

1 **Salvador Gaytan:** Welcome to SmileTalk, an entertaining and informative dental talk  
2 show, featuring the latest news and developments in dentistry. I'm  
3 Salvador Gaytan and I'm here with...  
4  
5 **Dr. John Chao:** This is Dr. John Chao, your friendly dentist, hello everybody.  
6  
7 **Salvador Gaytan:** And ladies and gentlemen, normally we start with our Rapid Fire  
8 Five, but today we have a couple of very important guests in our  
9 studio, and where they did a very fascinating experiment that  
10 validated what different liquids can do on teeth, and how they  
11 affect teeth, and it was a very fascinating class project. And the  
12 special guests I have are Selena and Celeste. Selena, how are you  
13 today?  
14  
15 **Selena:** I'm doing good.  
16  
17 **Salvador Gaytan:** And how old are you Selena?  
18  
19 **Selena:** 10.  
20  
21 **Salvador Gaytan:** 10 years old, and your partner on this project, Celeste, how are  
22 you?  
23  
24 **Celeste:** Good.  
25  
26 **Salvador Gaytan:** Excellent, and how old are you Celeste?  
27  
28 **Celeste:** 11.  
29  
30 **Salvador Gaytan:** 11, and they did a very fascinating experiment, and I'm going to go  
31 to each one of them. Now, Selena, what was your experiment  
32 about?  
33  
34 **Selena:** It was mainly about finding out what beverages are worst for your  
35 teeth.  
36  
37 **Salvador Gaytan:** Beverages that are worst for your teeth, okay, and both of you are  
38 fifth graders at Ramona Elementary School, isn't that right?  
39  
40 **Selena:** Yes.  
41  
42 **Celeste:** Yes.  
43  
44 **Salvador Gaytan:** And your teacher is -- who's your teacher?  
45  
46 **Selena:** Mrs. Sanchez.

47  
48 **Salvador Gaytan:** Okay, excellent. Now, who -- they came with a very fascinating  
49 study here we're going to get to, and let Dr. John come in here and  
50 ask you a few questions about it. Go ahead Dr. John.  
51  
52 **Dr. John Chao:** Okay, well I'm particularly impressed with how scientifically this  
53 is done. Now, would you tell me what your purpose is for this  
54 experiment?  
55  
56 **Selena:** Well, trying to find out like what beverages are worst for your  
57 teeth. We are doing Coca Cola, we are doing milk, coffee, water  
58 and then...  
59  
60 **Celeste:** Cranberry juice.  
61  
62 **Selena:** Yeah, cranberry juice.  
63  
64 **Dr. John Chao:** And you know with every experiment, there is a hypothesis.  
65 Would you tell us what your hypothesis is?  
66  
67 **Selena:** Well, our hypothesis is mainly like, we think that Coca Cola and  
68 cranberry juice and coffee are going to mostly damage your teeth.  
69  
70 **Celeste:** For if you drink milk or water, it will not damage your teeth.  
71  
72 **Dr. John Chao:** Okay, well that's a great hypothesis. So, tell me, how you got  
73 started with this particular experiment and how I got involved?  
74  
75 **Selena:** Our teacher, Miss Sanchez, told us we had to do an experiment,  
76 and we decided we are going to be partners. And then my mom,  
77 she gave us the idea and we wanted to do this experiment.  
78  
79 **Dr. John Chao:** I see, now, how did I get involved with all of this?  
80  
81 **Selena:** Well, we wanted to kind of ask you questions.  
82  
83 **Celeste:** Because we thought that you were the expert opinion interview.  
84  
85 **Dr. John Chao:** I see, so you came to my office and you interviewed me for this  
86 experiment. So, I said well, it was only fair if you interviewed me,  
87 that I get to interview you too. Didn't I say that?  
88  
89 **Selena:** Yeah.  
90  
91 **Dr. John Chao:** So, we've been trying to {raise this} for quite a while. We are so  
92 happy that the both of you can come. This was a very special

