



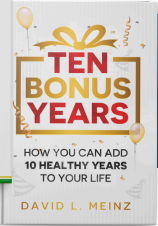
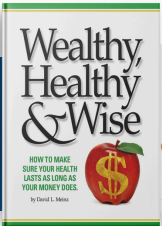
# DAVID MEINZ

MS, RDN, FAND, CSP

---

## Speaker Packet

Author of *Wealthy, Healthy & Wise*  
and *Ten Bonus Years*



**David Mainz helps dental groups enhance performance, productivity, and profit by improving the health of their members.**



"It's a rare exception that a speaker can make his lecture applicable to the FRONT OFFICE staff, BACK OFFICE staff, AND DENTISTS. You did that in an entertaining manner that kept the attention of all."

- Robyn Goldman  
Indiana Dental Association

# Presentations:



## The Heart of Dentistry

### **The Silent Health Risk Facing Dental Professionals**

Equip your dental team with the tools to improve energy, health, and patient outcomes by addressing inflammation, nutrition, and disease risk while challenging misconceptions and strengthening their ability to influence patient behavior.



## 32 Teeth and 10 Bonus Years

### **How Dental Professionals and Their Patients Can Add 10 Healthy Years to Their Lives**

Gain a research-backed roadmap to longevity addressing nutrition, weight, inflammation, and metabolic health while uncovering drivers of chronic disease and empowering sustainable lifestyle changes for lasting wellbeing.

**David Mainz, MS, RDN, FAND, CSP**

TheHeartOfDentistry.us  
David@DavidMeinz.com  
407-854-8108

**DAVID MEINZ**

# The Heart of Dentistry

## The Silent Health Risk Facing Dental Professionals

Dental professionals care for others daily yet face a significant and often overlooked risk: *cardiovascular disease*, the leading cause of death.

Designed for the entire dental team, this program delivers practical strategies to support sustained energy and long-term health. It examines how inflammation, nutrition, and metabolic health influence vitality, performance, and disease risk.

Participants will examine the underlying science, including periodontal disease and systemic inflammation through the lens of both patient care and personal health. Grounded in real-world application, this program challenges common misconceptions around dietary supplements, sugar substitutes, and cardiovascular disease prevention.

When dental professionals apply these principles personally, their ability to influence patient behavior becomes more authentic and effective.

### SUGGESTED AUDIENCE:

All Dental Professionals

### SUGGESTED FORMATS:

Full or Partial Day;  
Lecture, Workshop, Keynote

### DAVID MEINZ

MS, RDN, FAND, CSP

TheHeartOfDentistry.us

David@DavidMeinz.com

407-854-8108



### LEARNING OBJECTIVES:

- Understand the relationship between oral inflammation and cardiovascular disease
- Analyze how sugar metabolism and dietary patterns influence systemic health and disease risk
- Evaluate the effectiveness and limitations of common supplement and nutrition strategies
- Appreciate the new, more comprehensive model of cardiovascular disease prevention, beyond traditional cholesterol metrics
- Develop practical, sustainable approaches to support both professional performance and long-term wellbeing
- Integrate personal health awareness into more effective and authentic patient communication

# 32 Teeth and 10 Bonus Years

## How Dental Professionals and Their Patients Can Add 10 Healthy Years to Their Lives

Dental professionals spend their careers helping others maintain health yet often sacrifice their own in the process. High stress, long hours, and inconsistent lifestyle habits can quietly erode energy, performance, and long-term wellbeing.

In this powerful, practical program, David Mainz presents a research-backed roadmap for adding not just years to life, but life to years. Drawing from decades of work in nutrition science and human performance, this course focuses on the most impactful lifestyle factors influencing longevity, including nutrition, weight management, inflammation, and oral and metabolic health.

Participants will examine the real drivers behind chronic illnesses, including cardiovascular disease, cancer, diabetes, and more. Learn how simple, sustainable changes can significantly reduce risk. From understanding the role of blood sugar and insulin to addressing the hidden effects of daily habits, this program cuts through the noise and delivers clear, actionable strategies.

