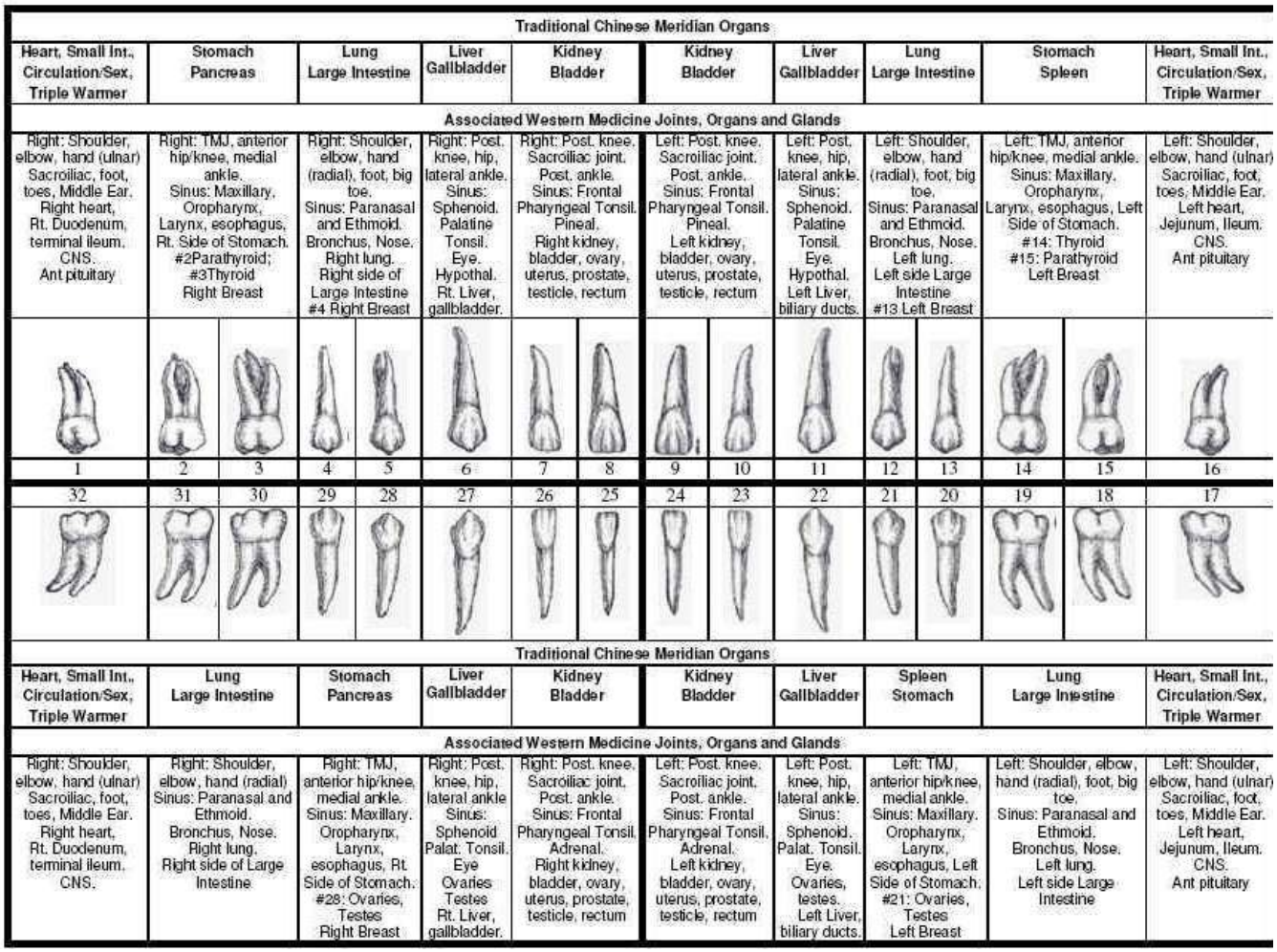
TEETH (& gums)

Also see in the Addendum for more information about Teeth and Mouth Care.

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, 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
Associated Western Medicine Joints, Organs and Glands															
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

BRUSHING YOUR TEETH NATURALLY:

Use natural seasalt if possible (table salt has traces left of the chemicals used to bleach it white). You can use non-iodonized or iodonized seasalt, it doesn't matter. There are lots of varieties on the market: Himalayan, Hawaiian, Mediterranean, Celtic and you can try them to see which taste you prefer.

The coarser salt is better than the very fine salt, but not so coarse that you damage your gums. Using salt instead of toothpaste helps freshen your breath, whitens the teeth, helps with gum diseases and strengthens the gums.