93 occasion. We're so happy to have both of you. Are you happy to  
94 be here?  
95  
96 **Selena:** Yes.  
97  
98 **Dr. John Chao:** Have you been on radio shows before?  
99  
100 **Selena:** No.  
101  
102 **Celeste:** Never.  
103  
104 **Dr. John Chao:** How do you feel about this?  
105  
106 **Selena:** Kind of excited.  
107  
108 **Celeste:** Nervous.  
109  
110 **Dr. John Chao:** Okay, great, well I don't blame you for being excited. Are you  
111 going to be telling your friends and classmates about this  
112 tomorrow?  
113  
114 **Celeste:** Probably.  
115  
116 **Dr. John Chao:** And are you going to be listening to the radio when this comes  
117 out?  
118  
119 **Selena:** Yes.  
120  
121 **Celeste:** Yes.  
122  
123 **Dr. John Chao:** Yeah, well I bet you, it'd be very, very interesting.  
124  
125 **Salvador Gaytan:** So, now tell us what you -- you got the idea, and you've been  
126 friends for a long time, isn't that right?  
127  
128 **Selena:** Yes.  
129  
130 **Celeste:** Yes.  
131  
132 **Salvador Gaytan:** So, you decided to do the project, so tell us what you did to  
133 validate your hypothesis?  
134  
135 **Selena:** Well, first we had to do the hypothesis and see which ones we  
136 think are worst for your teeth, but we thought that it was mainly  
137 like the ones that have surgery and stuff like that.  
138

139 **Salvador Gaytan:** Okay, now Celeste, what did you do -- you did something with  
140 eggshells. Tell everyone what you did with the eggshells.  
141  
142 **Celeste:** Well, first we washed and poked a hole in the bottom of five  
143 eggshells. We emptied all the yolk and the white. Then we filled  
144 each plastic cup with a beverage; milk, water, soda, cranberry juice  
145 and coffee.  
146  
147 Then we put one eggshell into each cup, and then we pushed the  
148 eggshell down until it filled up with the liquid and sinks to the  
149 bottom of the cup. Then we kept the eggshell in the liquid for five  
150 days.  
151  
152 Then we took the eggshell out two times a day, and brushed the  
153 egg with toothpaste. Then, when the five days had passed, we  
154 looked at the results.  
155  
156 **Dr. John Chao:** Wow. Now, this was very ingenious. You picked eggshells. So,  
157 why did you pick eggshells? That seemed like a very good idea,  
158 but why did you pick eggshells for this teeth experiment?  
159  
160 **Selena:** Well, it's kind of because the eggshell is like your tooth, and when  
161 you brush it, it's kind of going to break, but not like your teeth.  
162  
163 **Dr. John Chao:** So, how did you get the eggshell to be empty?  
164  
165 **Selena:** Well, we had to get like a knife or like a fork.  
166  
167 **Celeste:** Fork, and then we poked the hole in it.  
168  
169 **Dr. John Chao:** Did you suck on the egg and suck out all the...?  
170  
171 **Selena:** No.  
172  
173 **Dr. John Chao:** You didn't?  
174  
175 **Selena:** No.  
176  
177 **Dr. John Chao:** We used to do that when we were kids. So, you got it out some  
178 way, right?  
179  
180 **Selena:** Yeah.  
181  
182 **Celeste:** Yeah.  
183

184 **Dr. John Chao:** I think that's really, really ingenious that you poked a hole in it,  
185 because if you didn't, the egg will keep on floating on the water,  
186 wouldn't it?  
187  
188 **Celeste:** Yeah.  
189  
190 **Dr. John Chao:** So, you poke a hole and get the water to go in there and sink the  
191 eggs.  
192  
193 **Celeste:** Yes.  
194  
195 **Dr. John Chao:** That's pretty neat.  
196  
197 **Salvador Gaytan:** Absolutely, absolutely.  
198  
199 **Dr. John Chao:** Isn't that smart?  
200  
201 **Salvador Gaytan:** Now Dr. John, they say they brushed the eggs, but I want to know,  
202 did they floss?  
203  
204 **Selena:** Of course not.  
205  
206 **Dr. John Chao:** Well, they brush it, at least they brush it, right?  
207  
208 **Selena:** Yeah.  
209  
210 **Dr. John Chao:** So, that's great. Now, what happened from day to day -- did you  
211 check on it every single day or what happened?  
212  
213 **Selena:** We checked on it every morning and every night to brush it.  
214  
215 **Dr. John Chao:** I mean you brush it in the morning, and you brush it at night?  
216  
217 **Selena:** Yes.  
218  
219 **Dr. John Chao:** I see.  
220  
221 **Salvador Gaytan:** Now, tell them Dr. John, I don't know if you knew, but they each,  
222 Celeste and Selena, each had their own set of five eggshells at  
223 home.  
224  
225 **Dr. John Chao:** No, I wasn't aware of that. I thought you just had one set and you  
226 both were working on it.  
227  
228 **Selena:** No, we had two.  
229

