety, chronic fatigue and insomnia – all of which he eventually traced back to an infected root canal tooth.

Through interviews with leading experts in biological dentistry and integrative medicine, including yours truly, "Root Cause" makes a powerful case for why root canals are a hidden source of chronic illness for millions of people.

## **The Flawed Premise of Root Canals**

At the heart of the root canal issue is a fundamentally flawed premise – the idea that you can leave dead tissue in your body without consequences. According to Dr. David Minkoff, a pioneer in natural medicine:<sup>2</sup>

*"There's no branch of medicine that exists where a dead organ is left in except in dentistry where a root canal is left in. If a guy's got a gangrenous toe, you gotta cut the toe off because it's bacteria infested and it's toxic and it's gonna kill the patient."*

Yet, that's exactly what a root canal does. It leaves a dead tooth in place, cut off from blood supply and your body's immune defenses. Conventional dentistry views this as perfectly acceptable. But from a holistic health perspective, it's a recipe for chronic infection and toxicity.

When a non-vital tooth remains in your mouth, it may lead to both immediate and long-term infections. These infections could spread undetected throughout your body, contributing to various health issues.

## **Why Root Canals Can't Be Truly Sterilized**

A key point emphasized by multiple experts in the film is that it's impossible to completely sterilize a root canal tooth. Even the most skilled endodontist can only clean

out the main canals. But teeth contain miles of microscopic tubules that harbor bacteria and other pathogens. As Dr. Bradley Nelson, author of "The Body Code," explains:<sup>3</sup>

*"Those microtubules are big enough for a bacteria to fit in, but not much else. And the problem is, if you've got six to eight miles of microtubules in a single tooth, it's impossible. You can see why it's impossible to sterilize that tooth."*

Once sealed off by the root canal procedure, these tubules become the perfect breeding ground for anaerobic bacteria. Cut off from oxygen and blood flow, these bacteria can morph into more virulent forms that produce potent toxins. The energetic connection between teeth and specific organs and systems in your body was also explored in the film.

Many holistic practitioners use meridian tooth charts that map how each tooth corresponds to different areas. For example, your back molars are linked energetically to your heart, breast tissue and thyroid gland. Your front teeth connect to your kidneys and urinary system. This may help explain why an infected tooth in a particular position can trigger seemingly unrelated health issues elsewhere in your body.

Dr. Gerald H. Smith, DDS explains that your teeth are made up of the same tissue as your sympathetic and parasympathetic nerve tissue, so it's important to realize that your teeth are part of your biology and cannot be separated from it. Any toxins originating in your mouth will be transported via your lymphatic system through your thyroid, thymus, heart and the rest of your body.

The pulp of your tooth is also closely interconnected with your lymph system and autonomic system – more so than any other organ, according to Dr. Thomas Rau, medical director of the Paracelsus Academy in Switzerland, who's also in the film.

The documentary features a case study of a 19-year-old woman who developed chronic bladder and kidney infections shortly after a root canal on a front tooth. Despite trying multiple treatments, the infections persisted until the root canal tooth was finally removed – after which her urinary issues completely resolved.<sup>4</sup>

While the concept of energetic meridians may seem esoteric to some, we know the teeth are intimately connected to your central nervous system and lymphatic drainage. So, it's not farfetched that dental infections have wide-ranging systemic effects.

## **The Link Between Root Canals and Chronic Disease**

Perhaps the most alarming evidence presented in "Root Cause" is the connection between root canal teeth and serious chronic diseases. Multiple experts cite research showing high correlations between root canals and conditions like heart disease, kidney disease and even cancer.

"Data we've just recently gotten shows now that the No. 1 cause of heart attack is a root canal-treated tooth. Plain and simple, not correlation, not link, cause and effect," [Dr. Thomas Levy](#), a board-certified cardiologist and author of "[Hidden Epidemic: Silent Oral Infections Cause Most Heart Attacks and Breast Cancers](#)," said.<sup>5</sup>

He goes on to explain that the BaleDoneen Method, a cardiovascular health strategy provided by the Heart Attack and Stroke Prevention Center, considered a leading protocol for cardiovascular disease prevention, does not condone having root canals due to the increased risk of heart problems.

