



Holistic Oral Care

Avoiding the Dentist
Without Ignoring Your Teeth

Nadine Artemis



Your Mouth, Your Dentist, and Your Health

We have been taught to brush twice daily, floss, and visit the dentist to prevent tooth decay. Yet, the staggering number of cavities, crowns, root canals, and extracted teeth confirm that something is amiss.

Wearily, we roam the drug store dental aisles searching for solutions. We purchase countless tubes of paste, we maintain the ingrained hygienist and dentist appointments, and we brush with daily-diligence for decades; yet the possibility of periodontal disease percolates. Receding, bleeding gums are the norm; unexpected cavities form and millions of root canals are performed. The definition of insanity, doing the same thing and expecting different results, applies to our current state of dental care.

Your Dental Relationship

Life is a process of relationship. There is no life without relationship. So relationship is the basis of human existence. Relationship is the most important thing in life.
J. Krishnamurti

Your town may overflow with dentist offices, and it is important to be aware that they are not all equal. A Google search is probably less than the best way to select a dentist. Cleanings, scrapings, fillings, extractions, root canals, and cavitation fillings are serious procedures that should only be consented to after thoughtful and well-informed consideration. All of these procedures require a highly skilled dentist who is thoroughly trained in mercury filling removal, bio-compatible dentistry, and proper extraction methods above and beyond what was taught in dentistry school.

Beware! Some holistic dentists only offer carrot juice and remove mercury fillings while their office is still using out-dated dental materials and methods.

Questions to Ask a Prospective Dentist

"Do not leave your health in your dentist's hands and assume all will be fine."
Hal Huggins, DDS

Your mouth is more than just a beautiful smile; it is the gateway to your body and your health. It is important that you find an intelligent and compassionate dentist who practices with the leading edge of optimal dental modalities and will help you decide with discernment.

Your oral ecology, including cleanings, previous dental work, fillings, extractions, root canals, and cavitations deserve thoughtful and well-informed consideration. My goal is to help empower you to create a right relationship with your mouth and with a dentist. When researching a prospective dentist, the dentist's website should be informative (beyond bleaching and veneers), and when you call the dental practice it is good to ask about the finer details of their practice. To help you make an informed decision, ask your dentist the following questions before agreeing to an appointment:

Do they use water filters that screen out bacteria and tap water toxins?

The water used to rinse your mouth may be laden with harmful bacteria as bacterium stagnates in the waterlines!

Do they use Biocompatible Testing with every patient to check compatibility with dental materials?

The dentist can test your blood to find out what dental materials your body can accept. About 60% of dental materials will suppress your immune system.

Do they use ozone and/or lasers for cleaning areas of the mouth, receding gums, and newly filled teeth?

Ozone and lasers are good! They are both excellent modes of removing biofilm and harmful bacterial loads.

Do they use phase contrast microscopes?

Phase contrast microscopes allow dentists to look at bacteria from the gum line to determine the health of the gums long before periodontal disease sets in.

Is it a mercury-free dental practice? Do they have a full protocol for removing amalgam fillings? Is the dentist properly trained in the removal of mercury?

A comprehensive protocol includes dental dams, vitamin C and oxygen supplied to patient, and an air filtration system placed near the mouth to suck up mercury vapors. More than a weekend course or continuing education class, the Hal Huggins Institute has developed a detailed protocol and training that will keep you and the dentist safe as mercury is removed.

Do you they use digital x-rays? Do they use cone beam CT they x-rays?

Digital exposes you to 90% less radiation than traditional x-ray machines.

What is their position on root canals?

What is their position on tooth crown sealants?

What is their position on fluoride?

Do they develop a nutrition plan for patients?

Do they practice Biomimetic Restorative Dentistry?

I recommend that you begin your search by looking for a biologic dentistry practice in your area, and calling the Hal Huggins institute is a great place to start. Beyond the traditional drill and fill dentistry, most holistic biologic dentists work with you to pinpoint any underlying cause or issue you may have instead of selling unnecessary, and possibly harmful, dental work.



Resources to Help your Research:

holisticdental.org
IABDM.org
healthysmilesforlife.com
hugginsappliedhealing.com
orthotropics.com
toxicteeth.org
IAOMT.org

Preparing for a Dental Appointment

Even if you are giving your teeth a thorough daily cleaning, if they have been neglected for a while or you have had previous dental work that is no longer desired (like a mercury filling), you will need to visit that wonderful new biological dentist you have found.

Did you know that a person is not allowed to donate blood for 48 hours after a dental cleaning because the blood is likely to be full of bacteria?

Professional dental cleanings remove tartar deposits on the teeth but cannot stop the regrowth of acid-loving bacteria. Nor will a cleaning strengthen or protect teeth. After a deep scaling by a hygienist, oral bacteria are dislodged and flow into the blood stream, challenging the immune system. The body responds to this perceived attack by releasing white blood cells to combat the invading microbes, and one of the results is systemic inflammation. Also, many harmful bacteria stay in the saliva and will re-establish on the teeth.

Prepare for your dental appointments at least three weeks in advance by following these steps:

Proceed with the Successful Self-Dentistry in Eight Steps

Build your immune system with 1000 to 2000 mg per day of vitamin C, depending on your health and bowel tolerance. Camu camu is a vitamin C-packed super-food. Lipospheric vitamin C has excellent absorbability, and taking 5/1000mg packets is the closest thing to taking vitamin C intravenously, which is the most effective method. If you are going to the dentist for more serious work than a cleaning, be advised that taking vitamin C orally reduces the numbing effect of Novocain and anesthetic.

