TEETH AND MOUTH CARE

A lot of tooth and mouth care is very outdated in North America. Many dentists got their training many years ago and have not updated their information and are promoting wrong information to their patients. Here is some new information to help understand the latest scientific findings.

1. **Breathe through your nose, allow the bacteria in the mouth to be left natural. If you breathe through your mouth at night but are capable of breathing through your nose, then try taping the mouth shut when you sleep. Have open windows for fresh air when you sleep. Room should be cool 65-68^{O}F.**
2. **Oral health is involved in most diseases. What happens in the mouth, happens in the body. Even Alzheimers is affected by oral health. The oral health is part of systemic health.**
3. **Don't do MOUTHWASHES at any time. It kills the microbiome in the mouth that you need for digestion. Don't think doing essential oils is better, still kills the microbiome. In addition to that, Nitric Acid relies on the bacteria at the back of the tongue/mouth. Look at the information about nitric acid and you will see how important it is for strength, stamina including erections in men.**
4. **BRUSH YOUR TEETH when you wake up – use a small head toothbrush with small circular motion. Then you can have breakfast. After lunch you can chew some xylitol gum. After evening meal you can brush again about ½ hr after you eat, then don't eat again until the next day. You can also use xylitol gum which helps stabilize the pH and helps clean the teeth after you eat. Best toothpaste is the hydroxyapatite type which is a natural form of calcium, the main ingredient in the tooth. Certainly no sugar should be in the toothpaste. So you don't brush your teeth right after eating, let the remineralization to take effect. If you want to floss, the slate type is best but the floss stick is good (listerine makes it). So, floss first, then the electric toothbrush with the nano-hydroxyapatite toothpaste and in the evening, spit out but don't rinse.**
5. **Best ELECTRIC TOOTHBRUSH: Sonicare by Phillips, get the small heads. Get extra soft toothheads, or the ones for sensitive teeth. Best grouping of bristles is the ones that are variable, staggered pattern, not just even cut bristles. Dip it in hydrogen peroxide (3%) to sterilize the toothbrush often after you finish brushing.**
6. **Avoid FLUORIDE. Sodium fluoride is a neuro toxin and can be detrimental. Calcium Fluoride is natural and found in nature in soil and rocks, but not sodium fluoride is a toxic waste product of the aluminum industry. In the July 2000 Journal of the American Dental Association, Dr. Featherstone published his research on the effectiveness of fluoride in preventing tooth decay. Dr. Featherstone took healthy extracted teeth, measured the teeth for fluoride concentration in the enamel, and immersed the teeth in acid. He found that the fluoride incorporated in the tooth during development was insufficient to withstand the cavity-causing acid of oral bacteria. The results were the same when he tested teeth containing 10 times the normal amount of fluoride. More recently, the Center for Disease Control acknowledged in their report of August 17, 2001, "The prevalence of dental caries (cavities) in a population is not inversely related to the concentration of fluoride in the enamel, and higher concentrations of enamel fluoride is not necessarily more efficacious in preventing dental caries." Furthermore, fluoride causes cancer, brittle bones, dental fluorosis (white spots on the teeth), and neurological impairment. If a child swallows more than a pea-size amount of toothpaste, the product label advises calling the poison control center. In dental offices, fluoride treatments are 1000 times more concentrated than toothpaste. Why would we place this in your mouth or in your child's mouth?**
   Some of the problems that have been linked to ingesting or being exposed to too much fluoride include:
   - **Arthritis**
   - **Increased risk of bone fractures**
   - **Cancer**
   - **Brain damage**

- **Impairment in learning**
- **Memory problems**
- **Neurobehavioral deficits**
- **High blood pressure**
- **Arterial calcification**
- **Increased risk of heart attacks, heart failure, and strokes**
- **Increased risk of developing peripheral arterial disease**
- **Diabetes**
- **Hypersensitivity**
- **Kidney disease**
- **Skeletal fluorosis**
- **Thyroid disease**
- **Issues with male fertility**
- **Endocrine disruption**
- **Increased risk of developing GI disorders**

7. **Glycerin is used as a thickening agent in toothpaste. It is harmless but avoid it if you can.**

8. **Plaque is now called biofilm which we now know is naturally occurring in a healthy mouth.**

9. **Scrape your tongue in the morning and before you go to bed. The first couple of times need a bit of work, then it is relatively simple and perhaps you only need to do it every other day.**

10. **Avoid drinking FRUIT JUICES. The constant acidity will damage the teeth, not to mention how hard it is on the blood sugar. Best to eat the fruit whole, and avoid the citrus acidic type fruits (grapefruit, orange, pineapple).**

11. **The HEALTHY pH of the the mouth (saliva) is 6.8 to 7.2. At 6.2 pH the process of dentin begins to dissolve. Dentin is the root structure of the tooth. Enamel starts to break down at 5.5pH. Most acidic drinks like kombucha, perrier, or mineral water, coffee, wine, ice tea start off at a low pH and if you are drinking a lot of that, you are forcing the pH to drop and the teeth will dissolve. It turns out that children have a higher critical pH which is one reason why they get more cavities.**