Also striking is the breast cancer connection described by Rau in the film: "97% of our breast cancer patients, in an age between 30 and 70, we tested all these patients, they had a root canal or a toxic situation in the teeth."<sup>6</sup>

While correlation doesn't always equal causation, these numbers are certainly cause for concern and further investigation. The hypothesis is that the chronic low-grade infections and toxins from [root canal teeth](#) may be a significant contributor to inflammatory processes that drive many modern diseases.

## **The Toxicity of Root Canal Teeth**

Conventional 2D dental x-rays often miss problems with root canal teeth. As Minkoff explains:<sup>7</sup>

*"About 95% of dentists have x-ray equipment in their office, which is only two-dimensional, which means when they take the x-ray from here, they can only see width and height on the tooth, they can't see depth."*

He goes on to describe how 3D cone beam scans frequently reveal abscesses and other issues around root canal teeth that appear perfectly normal on standard x-rays. This may explain why so many dentists believe root canals are safe and problem-free – they simply can't see the underlying infections with the imaging technology they typically use.

Meanwhile, the documentary features Boyd Haley's research on the toxicity of root canal teeth, which found that substances extracted from these teeth were equally toxic as hydrogen sulfide – the gold standard by which all biological toxins are measured. He also found that substances from root canal teeth are as toxic as botulism poisoning.<sup>8</sup>

Even more remarkably, research by Dr. Weston Price involved taking extracted root canal teeth, sterilizing them externally and placing them under the skin of rabbits, which would then develop whatever disease the patient had.<sup>9</sup>

Incredibly, they could then transfer the same tooth to multiple rabbits, with each one developing the same condition as the original patient. This provides compelling evidence that root canal teeth can indeed harbor chronic infections capable of causing systemic disease.

## **What Are the Alternatives to Root Canals?**

Given all this concerning evidence, you may wonder why the vast majority of dentists still believe root canals are a safe and effective procedure. The documentary touches on a few reasons:

- Dental education is still largely based on a mechanistic view that doesn't consider the energetic and systemic connections between oral health and overall health.
- There's a strong belief in preserving teeth at all costs, even if it means leaving dead tissue in your body.
- Conventional 2D x-rays miss many of the problems associated with root canal teeth.
- The procedure is very profitable for dentists and has become standard practice.
- Infections and toxicity from root canals are often low-grade and build up slowly over time, making the connection hard to spot.

If you're concerned about existing root canals or wondering about alternatives, the experts in "Root Cause" suggest a few options:

1. Have existing root canal teeth evaluated using 3D imaging and/or specialized testing to check for hidden infections.
2. Consider having problematic root canal teeth removed, followed by proper cleaning of the socket and surrounding bone.
3. For new infections or damaged teeth, look into alternatives like tooth extraction followed by a removable or fixed bridge, or a zirconia implant. Unlike titanium implants which can trigger autoimmune reactions in some people, zirconia (ceramic) implants are considered more biocompatible. However, any implant still presents some level of risk.

A tooth-colored bridge can be bonded to adjacent teeth with minimal preparation required. This avoids the need to grind down healthy teeth as with traditional bridges. A removable partial denture is another option. While not as comfortable or cosmetically appealing for some, this is a non-invasive alternative.

4. Focus on prevention through nutrition, oral hygiene and addressing teeth grinding/clenching to avoid the need for root canals in the first place.

5. Leave the space empty: In non-visible areas, this may be a viable option for some people.

If extraction is chosen, it's crucial to work with a biological dentist skilled in proper protocols. Simply pulling the tooth is not enough. The periodontal ligament and any infected tissue in the bone socket must be thoroughly removed. Some practitioners use ozone therapy to sterilize the extraction site.