Check saliva pH with litmus paper and maintain alkaline levels.

Bring your own spring water with added salt for rinsing.

Anoint gums with a single essential oil, ozonated gel, or combination serum before, during, and after the visit. Ask the hygienist to floss your teeth with the botanical oil, too.

After the dentist, bolster your immune system with extra vitamin C.

If you are only doing the minimum oral hygienic work, i.e. regular cleanings, you are really just getting your teeth scraped with tools. In truth, there is probably no better way to remove old, overgrown calculus than to have a hygienist completely scrape it off. This brings us back to our core focus: keeping the tooth healthy all the time. If you practice proper gum care, maintain awareness of alkalinity, brush properly, and floss with botanical oils, over the course of a few weeks you are going to correct numerous issues that inhibit the calculus from building up in the first place.



Cavity Creation, Cessation, and Your Invisible Toothbrush

You brush. You floss. And still the dentist finds cavities. How did this happen?

To understand the cause of cavities, we must first grasp how the teeth are nourished and cleansed from the inside out by dentinal-lymph fluid.

Teeth are fed from their roots by the dentinal-lymph system just as tree roots draw up nutrients via the sap. The dentinal-lymph flow is a toroidal system: lymph-liquid spins inwards and upwards into the tooth's core, the pulp chamber. It flows through the tooth and out onto the enamel. Like microscopic sweat, the tiny droplets coalesce on the surface of the enamel, forming a fluid layer that prevents biofilm formation and co-mingles with saliva to lubricate and communicate with the mouth's microbiome.



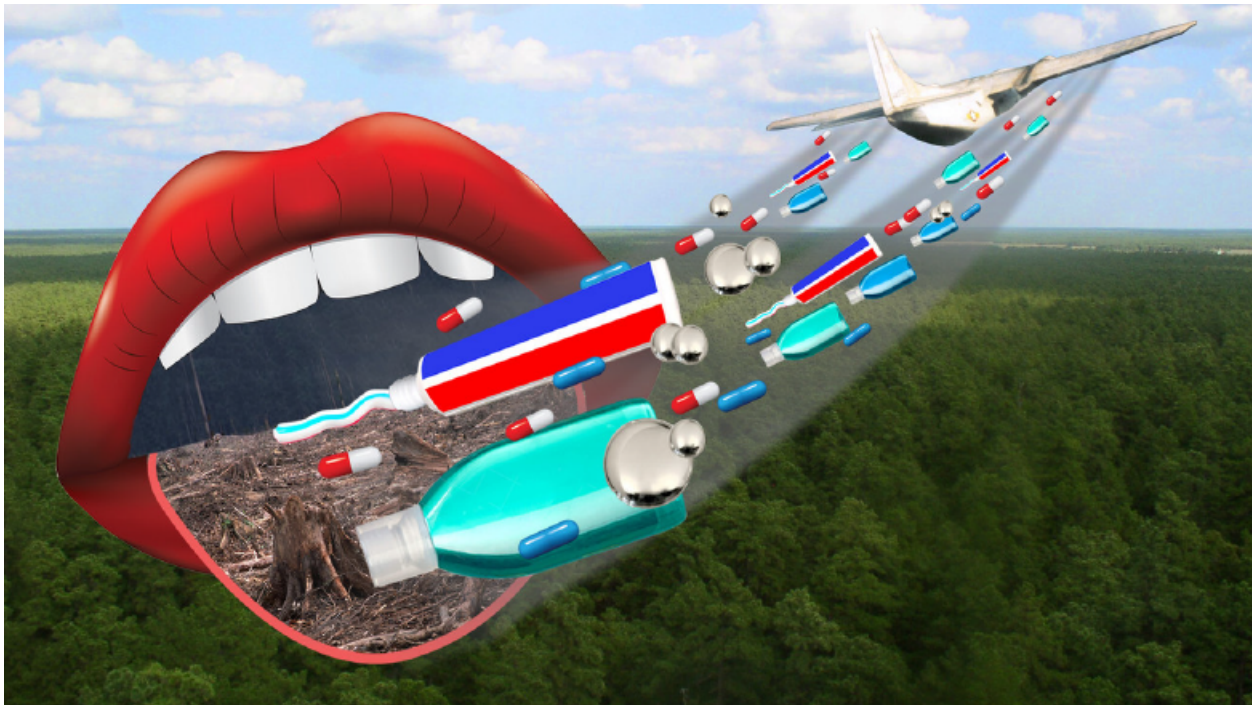
When this secretion is properly metabolized and functional, it acts as an invisible toothbrush, preventing systemic decay, inhibiting the penetration of bacteria into the tooth, and neutralizing acids on the tooth's surface. However, this dentinal-lymph flow can stagnate or fully reverse. Diet and hormones are the principle activators of this self-cleansing-system. Certain chemicals and medication, as well as a diet of processed food, sugar, and carbohydrates,

which spikes insulin levels and disharmonizes hormones, causes the dentinal-lymph-system to reverse. Then, the capillaries in the tooth suck in bacteria and other microbes from the mouth into the tooth causing infection and biofilm formation within the pulp chamber and dentin tubules. This self-contaminating system causes a “leaky tooth,” and it is the genesis of cavity creation.