12. **Tomato is quite acidic but very beneficial as a healthy food. When eating a lot of tomato soup or sauce, add a small pinch of baking soda to diminish the acid of the tomato.**

13. **Most diets are mineral deficient because soils are not replenished after harvesting. Take a multi-mineral supplement in the afternoon or evening if possible.**

14. **Mercury amalgams have been promoted and supported by the American Dental Association, who tried hard to push the information away that the mercury was causing illness in the patients. Insist on 'no mercury amalgams'. Careful with gold caps where they mix copper in with the gold which is cheaper. Insist on porcelain fillings and crowns.**

15. **Avoid ROOT CANALS. It makes lots of money for the dentists, but they fail to sterilize the canal after they remove the nerve, and then the tooth is capped off, only to find bacteria accumulating over a period of time, causing pain and suffering and eventually the tooth may need to be removed, more money to be spent – now guess what, now you don't have a tooth! But there is no problem, they can do an implant tooth for only several more thousands of dollars. There are a few dentists here and there that do ozone to the root canal before capping it off which can greatly help.**

16. **Do you have abscesses? Try doing high doses of Vitamin C daily for several months, along with goldenseal herb which is a natural antibiotic. There are also some specific homeopathic preparations that help with abscessing.**

17. **Prebiotic and probiotic foods are important for healthy bacteria. Look at the glycemic index to see which foods are high in glycemic numbers, and avoid them.**

18. **You have all kinds of bugs in the mouth: Candida Albicans, E. Pylori, St. Mutan, Gingivalis, even the bug that causes pneumonia, these are always there and are controlled by a healthy body. They are not to be eliminated (which makes things work). Give the body what it needs best, and let it do its thing.**

19. **To STRENGTHEN ENAMEL in teeth, using tissue salts:**
    For children: 1 pellet of each of Cal Carb, Cal Fluor, Kali Phos, Nat Mur and Silicea. Three times a day. If child too young to take pills into mouth and suck on them, dissolve in pure hot water first.
    For adults: increase to 5 pellets each remedy three times a day.

20. **OIL PULLING. This comes from Ayurvedic medicine. Helps reduce the harmful bacteria in the mouth and some swear it helps reverse dental decay. Once a day (or twice if you wish), put a tablespoon (15 ml) of coconut oil into your mouth, swish it around for 3-4 minutes, then spit out. Coconut oil is high in lauric acid which has antimicrobial properties and that may be the reason why it works. If the taste of coconut oil is objectionable, some have said they got good results using olive oil. It does reduce biofilm, moisturizes. Don't count on it to do everything, you still have to be focused on other things you need to do. When decay reaches that dentinal enamel junction where the enamel ends and the dentin begins, there is not remineralizing at that stage and the cavity needs to be removed. Not much benefit in whitening or removing staining.**

21. **CANKERS and MOUTH SORES. They can be in the mouth and gums. Here are some remedies ti help:**

- **Do oil pulling (see above).**
- **Dab oil of oregano onto the canker with a q-tip. Do a few times a day for a few days, but not for a long period of time. Peppermint oil may also work, but less strong.**
- **Hydrogen peroxide can help sterilize the sore, use a cotton swab or q-tip. Do not swallow.**
- **Sage tea can help mouth inflammation.**
- **Rinse the mouth with salt water. 1 tsp in ½ cup of warm water. Swirl in the mouth for 30 seconds, then spit it out. Repeat every few hours if needed. Baking soda can be substituted for salt if you wish. Some feel the salt water may dry out the sores but may cause pain.**
- **If you think the immune system is weak and may be an underlying cause, take some zinc in the form of a lozenge.**
- **If you think the sores are caused from stress, take a B complex (50mg) twice a day.**

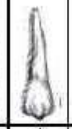
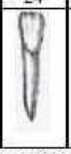
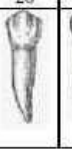
22. **Constantly snacking and drinking does not allow the mouth to stabilize and correct itself. That's why the intermittent fasting helps so much.**

23. **The bones needs calcium, and your teeth are an extension of your bones, they need calcium. If you take calcium supplements, get the ones that use foods and herbs. The calcium needs to be metabolized so it doesn't calcify. Here are some foods that are high in natural calcium if you want to use foods as your calcium source, which is probably the best method:**
    FOODS: Seaweeds Bok Choy Sesame Seeds Hazelnuts Parsley Soy Milk (unadulterated)
    Chick peas Spinach Raisins Peanuts Lentils Parsnips
    Egg Yolk Broccoli Lima beans Walnuts Halibut Salmon
    Almonds Sardines/Tuna with bones Pumpkin seeds
    HERBS: Comfrey Horsetail Oat straw also: Dandelion Cleavers Chamomile
    For more information about calcium, see the Addendum "Calcium"

24. **WHITENING TEETH. Use the Nano-hydroxyapatite toothpaste for a month or two and see if you still feel the need to whiten your teeth (you can get this online, internet eg. Amazon: Boca or Risewell, Fygg are recommended by holistic dentist). Other methods may do some damage to the microbiome and tooth structure.**

TOOTH CHART

Each tooth reflexes to particular organs and glands. You will need to decide if the problem is from the tooth causing the organ problem; or whether it is the organ causing a tooth problem. The teeth at the very ends (#1,32,16,17) are the wisdom teeth and if there are problems with them (eg. cavities), it can reflect in the immune system.