230 **Dr. John Chao:** I see, good, good. Now, did you have another set where they were  
231 all just plain water?  
232  
233 **Selena:** No.  
234  
235 **Celeste:** No.  
236  
237 **Dr. John Chao:** Well, okay, alright, but you had one egg that had plain water?  
238  
239 **Selena:** Yes.  
240  
241 **Dr. John Chao:** So that's -- you know what that's called? That's called the control.  
242 Nothing happened to it because it was plain water, but you did  
243 have that control. So, that makes it a really, really scientific  
244 experiment. This is very, very amazing, this is really cool.  
245  
246 **Salvador Gaytan:** They had a nice chart here, which the audience can't see, but it's  
247 very impressive. It has the purpose of the experiment, the  
248 materials, the procedure. It has pictures of the eggshells, which  
249 they had -- they had two sets, but they used the set of Celeste's  
250 eggshells, is that right?  
251  
252 **Celeste:** Yes.  
253  
254 **Salvador Gaytan:** Yeah, very good, and they had the hypothesis, and it's very  
255 impressive. Dr. John, I want to ask you, do you know what grade  
256 these young girls got on their project?  
257  
258 **Dr. John Chao:** Yeah, I know, but if I was grading, I would still give it in A+,  
259 A++. I thought they were going to get an award, I'm sorry, go  
260 ahead.  
261  
262 **Selena:** We jut got an A, not a plus.  
263  
264 **Salvador Gaytan:** No plus? We wanted to...  
265  
266 **Dr. John Chao:** I would have given you A++.  
267  
268 **Salvador Gaytan:** Let's get the teacher on the phone right now Dr. John.  
269  
270 **Dr. John Chao:** Yeah, would you call please?  
271  
272 **Salvador Gaytan:** That's right, that's right.  
273  
274 **Dr. John Chao:** Now, there's a little side story here. I think your teacher will  
275 probably be willing to listen to me, don't you think?

276  
277 **Selena:** Yeah.  
278  
279 **Dr. John Chao:** And why is that?  
280  
281 **Selena:** Because she used to work for you.  
282  
283 **Dr. John Chao:** So, if I remember right, she is just a really fantastic lady, and she  
284 worked so well for us. I used to remember her. Okay.  
285  
286 **Salvador Gaytan:** For anyone just tuning in, you're listening to SmileTalk with Dr.  
287 John, the friendly dentist. You can reach Dr. John, at  
288 [AlhambraDental.com](http://AlhambraDental.com) or 626-308-9104.  
289  
290 **Dr. John Chao:** So, tell us from day to day, as you were brushing these eggs and  
291 you were watching them, what happened on the first day, second  
292 day and third day, tell us what happened.  
293  
294 **Selena:** Well, kind of like the first day, the soda got stained, but when we  
295 brushed it, it got all white still. But then after three days they  
296 started getting stained.  
297  
298 **Dr. John Chao:** I see. So, we know that probably soda, such as Coca Cola can stain  
299 teeth, right? So, what else happened the first day and the second  
300 day?  
301  
302 **Selena:** Well, there is this funny story. I put cranberry juice, and then on  
303 the third or second day, it cracked, and then when I took out to  
304 brush it, it just broke, all of it.  
305  
306 **Salvador Gaytan:** So, are you saying cranberry juice was worse than soda on teeth?  
307  
308 **Selena:** Yes.  
309  
310 **Celeste:** Yeah.  
311  
312 **Salvador Gaytan:** Did you know that Dr. John?  
313  
314 **Dr. John Chao:** Yes, cranberry has a lot of sugar, it's loaded with sugar, because  
315 cranberry by itself is not that good tasting, even though cranberry  
316 is good for certain purposes. For certain kinds of infections,  
317 cranberry juice is excellent, but it's pretty loaded up with sugar.  
318 But most people don't know that, do they?  
319  
320 **Selena:** No.  
321