A cavity is an infection in the tooth. And, like all wounds, it has the ability to heal. Teeth are alive and can mend! The current condition of your teeth and mouth can evolve. Dr. Ralph R. Steinman, the same dentist, who scientifically proved the dentinal-lymph system, showed that including dietary manganese, magnesium, and phosphorus reduced the decay rate by 86%. Additionally, the former president of the American Dental Association, Dr. Weston Price, concluded that fat-soluble vitamins K2 and D3 reversed and inhibited decay. Fillings are Band-Aid solutions and are susceptible to recurrent decay. Yet, when the underlying causes of cavities are addressed and the dentinal-lymph is restored, teeth will remineralize (though a large cavity may not heal) and be more resilient to cavities in the future.



This image demonstrates the devastation that results from not understanding that our teeth are intimately connected to the body, bloodstream, and lymph. It is through this systemic connection that some medications and chemicals, such as antibiotics and fluoride, contribute to brittle, discolored, even crumbling, teeth by suppressing the dentinal-lymph system. This affects bone mineralization, nerve health, microbial diversity, saliva pH and volume, and endocrine function.



Your mouth is the principle portal into your body. It interfaces, absorbs, and assimilates your world. The endocrine, immune, and digestive systems are intimately bound to the microbiome of the mouth. The human microbiome is the colonies of trillions of microbes living all over our skin, in our guts, and in our mouths that enable endless essential body functions. The study of the human microbiome is revolutionary, and research reveals that our health depends on a thriving microbiome. We are only 10% mammalian and 90% microbiome, making us hosts to a bacterial banquet. The key to vitality in our bodies and mouths is maintaining bacterial balance.

Periodontal procedures and medicants of modern dentistry disrupt the beneficial biofilms and mutate the mouth's microbes. Many of our oral care practices suppress immunity. Instead, we need to reconcile with our bacterial community. We need to fluff our flora and befriend our bacteria. We need to abandon the products, practices, and antibiotics that are making our microbes mutate, mottle our teeth, and deforest the flora of our oral ecology

Microbiome: all of the microorganisms that dwell in a particular environment.

Biofilm: a complex, hard, and almost impenetrable film of bacteria that adheres to a surface.

There are more bacteria in a kiss than there are people on the planet. Our mouths are a microbial-menagerie. As holobiont human hosts to these

microbes, we have forged an elaborate evolutionary and ancient alliance. A good host provides a stable, loving home and nourishing food for their flora-friends. In return, these microbes micro-manage our bodies by digesting food and secreting beneficial bio-chemicals. They are also sentient-sentinels that strengthen our immunity while preventing pathogenic periodontal party-crashers from proliferating and from excreting endotoxins and colonizing the community.

The key to oral health is maintaining an ecologically balanced and diverse microbiome. Contrary to this, we have been caught in the dross of carpet-bombing the biome, practicing a scorched-earth policy of periodontal care. Chemicals in teeth bleaches, fillings, rinses, and fluoride, the sudsy surfactants; the antibiotic-atomic bombs on bacteria, the masticating meals of glyphosates and pesticides, root canals festering focal infections, the metallic-mass of mercury, titanium, and nickel: these have all scorched the hive-intelligence of our oral-habitat. This defoliation of our flora-nation has made extinct and mutated our microbes, resulting in complex ecological shifts of resident microbiota giving rise to gingivitis, halitosis, cavities, oral thrush, cankers, and bleeding and receding gums. And, our mouth, once a moist, microhabitat of homeostasis, becomes an oxygen-starved-oasis of anaerobic-activity eating away at our immunity and sending systemic disease throughout the body.

Instead, we must create a microbtopia for the multitudes of microbes in our mouths.



1. Avoid Root Canals

A root canal is a procedure for infected teeth that kills the tooth by removing its internal structure, including the nerves, pulp-tissue, and blood vessels. The hollowed out tooth is rinsed, filled with latex and cement, and then topped with a crown. The purpose of a root canal is to hermetically seal the tooth and save the chewing surface.

Theoretically, a root canal seems like a good idea, but, clinically, it is a bacterial horror story. A dead tooth remains in the mouth as an incubator of infection, a bacterial-breeding ground, and necrotic-nest for pathogens to grow and spread. This oxygen-starved stagnant tooth becomes a haven for harmful microbes.

The whole goal of a root canal is to have a non-infected, sterile tooth but the exact opposite is created; each tooth contains three miles of microscopic dentin tubules that are impossible to sterilize! With the blood vessels removed, neither antibiotics nor white blood cells can reach the location to fight infection. Every time a root-canaled tooth is used to chew, bacterial toxins are squirted into the bloodstream. This toxic, anaerobic infection spreads to the gums, ligaments, and jawbone. With the nerve tissue removed, there will be no pain indicating infection.

Dr. Stuart Nunnally conducted tests on root canaled teeth. To qualify, the teeth had to be symptom-free and show zero signs of pathology on an x-ray. 100% of these textbook perfect root canals had severe toxic pathogens. There is much discussion in endodontics journals about the impossibility of sterility in root canal treated teeth, though the information is just not filtering down to all dentists and the public.

