



Oral Wellness Link

Lani McBeth

Speaker Packet

THE TONGUE IS TALKING, WHAT SYSTEMIC SERECTS IS IT REVEALING



LEARNING OBJECTIVES:

- REVIEW OF TONGUE ANATOMY AND TRADITIONAL CONDITIONS
- GAIN KNOWLEDGE OF THE HISTORY OF CHINESE TONGUE DIAGNOSIS
- DESCRIBE THE ORGAN TOMOGRAPHY UTILIZED IN CHINESE TONGUE DIAGNOSIS
- REPRODUCE THE STEPS TO A CHINESE TONGUE EXAM

The tongue is a diagnostic source of systemic conditions. Incorporating the Chinese Tongue Diagnosis/CTD with a comprehensive medical history, dental professionals can help their patients become advocates for their systemic health while improving their oral health. This course is an introduction to Chinese Tongue Diagnosis/CTD.

Join Biologic Dental Hygienist Lani McBeth in this content-rich course, which will review tongue anatomy, discuss the history of the CTD and the map of the organ system as it relates to tongue anatomy, and discuss the essential steps used in a comprehensive Chinese Tongue exam. Attendees will leave with renewed insight into the oral-systemic connection and the dental practitioner's significant role in helping the patient improve their overall health.

TARGET AUDIENCE: ALL STAFF

TIME: 2-3 HOURS

LANI MCBETH
RDH, BSDH, EFDH, CIABDM



THE 101 OF BASIC NUTRITION AND THE ORAL-WELLBEING



Learning Objectives:

- Explain the role of sugar in inflammation.
- Discuss the primary function of vitamins A, C, and D in oral health.
- Recall the formula for water intake to prevent dehydration.

**MORE THAN 25% OF ALL CHILDREN AND ADULTS IN THE US HAVE UNTREATED DENTAL DECAY.
NEARLY 46% OF ADULTS 30 AND OLDER HAVE SOME FORM OF PERIODONTAL DISEASE.**

LANI MCBETH
RDH, BSDH, EFDH, CIABDM



Join Dental Hygienist and Certified Integrative Nutrition Coach Lani McBeth as she discusses three nutritional elements' primary role in oral and systemic health. Nutrition is the science behind how the body utilizes food to meet the requirements for growth and development, repair, and maintenance. This course will review the basics of food, focusing on sugar, nutrients A, C, and D, and water and their relationship to oral well-being. With three actionable steps, the dental professional can use to help patients recognize the role of good nutrition in disease prevention and healing. As important as educating our patients on oral hygiene, the discussion of nutrition is vital in preventing chronic disease and promoting health.

TARGET AUDIENCE: ALL STAFF

TIME: 1-1.5 HOURS

LANI MCBETH RDH, BSDH

Lani McBeth is a Prevention Strategist, Clinician, Speaker, Author, and CEO of OWL: The Oral Wellness Link. She attended The University of Northern Arizona and received her BS in Dental Hygiene. She continued her education in Dental Hygiene at NAU while receiving her Licensure as an Expanded Functions Hygienist. Over 900 courses in advanced learning include education in business development, medical/dental coding, holistic/biologic dentistry, and nutrition. In her educational pursuits, she has found a balance in using Western and Eastern Medicine to find the oral-systemic link. She has used this expertise to empower her patients to advocate for better whole-body wellness.

As a visionary clinician, she uses her knowledge and skills to elevate patient care from Standard to Stellar daily. With 38 years of clinical experience, she is now sharing her knowledge and expertise with professionals worldwide through speaking and writing. She has also joined colleague Susan Cotten in her Oral Cancer screening workshops throughout the United States.

Lani is a published author and an active contributor to the dental community. She has volunteered with the Colorado Dental Hygiene Association and served on the Arizona Dental Hygiene Association board. She has also volunteered for The Denver Homeless Head and Neck Cancer Screening and Care Group.



oralwellnesslink@gmail.com



720-480-1914

Enlightening, Engaging, Inspirational

“
THIS IS A MUST SEE LECTURE!
”

“
Just took your nutritional
webinar, LOVED IT! Learned
so much to help my patients
and I...Thank you
”

“
She has a great
presentation with great
information. I learned so
MUCH!
”

“
Very interesting!
Engaging speaker!
”

“
I AM GOING TO LOOK AT
GEOGRAPHIC TONGUE
DIFFERENTLY AND DOCUMENT!
”

“
Hey, I attended your Lecture in
Memphis and it was so informing. I
have been looking at tongues and
WOW they say a lot!
”



Past Presentations

- Georgia Dental Hygiene Association
- North Dakota Dental Hygiene Association
- New Mexico Dental Hygiene Association
- Tennessee Dental Hygiene Association
- Colorado Dental Hygiene Association RDH UO
EXTENDED 2024/2025
- Young Dental
- Spear Education
- UOR: Dallas 2025
- Aviary : Seattle Study Club

Awards, Articles, Podcasts

- Top Clinician Northern Arizona University
- Contributor NOCO magazine
- IABDM research paper 2022
- Arizona Hygienist of the year 1991
- Sunstar/RDH award of distinction 2023
- The Dental Handoff Podcast- At Smile Con
2022
- A Tale of Two Hygienists: The Dental Top 5
Podcast- Episode 404 (picked by the host
as one of his top podcasts for 2023)
- RDH Magazine: Contributing Author
- Author : Your Tongue is Talking How the
Systemic Tongue Mapping Unlocks the Path
to Whole-body Wellness



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