Here's another trick: to whiten the teeth naturally, once a week mash a strawberry into a pulp, making a paste with your seasalt when you brush (strawberries contain malic acid which helps whiten the teeth).

Take baking soda and rub it around the gums and teeth once a month. Then add a little vinegar and swish it around which will cause everything to foam and the plaque will loosen and fall away. Put a little peppermint oil on after.

If you do have gum disease, when you finish brushing, twice daily put a drop of peppermint oil onto the brush and gently brush it well into the gums and under the gum line. This will help stimulate the natural healing action fast.

Notes about Teeth:

- **Cavities are caused by toxic blood which is caused by poor eating habits.**
- **Enamel is actually clear and can regrow. Teeth are living, breathing. Dentin is always regenerating. There is actually lymph in the tooth. If you have a rotten tooth, it comes from the inside out.**
- **Root canals seal in toxicity and often the tooth needs to be taken out within a year or two thereafter.**
- **Get toothpaste without fluoride so you don't add that poison to the body.**

Toothache

- **Get blood to the area by putting a warm damp cloth to the face.**
- **Use oil of clove to dull the pain**

OIL PULLING

People are reporting this Ayurvedic technique to be really amazing. Just take a tablespoon of oil, preferably coconut oil, but you can use olive oil. Swish in the mouth (on empty stomach) for 20 minutes. It seems easy, but 20 minutes is a long time to hold the oil in the mouth. The oil doubles in size because it draws in saliva. Don't swallow. Once the time is finished, spit the oil out into the garbage (don't spit in sink where the oil can clog the drain) or if you do, run lots of hot water at the same time to flush it through the drainage system.

This is said to draw out toxins in the body, helps also with tooth decay and problems, whitens teeth, helps with jaw pain, headaches, hangovers, acne, and on and on. Some report headache and nausea while doing the treatment, but once finished they feel good.

<u>Tissue salt Remedy for Teeth Weakness, re-enamalization:</u>
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 hot water first.
If needed as an adult, increase to 5 pellets each remedy three times a day.

TOOTHACHE HOME REMEDIES & HELP FOR DRY SOCKET PAIN

<u>CLOVE OIL</u> - Put a couple drops of clove oil on a cotton ball and apply to tooth. For

larger area you may want to mix the drop in 1/4 teaspoon of organic olive oil then dip the cottonball in the mix. Clove oil is very potent but it's probably my favorite of all the toothache remedies!
This is a great dry socket remedy also. Clean the socket first (irrigate with warm water syringe) and pack the socket with the cottonball infused with a couple drops of organic clove essential oil. This simple oil will greatly help toothache pain!
If you can't find clove essential oil, your local drugstore should have a Red Cross Toothache Kit. This kit contains an oil called Eugenol which is basically clove oil.
See more clove oil uses here.
WHOLE CLOVES or POWDERED CLOVE - When using whole cloves dip the clove in some honey and gently chew it to release the essential oils. Or make a paste with powdered clove and water or olive oil. Apply directly or use a cottonball.
CAYENNE PEPPER - Apply a few grains of cayenne pepper to the tooth or make a paste. This may make your tooth ache pain worse for only a minute before the pain subsides.
GINGER ROOT - Chew a small piece of ginger root or make a paste with powdered.
ECHINACEA TINCTURE - Apply a few drop of tincture to the tooth and gums. This is one of the best toothache home remedies as it will not only numb the pain but fight infections as well.
SAGE - Make a strong cup of sage tea. Swish each mouthful and hold for 30 seconds before swallowing. Do the same for each mouthful until cup is gone. Sage is also a natural tooth whitener!
OIL OF OREGANO - Oil of oregano is deeply penetrating and germicidal. Use directly on the tooth or put a few drops on a cotton ball and wedge between bad tooth and gum.
ACTIVATED CHARCOAL - Charcoal has a great ability to draw toxins and can be very beneficial for an abscessed tooth or just a toothache. Make a poultice and apply as long as possible.
ACUPRESSURE - Squeeze your index finger (same side your tooth is on) on each side of your fingernail. Squeeze and rotate back and forth for several minutes.

FIGHTING GUM DISEASE AND GENERAL ORAL HEALTH

MYRRH ESSENTIAL OIL - A great antiseptic for your mouth and more! Make a paste by adding a few drops to some baking soda. Rub on gums then use to brush your teeth. You can also add a few drops to some vodka then mix with water and use as a mouthwash. (essential oils and water will not mix hence the need for vodka) This is a good remedy for canker sores also.
HYDROGEN PEROXIDE - Use 3% hydrogen peroxide to soak your toothbrush and sanitize.
SALT - Add a teaspoon of salt to warm water and rinse.

Note: If you have blue light therapy lazer, you can apply to the area for 20 seconds several times a day to help kill bacteria infection.