322 **Celeste:** No.  
323  
324 **Dr. John Chao:** Now, did you expect that cranberry juice would practically melt  
325 the eggs in advance, or did you kind of suspected it?  
326  
327 **Selena:** I didn't expect it.  
328  
329 **Dr. John Chao:** You didn't expect it, huh?  
330  
331 **Selena:** I didn't know about Celeste, if she expected it or not.  
332  
333 **Salvador Gaytan:** Before the experiment, Celeste, which liquid did you think was  
334 going to be the worst on the eggshells?  
335  
336 **Celeste:** I thought the soda was going to be the worst.  
337  
338 **Dr. John Chao:** Did you know the sugar content of cranberry juice at the time?  
339  
340 **Selena:** No.  
341  
342 **Celeste:** No.  
343  
344 **Dr. John Chao:** But did you look it up afterwards?  
345  
346 **Selena:** No.  
347  
348 **Dr. John Chao:** Until I told you, huh, you didn't know, okay.  
349  
350 **Salvador Gaytan:** Now, Selena, you said your eggshell that was in cranberry juice,  
351 broke on the first day?  
352  
353 **Selena:** Yeah.  
354  
355 **Salvador Gaytan:** And what about the eggshell that was in the cranberry juice for  
356 Celeste, did your...?  
357  
358 **Celeste:** The second day.  
359  
360 **Salvador Gaytan:** The second day? So, they both broke by the second day.  
361  
362 **Celeste:** Yes. I tried putting another eggshell in, and trying it again, but it  
363 kept on breaking.  
364  
365 **Salvador Gaytan:** Dr. John, you're going to have to have a disclaimer about  
366 cranberry juice in your office, won't you?  
367



368 **Dr. John Chao:** Well, we aren't probably going to drink cranberry juice, but it's  
369 good that people know cranberry juice is something you have to be  
370 very careful about, right?  
371  
372 **Selena:** Right.  
373  
374 **Celeste:** Yeah.  
375  
376 **Dr. John Chao:** So, now you had coke, cranberry, and what else did you have?  
377  
378 **Selena:** Coffee, milk and water.  
379  
380 **Celeste:** Milk and coffee.  
381  
382 **Dr. John Chao:** Okay, tell us what happened from day to day to the other  
383 beverages, such as...  
384  
385 **Salvador Gaytan:** Start with the coffee, what happened with the coffee?  
386  
387 **Selena:** It just got stained mostly.  
388  
389 **Celeste:** And the Coca Cola was also stained, but once you brushed it, it got  
390 a little white, but it was still a little bit stained.  
391  
392 **Dr. John Chao:** So, coffee stained more than Coca Cola.  
393  
394 **Selena:** No, the coffee -- I mean the soda stained more than the coffee.  
395  
396 **Dr. John Chao:** Okay, so you were able to wash out the coffee.  
397  
398 **Selena:** Yeah, some of it.  
399  
400 **Dr. John Chao:** Some of it, but the Coca Cola stained more and it got more  
401 permanent on the third day.  
402  
403 **Selena:** Yes.  
404  
405 **Dr. John Chao:** Wow, okay, that's interesting.  
406  
407 **Salvador Gaytan:** Yes.  
408  
409 **Dr. John Chao:** What happened then on the fifth day, what was your conclusion?  
410  
411 **Selena:** Well, the cranberry juice, it was kind of like -- it was the worst,  
412 because it broke on the second day, and then soda. Well, milk, it  
413 started getting bumpy and like yellow.