Root canals become focal infections that feed anaerobic bacteria 100% of the time; however, not all root canals are causing systemic health issues because of epigenetics and because each person handles toxicity differently.

2. Interrupt the Quorum Call

Just as toxic-food and chemical irritants induce leaky guts by microscopically perforating the intestines, the scrubbing and rubbing of our gums with mutating medicants and caustic chemicals cause leaky gums. Bacteria from our mouth does not normally enter our bloodstream, but dental procedures and products can perforate the epithelium, the skin in our mouths, which is only one cell thick, providing a port of entry into the bloodstream. When the bacteria and plaque that cause tooth decay and gum disease enter our circulatory system, they cause a cascade of inflammation releasing cytokines and C-reactive proteins.

For example, even healthy mouths are homes to the cavity causing *Streptococcus mutans*. Some current research posits that what might make *Streptococcus mutans* virulent is that it is missing its ancestral bacterial-buddies. This particular pathogen only causes a problem when it forms a biofilm and adheres to the tooth's surface. Normally, pathogens exist in a free-floating planktonic state. But when they grow in numbers, they are able to gain traction by communicating through quorum sensing, enabling them to colonize into a biofilm. Quorum sensing is the way in which pathogens communicate to coordinate group behavior and regulate gene expression. A biofilm is a densely packed colony of microbes that adhere to surfaces and surround themselves with sticky secretions. A mucopolysaccharide plaque layer is produced around the biofilm colony, which forms a barrier that is not permeable to antibiotics. And, yet, antibiotics are often prescribed for oral disease.

Dental plaque is a biofilm that entraps existing oral pathogens and is a refuge for pathogens to hide from alkalizing salivary flow. Under healthy conditions, an oral-ecological balance of bacteria keeps biofilms healthy and stable. But plaque blocks the teeth from breathing and prevents the saliva and dental-lymph-fluid from doing its job of cleansing the teeth with a protective coating.

To restore balance to the mouth's microbiome, we need strategies to inhibit the quorum sensing that allows the formation of biofilms. We need to clear colonized-citadels of their powerful cohesion on our mouth's surfaces and crevices. There is extensive research into strategies to inhibit quorum sensing. In various studies, essential oils such as cinnamon, peppermint, tea tree, frankincense, and clove showed promising results in reducing QS activity. Clove oil reduced quorum sensing by 74%! These essential oils indicate anti-infective activity that can co-exist with our flora while cleaning up periodontal-pathogens. The scientific studies confirm the ancient wisdom of using botanical-antibiotics to maintain oral-ecology.

The aromatic compounds of essential oils act as botanical biotics, microbiome regenerators, and biofilm disruptors. Neem, cardamom, tea tree, frankincense, and clove tidy up bacteria activity rather than indiscriminately bombing all bacteria. They effectively reduce biofilm formation, specifically biofilms formed by *S. mutans*. Cinnamon has shown the ability to penetrate pathogenic biofilms.

Quorum Sensing Inhibitors of rose, thyme, peppermint, tea tree, clove, and cinnamon can be used to brush teeth and in a serum to massage into gums. Clove and cinnamon oils must be diluted before using.

Quorum sensing: the way in which pathogens communicate to coordinate group behaviour and regulate gene expression.



3. Hold on the Heavy Metals

Silver-colored dental amalgams have been used to fill cavities for more than 150 years. They are made from a combination of silver, copper, tin, and mercury. These fillings are more economical and durable than other filling materials. The American Dental Association still recommends silver fillings for children who squirm in the dentist's chair because they are easier to place than composite fillings.



Dentists must drill away healthy bone to prepare the tooth for silver fillings.

These eighteenth-century dental solutions are 50% mercury, one of the most toxic substances on the planet. Yet even though this toxicity is scientific fact, mercury is implanted in multitudes of mouths in the form of fillings. Mercury is also a cumulative toxin that passes through the blood-brain and placental barriers. It tenaciously binds to tissue, altering DNA, nerves, cell membranes, and mitochondrial function. Mercury toxicity is linked to dementia, multiple sclerosis, Parkinson's, and other degenerative disorders. Mercury is also linked to periodontal disease, receding gums, and skin hyper-pigmentation.

The U.S. Environmental Protection Agency (EPA) claims that the highest body-burden of chronic mercury toxicity comes from silver fillings. In addition, when mercury fillings are removed, even though there is not a metallurgic change to the mercury, the EPA considers it toxic waste, and fillings must be handled with a strict no-touch protocol to protect dentists and the environment from mercury poisoning. The FDA states, "A person with four fillings has enough mercury to make a 20-acre lake unfit for fishing." Yet, somehow, it is still okay for our mouths and tongues to touch it daily, and it is still not universally banned in dentistry.

Both old and new mercury fillings release vapors twenty-four hours a day, with a 500% increase when chewing, teeth grinding, and drinking hot fluids. According to the Journal of Dental Research, just chewing gum increases mercury-vapor release considerably!

Heavy metals can accumulate in our tissues and bones, and in addition to mercury fillings, nickel can be found in intra-oral wires, braces, porcelain fillings, and titanium posts. Once they penetrate the body, toxic metals compete with and displace much needed minerals. Mercury, the same mercury that is in eco-lightbulbs and silver fillings, was found in all cancer and precancerous cells by Dr. Yoshiaki Omura in 1996. Mercury is also a metalloestrogen, a type of metal-

estrogen-mimic. Aluminum, cadmium, and lead are also metalloestrogens. If you have heard of the gender-bending effects of pesticides, these are the metalloestrogens in action. One such product is atrazine, which chemically castrated 75 percent of adult male frogs. It is an endocrine disrupter in humans, too, and can alter genes that regulate hormone signalling and may influence infertility.



