Secret Life of Teeth: Are Sealants Helpful?

Tune in for another episode of The Secret Life of Teeth where I sit down with Ana Sanduta, also known as The Mindful Dentist, and we discuss the topic of protective sealants for your children's teeth and whether or not they are truly necessary. For more background on this topic, check out one of our previous episodes of The Secret Life of Teeth; Teaching Children to Care for their Teeth.

Watch this episode on YouTube here! Be sure to subscribe to our channel for more episodes on holistic dentistry!

To learn more about gemmotherapy and to find natural extracts, visit my website at laurenhubele.com