414  
415 *Celeste:* And the water also had like yellow, but not that much, like two or  
416 three.  
417  
418 *Selena:* I kind of noticed on the water, some of the eggshells started  
419 peeling off.  
420  
421 *Dr. John Chao:* Even with the water?  
422  
423 *Selena:* Yeah.  
424  
425 *Celeste:* Yeah.  
426  
427 *Dr. John Chao:* That's very interesting. Now, do you know why coffee stained, but  
428 coke stained more?  
429  
430 *Selena:* No.  
431  
432 *Celeste:* No.  
433  
434 *Dr. John Chao:* I don't know either.  
435  
436 *Salvador Gaytan:* Come on Dr. John, I thought you had all the answers, come on  
437 now.  
438  
439 *Dr. John Chao:* Well, there are probably more ingredients in the coke, and we  
440 know coke stains, but we know also coffee stains. Do you not  
441 agree that it seemed like the Coca Cola, coke does more damage to  
442 the eggshell than coffee?  
443  
444 *Selena:* Yeah.  
445  
446 *Dr. John Chao:* Coffee, you didn't put cream and sugar in the coffee every night,  
447 did you?  
448  
449 *Selena:* No.  
450  
451 *Celeste:* No.  
452  
453 *Selena:* Actually we had to empty out the beverages every night and fill  
454 them up with new.  
455  
456 *Dr. John Chao:* Oh you did? Okay, well that is really neat.  
457  
458 *Salvador Gaytan:* They were holding out that little tidbit on us, huh?  
459

460 **Dr. John Chao:** They're sounding more and more scientific as they talk. This is  
461 really, really well thought of. So, what conclusion do you think  
462 you can draw from this experiment?  
463  
464 **Selena:** Well, we found out that Coca Cola and cranberry juice are the  
465 worst beverages that damage your teeth and cause bad tooth decay.  
466  
467 **Dr. John Chao:** Okay, and do you have any conclusions as to the others?  
468  
469 **Salvador Gaytan:** They are never going to drink them, right?  
470  
471 **Selena:** I don't know.  
472  
473 **Salvador Gaytan:** You'll only drink water and milk, isn't that right ladies?  
474  
475 **Selena:** No.  
476  
477 **Salvador Gaytan:** No? Oh my God. I think your mothers are going to have something  
478 to say, and they are in the studio right now. Let's bring in Celeste's  
479 mother, Trisha, for a second. I take it you're very proud of your  
480 daughter for this experiment, aren't you?  
481  
482 **Trisha:** Yes, I am, they did a good job.  
483  
484 **Salvador Gaytan:** Were you able to guess the beverage that was going to be the worst  
485 on teeth before they did it?  
486  
487 **Trisha:** No, I actually thought the soda would be worse. I didn't think that  
488 the cranberry would disintegrate the eggshell as quickly as it did.  
489  
490 **Salvador Gaytan:** I see, okay, and we have the mother of Selena, Claudia.  
491  
492 **Claudia:** Hello everybody.  
493  
494 **Salvador Gaytan:** How are you Claudia?  
495  
496 **Claudia:** I'm doing wonderful, thank you.  
497  
498 **Salvador Gaytan:** And Claudia, you also work for a very distinguished dentist, don't  
499 you?  
500  
501 **Claudia:** Yes, Dr. Chao.  
502  
503 **Salvador Gaytan:** Dr. Chao.  
504  
505 **Dr. John Chao:** Yeah, there's some reason why they are all together.