4. Avoid Antibiotic Misuse

We have travelled from a seemingly Golden Age of Antibiotics to a very real Anarchy of Antibiotic Resistance. On average, a baby receives three courses of antibiotics in the first two years of life. By age ten, another eight courses. By 20 years, 17 courses, and by age 40, 30 courses in total!

If you have diligently avoided antibiotic prescriptions, they still seep in by consuming supermarket food. All antibiotics have their allowable limits in the food and water supply. Milk can have up to 100 micrograms of tetracycline per kilo. Antibiotics are indiscriminate assassins. Any surviving resistant bacteria mutate fast and bask in the empty niches the antibiotics made. Soon pathogenic biofilms bloom, and we no longer have protection from infection.



5. Elevate Oral Ecology: Stop, Seal and Seed

Start by ceasing many of the daily self-care and dietary habits that are compromising to healthy oral ecology. Whatever improvements you make to your mouth will benefit your body's well-being as well.

Bleeding, inflamed, and receding gums is a sign of bacterial imbalance and that bacteria may be entering the bloodstream. Restore integrity to the epithelium by healing and sealing leaky gums and enabling saliva to protect enamel.

With so many things in our society trying to make our microbes extinct, from caesarean births to processed foods, we need to build our bacterial bank account and fund it with investments of diverse flora.

Stop using synthetic dental care products; they contain ingredients from the "May be Harmful if Swallowed" category. They offer the illusion of freshness but disturb oral ecology: sodium laurel sulphate surfactants, glycerin, artificial sweeteners, and trisodium phosphate. Xylitol pastes contain synthetic ingredients and a two-year study showed zero reduction in cavities.



Seek out gum sealers. Soothing serums of seabuckthorn, rose otto, frankincense, myrrh, and ozonated gel are rich in phytonutrients known for their lipid-soluble

and lymph-stimulating nature that nurtures the epithelium. Mix your own creations or try a Living Libations combination: Happy Gum Drops, Yogi Tooth Serum, Ozonated Happy Gum Gel, and Neem Enamelizer.

Alkalinizers, such as baking soda, sea salt, and magnesium are great for brushing teeth, and they nourish and switch on saliva flow.

Swishers made of coconut oil and essential oils are great for pulling, or swishing and spitting. Swishers made with probiotics in water along with alkalinizers can be used every day and can be swallowed.

Polish off plaque (it is unhealthy for teeth and can be stained with food pigments) using half a teaspoon of 3% hydrogen peroxide with a teaspoon of baking soda on a dry electric toothbrush.



Gum Sealers – soothing serums of seabuckthorn, rose otto, frankincense and myrrh; ozonated gel

Alkalinizers – baking soda, sea salt, magnesium

Swishers – coconut and essential oil pulling; swishing with probiotics and alkalinizers

Whiteners – vitamins D3 and K2; 1/2 teaspoon of 3% hydrogen peroxide with teaspoon of baking soda on dry electric brush

Quorum Sensing Inhibitors – serums with rose, thyme, peppermint, tea tree, clove, cinnamon

Botanical Biotics – Neem, Cardamom, Tea Tree, Frankincense, Clove tidy up biofilm and bacterial activity

Heal & Seal Guts – with diet and probiotics



Reseed with Prebiotics and Probiotics

Maintain a microbiome of bustling bacteria through prebiotics and probiotics, as they are microbe multipliers. Prebiotics feed and enhance the growth of probiotics. For example, chicory root is a prebiotic rich in oligosaccharides. Probiotics are supplements containing living microbes that are beneficial when used in adequate numbers.

Lactobacilli (Specifically: *L. Fermentum*, *L. Plantarum*, *L. Casei*, *L. Reuteri*, *L. Rhamnosus*) and *Bifidobacterium* all showed the ability to stay in saliva, inhibit the proliferation of periodonto-pathogens, and reduce cavity causing bacteria and plaque.

Researchers are looking for modes of probiotic delivery that increase retention and exposure time by using lozenges. In the meantime, daily use of probiotics along with swishing, implanting, and applying increases probiotic presence in saliva, dentinal lymph, and the entire GI tract. Successful experiments have applied a mixture of probiotics after scaling and root planing, called Guided Pocket Recolonization. A similar treatment can be carried out at home with a blunt Vitapik syringe, probiotics, and oil.



Prebiotics – chicory root

Probiotics – *Lactobacilli* of *L. Fermentum*, *L. Plantarum*, *L. Casei*, *L. Reuteri*, *L. Rhamnosus* and *Bifidobacterium* showed the ability to adhere in saliva, inhibited the proliferation of periodontopathogens, reduced cavity-causing bacteria and plaque

Guided Pocket Recolonization - Use a blunt **Vitapik** syringe and pre/probiotic solution

Switch On Saliva & Dentinal Lymph - nourishing food and balanced blood sugar and hormones

Fermented Foods

Fat Soluble Vitamins K2 & D3 – K2 is a carboxylating osteocalcin. It ushers key minerals into the bones from the blood, preventing plaque and calcification of the soft tissues

Enzymes – *Serratia* proteolytic enzymes can clean up plaque and breakdown biofilm barriers

Vitamins & Minerals - CoQ10, NAC, Magnesium, Phosphorus, Amino Acids, and Vitamin C

Here are a few more steps to keep your microbes multiplying:

Switch on saliva and dentinal lymph with nourishing food and balanced blood sugar and hormones.