### SUGGESTED AUDIENCE:

All Dental Professionals

### SUGGESTED FORMATS:

Full or Partial Day;  
Lecture, Workshop, Keynote

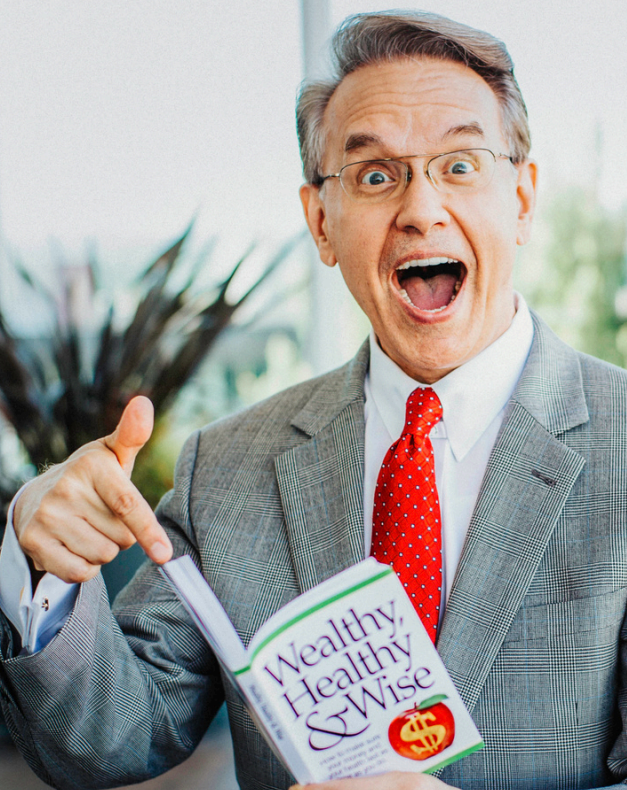
**DAVID MEINZ**  
MS, RDN, FAND, CSP

TheHeartOfDentistry.us  
David@DavidMeinz.com  
407-854-8108



### LEARNING OBJECTIVES:

- Describe the key lifestyle factors influencing longevity and chronic disease risk
- Analyze the relationship between nutrition, weight management, and metabolic health
- Evaluate dietary trends and identify evidence-based approaches to healthy eating
- Explain the roles of inflammation and insulin resistance in disease development
- Assess personal health behaviors and identify opportunities for improvement
- Discover how salivary diagnostics can support improved patient outcomes
- Appreciate the impact of the gut microbiome on overall health



DAVID  
MEINZ



# Meet David

David Mainz, MS, RDN, FAND, CSP is an international keynote speaker and health performance expert who helps high-performing professionals protect the health behind their success.

With a master's degree in human nutrition, and credentials as a Registered Dietitian Nutritionist (RDN), Fellow of the Academy of Nutrition and Dietetics (FAND), and Certified Speaking Professional (CSP), David brings both scientific credibility and stage-tested experience to every program.

For over three decades, he has delivered 1,000+ presentations for corporations, associations, and dental organizations worldwide. His work connects personal health, longevity, and professional performance, helping audiences improve energy, focus, resilience, and long-term vitality while reducing chronic disease risk and burnout.

David is the author of *Wealthy, Healthy & Wise* and *Ten Bonus Years*, and his work has been featured in *Dentistry Today* and the *Journal of the Academy of General Dentistry*. He is widely recognized for translating complex health science into practical, actionable strategies that professionals can apply immediately.

Known for his engaging and interactive style, David equips audiences to stay mentally sharp, physically strong, and fully able to enjoy the success they've worked to achieve. His programs resonate across entire teams, making them both clinically relevant and personally impactful.



**DAVID MEINZ**  
MS, RDN, FAND, CSP

TheHeartOfDentistry.us  
David@DavidMeinz.com  
407-854-8108

# Rave Reviews

"This is the third time we've had David speak to our study club. An **excellent source of education** for not only dentists, but their teams, too. A full room at the end of the day." - *Dr. Richard Boyle, Oral Surgeon, Blacksburg, VA, Southwest Virginia Advanced Seminars, Seattle Study Club*

"Our senior partner in our group said this was by far **the most unique seminar that we have hosted** (ever)." - *Sue Koestner, Director of Implants & Educational Services, Toledo, OH, Harbor Light Oral & Maxiofacial Surgeons*

"We'll be able to introduce wellness concepts into our practice." - *Dr. Phil Parham, Periodontist, Dalton, GA*

"Our referring dentists and their teams agree that this was **the best seminar they ever attended**. The ratings were through the roof. It was like hitting a hole-in-one with your very first swing." - *Dr. Chris Pine and Dr. Paul Campbell, Orthodontists, State College, PA*

"You scored **a perfect 10**, I rarely see that kind of rating. Thanks so much for making our event such a big success." - *American Society of Association Executives*

"David has **consistently scored the highest rating with our attendees**. I've invited him numerous times and will have him back again!" - *Spectrum Investment Advisors*

"Your participation was instrumental in making this year's Million Dollar Round Table meeting **a phenomenal success!**" - *Million Dollar Round Table*

"Congratulations for being chosen our **'Speaker of the Year!'**" - *Meeting Professionals International (MPI), Potomac Chapter*

"You are **a natural** to get the good health message out to American businesses and their people." - *Horizon Blue Cross / Blue Shield*

David has presented for 300+ State and Regional Dental Associations and Study Clubs. >>>

## PRESENTATIONS (Partial Listing)

American Dental Association  
California Dental Association  
Canadian Academy of Periodontology  
Chicago Midwinter Meeting  
Greater New York Dental Meeting  
Hinman Dental Meeting  
Minnesota Star of the North  
Seattle Study Club National Meeting  
Star of the South  
Yankee Dental Association

### As well as these prestigious organizations:

American Society of Association Executives  
Dubai Electricity and Water Authority  
General Electric  
Horizon Blue Cross Blue Shield  
Meeting Professionals International  
MetLife  
Million Dollar Round Table  
Morgan Stanley  
Walmart  
Wells Fargo  
Xerox

**DAVID MEINZ**  
MS, RDN, FAND, CSP

TheHeartOfDentistry.us  
David@DavidMeinz.com  
407-854-8108

**...and more!!**