506  
507 **Salvador Gaytan:** That's right, that's the link, isn't it?  
508  
509 **Dr. John Chao:** I think I'm linking everything together here.  
510  
511 **Salvador Gaytan:** Darn right, and I take it you are very proud of her too, Claudia?  
512  
513 **Claudia:** Yes I was. I was actually very proud on how the girls actually  
514 grasped onto the concept. At first, I thought it was going to be kind  
515 of hard for them to understand what they were doing, but they  
516 were very, very quick learners and they grasped the concept and  
517 we just kept going on and on. Every day brushing and cleaning out  
518 solutions, so it worked out just fine.  
519  
520 **Salvador Gaytan:** So, are you going to send her out in the work field, so she can  
521 bring home some money to the household now?  
522  
523 **Claudia:** Eventually, that's the [crosstalk].  
524  
525 **Dr. John Chao:** Well, I understand that Selena has some other talents too besides  
526 being a great scientist. Would you tell us what some of your other  
527 talents are, Selena?  
528  
529 **Selena:** I have no idea.  
530  
531 **Dr. John Chao:** Yes you do.  
532  
533 **Selena:** I have no idea what you're talking about.  
534  
535 **Claudia:** Selena likes to sing.  
536  
537 **Salvador Gaytan:** She likes to sing?  
538  
539 **Claudia:** Yes,  
540  
541 **Salvador Gaytan:** That's fantastic, where does she sing at?  
542  
543 **Claudia:** Actually at home, and she did her first talent show at school this  
544 spring. So, I think she did really, really well.  
545  
546 **Dr. John Chao:** Well, what about a little tune for us, just a quick little tune?  
547  
548 **Selena:** No.  
549  
550 **Salvador Gaytan:** She is a little gun-shy.  
551

552 **Dr. John Chao:** I'm catching her by surprise here.  
553  
554 **Trisha:** Celeste has a special talent too.  
555  
556 **Dr. John Chao:** Yes, would you tell us what your special talent is, Celeste?  
557  
558 **Celeste:** I play the trumpet.  
559  
560 **Dr. John Chao:** Trumpet, I didn't expect that.  
561  
562 **Celeste:** I was also in the talent show too.  
563  
564 **Dr. John Chao:** Oh, in the talent show, wow. Did you bring your trumpet by any  
565 chance? It's not in the car, is it? Darn.  
566  
567 **Salvador Gaytan:** We wanted to get a sample of that trumpet, didn't we Dr. John?  
568  
569 **Dr. John Chao:** Yeah, maybe another time.  
570  
571 **Selena:** She used to play the clarinet before the trumpet.  
572  
573 **Celeste:** Yes I did.  
574  
575 **Dr. John Chao:** Really? We have two very musically inclined very young ladies  
576 here.  
577  
578 **Salvador Gaytan:** Well, maybe you were a team in a scientific experiment, maybe  
579 you can be a musical team some day.  
580  
581 **Dr. John Chao:** Yeah. I was reflecting on this experiment. This is not a typical  
582 often experiment where the results are different from what you  
583 expect. In fact, the cranberry juice came out to be the worst culprit.  
584  
585 It's very, very interesting that a lot of times we are surprised by the  
586 results, and then we go by the results rather than our own  
587 preconceived ideas.  
588  
589 This is such a great experiment to use as an example, that in all the  
590 ways that it was followed -- it's something like they followed all  
591 the principles of experimentation in such a nice scientific way, and  
592 even the results surprised the authors of the experiment.  
593  
594 **Salvador Gaytan:** Absolutely.  
595  
596 **Dr. John Chao:** I think this is phenomenal.  
597

598 **Salvador Gaytan:** Absolutely. So, ladies, do you have an experiment that you're  
599 going to do next year? You're going to be big sixth graders, still at  
600 Ramona Elementary, is that right?  
601  
602 **Selena:** Yeah.  
603  
604 **Celeste:** Yes.  
605  
606 **Salvador Gaytan:** Okay, and so are you looking forward to another experiment that  
607 we have to look forward to?  
608  
609 **Selena:** Maybe.  
610  
611 **Celeste:** Maybe.  
612  
613 **Salvador Gaytan:** We never know, huh?  
614  
615 **Celeste:** No. The only bad thing about experiments is that you can't watch  
616 TV while you're doing them.  
617  
618 **Salvador Gaytan:** Well, your mother doesn't let you watch a lot of TV anyway,  
619 right? Oh, oh, I think we're going to have to do experiment on how  
620 much TV kids should watch, don't we?  
621  
622 **Celeste:** Yeah.  
623  
624 **Selena:** Yeah.  
625  
626 **Dr. John Chao:** So, what is your favorite TV program?  
627  
628 **Selena:** Disney channel and Nickelodeon naturally.  
629  
630 **Celeste:** The same here.  
631  
632 **Dr. John Chao:** Really? So, what's your favorite movie?  
633  
634 **Selena:** Princess Protection Program.  
635  
636 **Dr. John Chao:** Princess Protection Program? Oh really?  
637  
638 **Selena:** It stars Selena Gomez and Demi Lovato.  
639  
640 **Salvador Gaytan:** For anyone tuning in, you're listening to SmileTalk with Dr. John,  
641 the friendly dentist. He can be reached at [AlhambraDental.com](http://AlhambraDental.com) or  
642 626-308-9104, and questions are always welcome for the audience,  
643 aren't they Dr. John?