Fermented foods rich in probiotics are a must as part of the daily diet. Try swishing with unpasteurized sauerkraut juice.

A deficiency in fat soluble vitamins K2 and D3 can alter gut bacteria. K2 is a carboxylating osteocalcin; it ushers key minerals into the bones from the

blood, which prevents calcification of the soft tissues and prevents mouth plaque from turning into tartar.

Certain enzymes, such as serratia proteolytic enzymes, can clean up plaque like Pacman and breakdown biofilm barriers.

Seek out supportive vitamins and minerals of CoQ10, NAC, magnesium, phosphorus, amino acids, and vitamin C. Find superfoods, herbs, and supplements that have these, and get it in!

Our bodies are brilliantly designed. When we repopulate our mouth's microbiome and activate our invisible toothbrush by eliminating what hinders the innate functioning of our bodies, the external maintenance of brushing and flossing is so easy because our teeth are alive and will respond to our efforts! The current condition of our mouth can evolve, as enamel can be restored, dentine can be reactivated, saliva can remineralize, and gums can be rejuvenated.

A mouthful of bustling bacteria just might keep the dentist away.



Ingredients for Optimal Oral Care

Brushing

Baking soda, sea salt, clay, charcoal, botanical-biotics
Neat trick: apply baking soda generously to teeth and then add a teaspoon of apple cider vinegar for a frothy, alkaline cleanser that lifts plaque off teeth and gumlines.

Flossing

Apply diluted botanical-biotics across floss to clean crevices/

Rinsing

Water with salt water, baking soda, magnesium, essential oils

Swishing and Pulling

Add any of these alkalizers to water: sea salt, magnesium salt, baking soda. Add any of these to MTC or coconut oil: probiotics, clay, charcoal, botanical-biotics

Massaging Gums

Botanical-biotic serums with coconut or MCT oils or ozonated gel

Implanting

Blunt syringe or water-pick with white iodine, probiotics, botanical-biotics, or 3% hydrogen peroxide

Botanical-Biotic Boosters

Tea Tree, Oregano, Peppermint, Frankincense, Rose Otto, Cinnamon, Clove, Myrrh, Cardamom, Thyme, Neem and/or Mastic

Braces: Heavy Metal or Healthy Mouth?

Getting braces is considered a rite of passage for today's teenagers. If you were like most North American teens, around age 12 you were marched into an orthodontist's office, and after a few hours of fitting, gluing, and tapping you walked out with a mouth full of metal brackets, braces, wires, and bands to straighten your teeth. Perhaps even a few of your permanent teeth were removed beforehand to make enough room in your mouth for evenly spaced teeth.

The medical term for crowded teeth is malocclusion, or bad bite. Today, most Western children have some form of a malocclusion: an overbite, under bite or crooked teeth, so they spend a few years with teeth covered in stainless steel, nickel, titanium and/or ceramic.

Malocclusion is more than a cosmetic issue; improperly positioned and crowded teeth lead to increased tooth decay, cracking, chipping, and inappropriate wear. A bite that is slightly imperfect can create problems in the head and neck, like TMJ, teeth grinding, and headaches. When the upper jaw is narrow the palate is compressed and forms deep, instead of wide and shallow. The palate is also the roof of the mouth and the floor of the nasal cavity. If this space is compressed, we end up with pinched airways and nostrils impeding good airflow. Restricted nasal passageways force people to sleep with an open mouth to get sufficient air. The rate of sleep apnea, often characterized by snoring due to open mouth breathing and an obstructed airway, continues to rise at an unprecedented pace. In the United States, as many as 15% of adults have sleep apnea. Dentist Dr. Strauss, who specializes in sleep apnea, further validates this thinking by explaining that when the palate is broad there is more room for teeth and breathing. He explains,

When you look at the percentage of people in civilized societies seeing orthodontists, and then when you add to it the lack of breastfeeding, which generally is a positive way of expanding the size of the palate, moving the jaw further forward and having a larger mouth to hold the teeth, it's not surprising that so many have sleep apnea in civilized society.

Braces Change Faces

We turn to braces to fix our smiles, and we do so in droves. On any given day, approximately four million people in the United States are wearing braces to correct a malocclusion. While the goal of orthodontic treatment is more than aesthetic, people who take on the discomfort of braces do so with the goal of improving their appearance. A person may have perfectly straight teeth post-braces; still, there is more to good-looks than pretty tooth placement.

The widespread use of braces may mislead us into thinking that orthodontic intervention is a risk-free fix-all. Orthodontists know better; a signed waiver-release form is usually required before an orthodontist fits a person for braces. Outlining the potential issues and risks involved with braces, the waivers include statements such as these:

Your mouth is a living system, and how it will respond to medical treatment cannot be perfectly predicted.

Growth patterns affecting the facial structures and the teeth can take unexpected turns and may undermine the goals of treatment.

