

PODCAST GUEST PACKET





WELCOME

Thank you for joining us on Functional Roots, where we explore the deep connections between oral health and whole-body wellness. As dental hygienists with a passion for holistic and functional care, **we created this podcast to be a space where conversations go far beyond the dental chair.**

We're honored to welcome you as a guest and co-educator on this journey. Your knowledge, story, and unique perspective are exactly what our listeners—fellow providers, wellness seekers, and curious minds—come here to hear.

Together, we'll dig into the root causes, uncover fresh insights, and amplify conversations that help elevate care from the inside out.

Whether you're here to talk about gut health, airway, Ayurveda, mindset, or something completely your own—we're excited to grow alongside you, share your passion with our audience, **and spotlight the work that's making a difference.**

So thank you again for saying “yes.” Let's co-create something powerful.



MEET OUR TEAM



Heather Kenney, RDH, CDSO, HIAOMT

Podcast Co-Host

✉ HeatherKenneyRDH@gmail.com

Heather Kenney, RDH, CDSO, HIAOMT, has over 20 years of dental experience, starting as a dental assistant. She has worked in various settings, developing a passion for mentoring in the field. Heather specializes in biological dental hygiene and the oral-systemic connection, focusing on oral microbiome testing with Bristle Health. She helps practitioners link oral microbial imbalances to issues like gut dysfunction and systemic inflammation, aiming to enhance patient outcomes through salivary diagnostics. A passionate educator, she often speaks on the oral microbiome's importance in healthcare. Outside of work, Heather enjoys camping, traveling, and spending time with her husband and three children.

Amanda L. Hale RDH, HIAOMT, NBHWC-candidate

Podcast Co-Host

✉ TheCurvyScaler@gmail.com

Amanda Hale, RDH, BSDH, HIAOMT, NBHWC-Candidate is a nationally recognized dental hygienist, writer, and educator with 15+ years of clinical and professional experience. She is accredited by the International Academy of Oral Medicine and Toxicology (IAOMT) and currently completing her Functional Medicine Health Coach training. Amanda is a Key Opinion Leader for GuruNanda, Elevate OralCare, and RiseWell, and a regular contributor to RDH Magazine and DentistryIQ, where she focuses on holistic and integrative oral health.





WHAT TO EXPECT

01

Reserve a Recording Time

No doubt this is the most challenging aspect of podcasting. We've provided our calendly link but please reach out to either of us if there's not a day/time that will work for your schedule .

02

How Long?

Please allocate an hour for our session. We have prepared a structured set of questions to ensure we stay focused, but we are keen to learn and welcome you to share your insights extensively.

03

What do I need?

Audio and video will be recorded so please be mindful of background noises and acoustics of your surroundings.

We highly encourage headphone to enhance audio and to reduce feedback.

Also don't disqualify your phone as a viable option for audio/video quality

04

Where is this shared?

We are currently sharing our podcast via YouTube, Spotify, Apple Podcasts, iHeart and Instagram.

05

What we need

Please share your:

- social media handles
- professional photo
- short bio
- contact info you would like us to share or website

06

Just FYI

We are happy to share our content with you to share on your social/professional sites. Let's grow together. If for whatever reason the vibe is just not right you're welcome to request content removal.



LET'S MAKE IT OFFICIAL

Below are all the links you need to make it happen!

01

Guest Release Form

This is the link to upload your bio, photo, socials as well as sign our release form.

02

Schedule a Recording Date

Here is our Calendly link, which outlines our agreed-upon availability. If none of these dates are suitable for you, please don't hesitate to reach out, and we will find a mutually convenient time.

03

Review Past Episodes

While no two episodes are ever going to be the same the format will be fairly similar. We will provide an outline of questions that we would like to cover but you are the expert in your body of knowledge, so please make sure that we give you opportunity to share important aspects of your topic.



THANK YOU!



Thank you for being part of our
growing community.

We appreciate your time and passion
for what you do!



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Thank you!