644  
645 **Dr. John Chao:** Yes, we sure appreciate your sending questions already. We'll look  
646 forward to you sending more questions whenever you can.  
647  
648 **Salvador Gaytan:** And if we don't get to them in the next show or two, we will get to  
649 them, isn't that right Dr. John?  
650  
651 **Dr. John Chao:** That's right, we'd like you to call or email us.  
652  
653 **Salvador Gaytan:** Excellent, excellent. So, Dr. John, this is a very impressive board  
654 here. I am very impressed with the board and the experiment. You  
655 had a little hand in this experiment, didn't you?  
656  
657 **Dr. John Chao:** Well, I'm not sure I was involved in the actual formation of the  
658 experiment, but I was used as the expert in critiquing their  
659 experiment at the time.  
660  
661 So, I actually set off about half an hour, 45 minutes, and I had the  
662 chance to sit down with these three young ladies and go over their  
663 experiment. So, that was a very, very rewarding experience, it was  
664 certainly very, very gratifying and very entertaining.  
665  
666 **Salvador Gaytan:** So, ladies, the interview you did with Dr. John, was that part of  
667 your final grade?  
668  
669 **Celeste:** Yes.  
670  
671 **Selena:** Yes.  
672  
673 **Dr. John Chao:** So, you actually got an A in spite of putting my pictures in it?  
674  
675 **Salvador Gaytan:** Wait, is that really true?  
676  
677 **Celeste:** Yeah.  
678  
679 **Selena:** Yeah.  
680  
681 **Dr. John Chao:** Well, That's good that you overcame my picture.  
682  
683 **Salvador Gaytan:** If you would have asked me, I would have said you got to take that  
684 picture off. No, I'm just kidding.  
685  
686 **Dr. John Chao:** You really took your chances when you put my picture in it.  
687  
688 **Selena:** Having an interview is better than going on the computer and  
689 looking up info on it.

690  
691 **Dr. John Chao:** So, I was more convenient, that's why you used me?  
692  
693 **Celeste:** Yeah.  
694  
695 **Dr. John Chao:** Well, I don't mind being used, I certainly enjoyed it.  
696  
697 **Salvador Gaytan:** That's right. Now, the mother of Celeste, Trisha, I have a question  
698 for you.  
699  
700 **Trisha:** Yes.  
701  
702 **Salvador Gaytan:** You are not going to drink cranberry or soda or coffee anymore, is  
703 that correct?  
704  
705 **Trisha:** I'm going to try to drink as little of those juices and coffee and  
706 beverages as possible.  
707  
708 **Salvador Gaytan:** As little as possible, because now you have a fellow scientist,  
709 who's going to be reminding you, is that right Celeste?  
710  
711 **Celeste:** Yes.  
712  
713 **Salvador Gaytan:** She is going to be reminding you what to drink, and Claudia, the  
714 mother of Selena, you don't drink those liquids anyway, right?  
715 You only drink water.  
716  
717 **Claudia:** I actually do, but I brush right after.  
718  
719 **Salvador Gaytan:** You brush right after.  
720  
721 **Selena:** Sure, she is just saying that because she is on the radio.  
722  
723 [Crosstalk]  
724  
725 **Salvador Gaytan:** See, you can't get away. When you have 10 year olds, 11 year  
726 olds, you can't get away with anything. Now, Dr. John, that  
727 reminds me of something. You can mitigate some of these things if  
728 you don't let the liquid sit on the teeth for hours, you brush right  
729 away, isn't that right?  
730  
731 **Dr. John Chao:** Well, that's exactly the purpose of this experiment. I'm sure the  
732 result would have been different, had they just dunk it in and took  
733 it out. So, the long duration of the soaking has a lot to do with the  
734 damaging results that you get. So, that's another aspect of the