Adequate healing time is also essential before considering any type of replacement. Biological dentist Dr. Mark Breiner recommends waiting at least three months and verifying complete healing before proceeding with an implant or other restoration.<sup>10</sup>

## **Important Considerations Before Getting a Root Canal**

"Root Cause" highlights the need for greater integration between medicine and dentistry. Levy states in the film, "It's very important that dentistry and medicine get together. It's important that physicians are as aware of the importance of the mouth as it is for the dentist to realize that some of the procedures that he or she does in the mouth severely and strongly impacts the health of the body."<sup>11</sup>

Before deciding on a root canal, carefully consider your personal situation, including any underlying health risks. Ozone therapy may be a viable alternative to root canals or extractions, especially for children, as it's toxic to infectious agents and boosts immunity. However, if your tooth's pulp is completely dead, only a root canal or extraction will suffice.

If you have existing root canal teeth, I recommend having them evaluated by a biological dentist. This process requires thorough cleaning and a healing period of at least three months before dental replacement. Testing for infection and toxicity may also be warranted, especially if you're dealing with chronic health issues.

For any future dental work, I suggest seeking out a biological dentist who can present you with all available options. While saving a tooth is ideal, it shouldn't come at the

expense of your overall health. The following organizations can help you find a mercury-free, biological dentist:

[Consumers for Dental Choice](#)

[Dental Amalgam Mercury Solutions](#)

[\(DAMS\)](#) – Email them [here](#) or call 651-644-4572 for an information packet

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[Holistic Dental Association](#)

[Huggins Applied Healing](#)

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[International Academy of Biological Dentistry and Medicine \(IABDM\)](#)

[International Academy of Oral Medicine and Toxicology \(IAOMT\)](#)

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[International Association of Mercury Safe Dentists](#)

[Talk International](#)

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## How to Maintain Your Oral Health

Ultimately, the best approach is prevention, including a focus on nutrition and proper oral hygiene. It's crucial to understand that tooth decay and infections often stem from dietary choices, particularly excessive sugar consumption. You can often [avoid invasive dental procedures](#) by limiting sweets and maintaining good oral hygiene habits.

Three crucial nutrients for oral and dental health are vitamins A, D and K. You also need a good supply of minerals. Ideally, you'll want to do micronutrient testing along with testing your vitamin D level in order to optimize your levels.

Certain dietary components can also drive harmful oxidation that puts your oral health at risk. Some of the most damaging are industrial vegetable oils and seed oils, which are loaded with oxidized [linoleic acid](#) (LA), an omega-6 fat. The primary way LA destroys your health is by radically increasing oxidative stress. So, radically limiting or eliminating processed seed oils from your diet can make a big difference in both your oral health and your overall well-being.



Using hydrogen peroxide for dental irrigation can be a highly effective form of dental care, particularly for adults with chronic oral health problems. To do this, incorporate hydrogen peroxide into your dental irrigator's solution.

My personal method involves adding approximately half a dropper of 12% food-grade hydrogen peroxide to the water in my Waterpik, along with 1/8 teaspoon each of unrefined salt and either sodium or potassium bicarbonate.

For best results, combine the use of hydrogen peroxide with vitamin C supplementation, as these work synergistically. Additionally, regularly scraping your tongue by hand is a straightforward technique to eliminate harmful microorganisms and maintain good oral hygiene.

For more holistic strategies to help maintain your oral health, listen to my [interview with Dr. Carlo Litano](#), a biological dentist who practices in St. Petersburg, Florida. Litano healed my severe dental infection years ago and shares more about the risks of root canals and the tools modern biological dentistry has to help patients recover from the chronic infection often caused by improper tooth removal or root canals.

By keeping your teeth and gums healthy, you can often avoid the need for root canals or other invasive procedures in the first place. Remember, your oral health is intimately connected to your overall wellbeing. By making informed choices about dental care, you can protect not just your smile, but your whole-body health for years to come.

## Sources and References

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