Traditional Chinese Meridian Organs															
Heart, Small Int., Circulation/Sex, Triple Warmer	Stomach Pancreas		Lung Large Intestine		Liver Gallbladder	Kidney Bladder		Kidney Bladder		Liver Gallbladder	Lung Large Intestine		Stomach Spleen		Heart, Small Int., Circulation/Sex, Triple Warmer
Associated Western Medicine Joints, Organs and Glands															
Right: Shoulder, elbow, hand (ulnar) Sacroiliac, foot, toes, Middle Ear. Right heart, Rt. Duodenum, terminal ileum. CNS. Ant pituitary	Right: TMJ, anterior hip/knee, medial ankle. Sinus: Maxillary, Oropharynx, Larynx, esophagus, Rt. Side of Stomach. #2Parathyroid; #3Thyroid Right Breast		Right: Shoulder, elbow, hand (radial), foot, big toe. Sinus: Paranasal and Ethmoid. Bronchus, Nose. Right lung. Right side of Large Intestine #4 Right Breast		Right: Post. knee, hip, lateral ankle. Sinus: Sphenoid. Palatine Tonsil. Eye. Hypothal. Rt. Liver, gallbladder.	Right: Post. knee, Sacroiliac joint. Post. ankle. Sinus: Frontal Pharyngeal Tonsil. Pineal. Right kidney, bladder, ovary, uterus, prostate, testicle, rectum		Left: Post. knee, Sacroiliac joint. Post. ankle. Sinus: Frontal Pharyngeal Tonsil. Pineal. Left kidney, bladder, ovary, uterus, prostate, testicle, rectum		Left: Post. knee, hip, lateral ankle. Sinus: Sphenoid. Palatine Tonsil. Eye. Hypothal. Left Liver, biliary ducts.	Left: Shoulder, elbow, hand (radial), foot, big toe. Sinus: Paranasal and Ethmoid. Bronchus, Nose. Left lung. Left side Large Intestine #13 Left Breast		Left: TMJ, anterior hip/knee, medial ankle. Sinus: Maxillary, Oropharynx, Larynx, esophagus, Left Side of Stomach. #14: Thyroid #15: Parathyroid Left Breast		Left: Shoulder, elbow, hand (ulnar) Sacroiliac, foot, toes, Middle Ear. Left heart, Jejunum, Ileum. CNS. Ant pituitary
															
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
32	31	30	29	28	27	26	25	24	23	22	21	20	19	18	17
															
Traditional Chinese Meridian Organs															
Heart, Small Int., Circulation/Sex, Triple Warmer	Lung Large Intestine		Stomach Pancreas		Liver Gallbladder	Kidney Bladder		Kidney Bladder		Liver Gallbladder	Spleen Stomach		Lung Large Intestine		Heart, Small Int., Circulation/Sex, Triple Warmer
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Right: Shoulder, elbow, hand (ulnar) Sacroiliac, foot, toes, Middle Ear. Right heart, Rt. Duodenum, terminal ileum. CNS.	Right: Shoulder, elbow, hand (radial) Sinus: Paranasal and Ethmoid. Bronchus, Nose. Right lung. Right side of Large Intestine		Right: TMJ, anterior hip/knee, medial ankle. Sinus: Maxillary. Oropharynx, Larynx, esophagus, Rt. Side of Stomach. #28: Ovaries, Testes Right Breast		Right: Post. knee, hip, lateral ankle Sinus: Sphenoid Palat. Tonsil. Eye Ovaries Testes Rt. Liver, gallbladder.	Right: Post. knee, Sacroiliac joint. Post. ankle. Sinus: Frontal Pharyngeal Tonsil. Adrenal. Right kidney, bladder, ovary, uterus, prostate, testicle, rectum		Left: Post. knee, Sacroiliac joint. Post. ankle. Sinus: Frontal Pharyngeal Tonsil. Adrenal. Left kidney, bladder, ovary, uterus, prostate, testicle, rectum		Left: Post. knee, hip, lateral ankle. Sinus: Sphenoid. Palat. Tonsil. Eye. Ovaries, testes. Left Liver, biliary ducts.	Left: TMJ, anterior hip/knee, medial ankle. Sinus: Maxillary. Oropharynx, Larynx, esophagus, Left Side of Stomach. #21: Ovaries, Testes Left Breast		Left: Shoulder, elbow, hand (radial), foot, big toe. Sinus: Paranasal and Ethmoid. Bronchus, Nose. Left lung. Left side Large Intestine		Left: Shoulder, elbow, hand (ulnar) Sacroiliac, foot, toes, Middle Ear. Left heart, Jejunum, Ileum. CNS. Ant pituitary