735 experiment that we should be aware of. That is, you can minimize  
736 the damage by brushing and by...  
737  
738 **Salvador Gaytan:** Flossing.  
739  
740 **Dr. John Chao:** Flossing or even just rinsing your mouth with water if you don't  
741 find anything else that's available at the time.  
742  
743 **Salvador Gaytan:** Now, I have a question for the ladies. I think you'd like to know  
744 Dr. John is, how often are Celeste and Selena brushing their teeth?  
745 Don't we want to know this Dr. John?  
746  
747 **Dr. John Chao:** Well, we don't want to put them on the spot, but we can ask them.  
748  
749 **Salvador Gaytan:** Well, they put their mothers on the spot, I think we should put  
750 them on the spot. Don't you think so?  
751  
752 **Selena:** Don't, don't, don't.  
753  
754 **Salvador Gaytan:** Celeste, tell us the truth, are you brushing your teeth like you  
755 should?  
756  
757 **Celeste:** Yes.  
758  
759 **Salvador Gaytan:** Okay, well I like that, okay. Selena?  
760  
761 **Selena:** I'm only brushing them in the morning though.  
762  
763 **Salvador Gaytan:** Okay, Dr. John, what do you have to say about that?  
764  
765 **Dr. John Chao:** Well, she is very honest, very honest, I like that.  
766  
767 **Selena:** Well, I'm in trouble.  
768  
769 **Dr. John Chao:** Well, I'm sure you'll brush more this time, right? If we get you on  
770 the show some other time, you'll be able to tell us you brush every  
771 day at least twice a day, isn't that right?  
772  
773 **Selena:** Yes.  
774  
775 **Celeste:** Yes.  
776  
777 **Salvador Gaytan:** Because Dr. John, tell her what happens when people lose their  
778 teeth.  
779  
780 **Dr. John Chao:** That's right.

781  
782 **Salvador Gaytan:** You don't want to be, what, 40, 50, losing teeth.  
783  
784 **Dr. John Chao:** Actually, to come back to the coffee. Now, actually coffee didn't  
785 do that much damage, it just stained it, but seeing it didn't have  
786 any sugar, so it wasn't one of the worst beverages.  
787  
788 So, therefore remember we talked a little bit about coffee before,  
789 that coffee has certain good characteristics, as well as some other  
790 not so good characteristics.  
791  
792 **Salvador Gaytan:** Absolutely. Well, Dr. John, we are coming to the conclusion of our  
793 show. It's been a very fascinating show. What did you think about  
794 today's experiment Dr. John?  
795  
796 **Dr. John Chao:** I am very, very elated that we have two young ladies who have  
797 come up with such a great experiment, so scientifically done, with  
798 such great entertaining results.  
799  
800 **Salvador Gaytan:** Absolutely.  
801  
802 **Dr. John Chao:** Yeah, in terms of the way it's presented, and in terms of the way  
803 it's well thought out and executed, I would say that this certainly  
804 would be also a great project if it was even done on the college or  
805 dental school level.  
806  
807 It could be a little bit more sophisticated, but the way it's done, and  
808 the steps that it followed, it's really quite scientific. I'm very  
809 impressed with these two lovely young ladies, and we're so happy  
810 that you came and joined us today. We want to thank the parents  
811 too for bringing them.  
812  
813 **Salvador Gaytan:** Absolutely. So, we're going to say goodbye to the audience from  
814 Celeste.  
815  
816 **Celeste:** Bye.  
817  
818 **Salvador Gaytan:** And Selena.  
819  
820 **Selena:** Bye.  
821  
822 **Salvador Gaytan:** And Selena's mom Claudia.  
823  
824 **Claudia:** Goodbye.  
825  
826 **Salvador Gaytan:** And Celeste's mom Trisha.

827

828 **Trisha:** Goodbye everybody.

829

830 **Dr. John Chao:** And goodbye from Dr. John, see you all next week.

831

832 [END OF AUDIO]