

## Who's Who in Health & Wellness



### Root Dental

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### ***Maggie Grothe, D.M.D***

***I built my practice on a simple idea: When you understand the whole person, you can transform their oral and overall health.***

#### **What inspired you to become a dentist?**

I've always loved science, problem-solving, and connecting with people, and dentistry brings all of that together in such a meaningful way. Over the years, I realized just how closely oral health is tied to whole-body wellness. That became the foundation of Root Dental, a place where patients feel heard, supported, and empowered to understand their health on a deeper level.

#### **How would you describe your approach to dentistry?**

I practice functional dentistry, which means I look beyond symptoms to understand the why behind them. Oral conditions rarely happen in isolation, they're influenced by lifestyle, stress, inflammation, airway health, bacterial balance, and more. My goal is to uncover these root causes so we can create long-term solutions instead of temporary fixes. That starts with taking time to listen and building a genuine partnership with each patient.

#### **What results do you hope to see in your patients?**

I want my patients to feel healthier, more confident, and more in control of their wellbeing. When someone finally understands what's happening in their mouth—and how it connects to their overall health—it changes everything. Seeing a patient reduce inflammation, improve comfort, or simply smile with confidence is incredibly rewarding. The best outcome is when they feel better not just dental-wise, but in their day-to-day life.

#### **How does your approach differ from traditional dentistry?**

I prioritize time, transparency, and root-cause diagnosis over quick or one-size-fits-all treatment plans. Functional dentistry allows me to be thorough, to evaluate biomarkers, assess bacterial levels and inflammation, and truly understand what's driving a patient's oral condition. I don't upsell or recommend anything unnecessary. Every decision is based on clinical integrity, evidence, and what aligns with the patient's long-term health goals.

#### **What technologies do you use to support your functional approach?**

One of my favorite tools is the SillHa Oral Wellness System, which measures salivary biomarkers tied to bacteria, acidity, and inflammation. Combined with digital imaging and comprehensive exams, it gives patients a clearer, measurable picture of their oral-systemic health. It's empowering for them and helps me personalize treatment with precision.

#### **What advice do you give people who want to improve their oral and overall health?**

Consistency matters. Prioritize preventive visits, maintain great homecare habits, stay hydrated, manage stress, and pay attention to how your body responds to inflammation. Small changes add up. And don't ignore your mouth, your oral health is a vital part of your whole-body wellness.