Atypical tooth development and unique growth in the jaw may interfere with treatment.

The mouth is a dynamic system that changes and adapts throughout life. Changes that occur to facial bones, teeth and jaws after orthodontic treatment may affect tooth alignment.

Forces applied to the teeth via braces stimulate cellular responses in the roots of the teeth, the gums and the tissues around the roots allowing the teeth to be moved and adjusted. It is possible that the nerves in a tooth will die in response to these forces.

Braces may erode the tooth enamel and permanently damage the roots of the teeth, compromising their viability.

Teeth adjusted with braces may be more susceptible to damage or death in a future jaw or gum injury.

There is scientific warrant for these statements. It is important to understand the implications because braces may be a detriment to your health and appearance. Research reported in the American Journal of Orthodontic Dentofacial Orthopedics has shown that the tweaking and torqueing of braces

on teeth damages and shortens the roots of the teeth. The same journal published a study that demonstrated that up to 90% of enamel can be damaged with fixed appliances like braces, and it happens quickly after the braces are applied. Damage to roots and enamel can be permanent.

Traditional orthodontics, especially with children, may permanently impair the appearance of the face. Braces artificially constrain or redirect the normal and natural direction of growth, especially of the jaw. For example, the upper jaw is pulled back by braces to fix an overbite, stunting the normal pattern of growth. Thus, instead of growing in a normal pattern, the face grows disproportionately vertical, or long.



Like Pulling Teeth

It is common in orthodontic medicine to extract up to four teeth, plus the wisdom teeth, before applying braces to make enough space in the mouth for the braces to work. Most orthodontists are taught that the size of our facial bones is an inherited genetic trait, and their plan of treatment reflects this belief; if genetics dictates that your jaw is too small for a full, straight set of permanent teeth, then some of your teeth must go! Even though, as omnivores, human biology requires jaws wide enough to hold all 32 permanent teeth. Each tooth has a role in the efficient metabolism of food and in the alignment of facial and cranial bones, in addition to creating an expressive, ten tooth wide smile.

The removal of permanent teeth compromises the symmetry, shape, and overall youthful appearance of the face. The aesthetic changes that occur post-extraction are similar to facial changes in advanced age: a longer, less full face with lower cheek bones, thinner lips, and a nose that is out of proportion to the face. Add these changes to the vertical growth encouraged by braces and the result is often a highly out of proportioned face.

Extraction is particularly problematic with children who are still growing and maturing. The Metal Mouth Forum, a public forum on braces, offers a warning; "Extracting teeth from children can result in less than optimal facial aesthetics. In other words, your child's face may not wind up looking as good as it could have, because it will grow longer and flatter instead of fuller." An orthodontic journal, recognizing the vertical growth pattern caused by orthodontia, conducted an experiment where members of a panel assessed the attractiveness of face profiles. The panel concluded that longer profiles are considered less attractive.

Face First

"Straight teeth do not create a good-looking face, but a good-looking face will create straight teeth." Dr. John Mew

Functional orthodontics (FO) is a new and growing field that harmonizes its methodology with our biological plasticity to improve the overall look of the face, which also makes space for evenly placed teeth. The chief goal of functional orthodontists is to protect and promote well shaped faces with good facial structure and balance. One method used in this practice is inserting an appliance in the mouth that gently expands narrow arches, palates, and jaws so that the teeth can grow in straight from the beginning or greatly reduce the length of time that braces must be worn. Rarely do functional orthodontists resort to removing permanent teeth.

Dentist and renegade thinker, Merle Loudon, noticed that many of his youngest dental patients suffered from chronic ear pain and other development issues, including temporomandibular dysfunction and an overbite. He designed an effective solution to these problems called Primary Molar Build-Up. The child's primary (baby) lower molars are built up in height with composite crowns that are cemented to the top of the tooth. The crowns stay on until the permanent molars grow in. As the permanent molars erupt, the crowns encourage the lower jaw to grow forward correcting the overbite and widening the dental arch so that the permanent teeth have plenty of space. Frequently, primary molar build-up will prevent the child from needing any braces later in life. This procedure does not require anesthesia, and, in most cases, it causes little interference with eating. Before you agree to this procedure, it is important to find out the content of the composite. Porcelain and plastic composites leak toxins in to the mouth. Accept only biologically safe composite material.

In 2003, 60 Minutes, a television news program, produced a fascinating segment on functional orthodontics. Host Peter Overton interviewed functional orthodontists and a few of their patients to examine the difference between traditional orthodontic methods and functional orthodontia. In one dramatic case, Overton talks to identical twins, one treated with traditional orthodontia and one with functional orthodontia. Before treatment, the boys were identical. It is easy to tell them apart after treatment; the young man who was treated traditionally with extractions and braces has a noticeably smaller chin and weaker jaw. The video segment can be watched on the 60 Minutes website.

Our facial bones and teeth are alive, and their health and positioning remain flexible throughout our lives. If you proceed with braces for yourself or your children, be sure to seek several opinions and carefully consider all of the options, including functional orthodontia. Ask the orthodontist how the braces and other treatments may impair or improve your facial aesthetics. Request before and after profile pictures of former clients so you can see the change for yourself. To find a functional orthodontist, contact The American Association of Functional Orthodontics or the International Association of Facial Growth Guidance Orthotropics.

We may be able to avoid braces and orthodontic treatment entirely if we give our bodies the nutrients needed to thrive, and we can help our children, and our future children, grow beautiful faces that have plenty of space for a full set of evenly placed teeth. It is also important to rethink our definition of a perfect smile. Free yourself and your children from the cookie-cutter paradigm of beauty promoted by "beauty" magazines, and embrace the authentic beauty of your own smile and your children's smiles.

Successful Self-Dentistry in 8 Steps

The Successful Self-Dentistry protocol will keep your mouth, teeth, gums, and saliva, in such pristine condition that every day your teeth will feel as clean and smooth as if you have been to the dental hygienist for a cleaning.*



STEP 1: The Salt Rinse

Make a saltwater solution to keep in your bathroom (16oz of spring water to 1oz of salt in a mason jar). Add a drop of **Mint + Myrrh Serum**, **Yogi Tooth Serum**, or **Happy Gum Drops**. To use the saltwater rinse, pour yourself a shot glass of the mixture, swish, swish, swish, and spit.



STEP 2: Scraping the Tongue

Scrape the tongue 2-3 times. Option: add a drop of **Mint + Myrrh Serum**, **Yogi Tooth Serum**, or **Happy Gum Drops** to the scraper.



STEP 3: Brushing the Gums

Brush the gums, paying special attention to brushing the gums towards the teeth and using special care over the gum line. Use a soft, dry brush and apply a drop of **Mint + Myrrh Serum**, **Yogi Tooth Serum**, **Happy Gum Drops**, **Ozonated Happy Gum Gel**, or **Neem Enamelizer Liquid Polish** to the brush.



STEP 4: Polishing the Teeth

Polish the teeth with **Happy Gums Clay Toothpaste**, **Frankincense Fresh Toothpaste**, **Neem Enamelizer Toothpaste** or **Wintergreen Clean Toothpaste** by applying the paste to a dry, round headed, electric toothbrush. Or, use a drop of **Mint + Myrrh Serum**, **Yogi Tooth Serum**, or **Happy Gum Drops** and use with our **Tooth Truth Powder Polish**, or baking soda.

We often fear the unknown, so get to know your mouth! Get a dental mirror with a light or an intra-oral camera and get yourself acquainted with those back molars. And, remember to get clean in between! For more information read the book, **Holistic Dental Care: The Complete Guide**, or visit **LivingLibations.com**

*These steps will help you care for your mouth yet do not replace, nor are they intended to replace the advice of your dentist and hygienist.



STEP 5: Checking the Gum Lines

Clean the gum lines of any remaining plaque by using a rubber-tipped gum tool or sulca brush with a drop of **Mint + Myrrh Serum**, **Yogi Tooth Serum**, **Happy Gum Drops**, or **Ozonated Happy Gum Gel**.



STEP 6: Flossing

Floss! Even better, floss two times! Apply a drop of **Mint + Myrrh Serum**, **Yogi Tooth Serum**, **Happy Gum Drops**, or **Ozonated Happy Gum Gel** along the floss.



STEP 7: Final Rinse

Use the saltwater mouthwash from Step One. Vigorously swish, then spit.



STEP 8: Extra Care

Use the Vita-pik or an oral irrigator to rinse the gum pockets with saltwater and **Mint + Myrrh Serum**, **Yogi Tooth Serum**, or **Happy Gum Drops**. Massage a drop of **Tooth Serum** or **Ozonated Happy Gum Gel** into the gum line and any sensitive areas.



Beneficial Botanicals

Nature is the finest attendant to our health. Genuine distillations of plants, flowers, seeds, roots, and trees have been used medicinally for centuries. Botanical oils, including essential oils and supercritical extracts, gently, potently, and safely support and protect us from head to toe.

What Goes on the Skin Goes In

It is important to know that everything that is applied to the body, including the manufactured, synthetic chemicals in perfumes, toothpaste, and lotions, are absorbed into the bloodstream, cells, and organs -- and often at a higher degree than if we ate it. We would not want to put anything in, on, or around the body that we would not want to eat. Discernment is important.

All botanical oils are antibacterial, antifungal, and antiviral; this means they keep our oral microbes well balanced. They maximize the health of one's oral ecology by both rejuvenating the gum tissue and increasing blood circulation to the gums and blood vessels of the mouth. They address the circumstances that lead to a compromised immune system, including unwanted bacteria, viral loads, chronic inflammation, and a congested lymph system. The use of genuine essential oils originated as a medical therapy based on the pharmacological benefits of essential plant extracts. Sadly, the modern commercialization and production of synthetic fragrances and flavors has relegated the aromatherapeutic use of essential oils to a frivolous realm of perfumery and potpourri.

These special plant extracts are different than herbal tinctures, homeopathics, or food supplements. They are the distilled essences of the plants that bear their names. Each authentic essence is distilled slowly and at a low temperature, capturing the integrity of hundreds of botanical plant compounds and trace substances known as secondary metabolites. Secondary metabolites are the plant's adaptogens, and they are different from the DNA and primary structure of the plant. These adaptogenic substances are the aromatic hormones, phenols, and pheromones that attract pollinators, repel insects, and are part of the uniqueness of the plant. The molecules in these plant substances mirror our human hormones, enzymes, and neuro-transmitters, and this beautifully represents the biological compatibility between humans and plants. This bio-compatibility allows plants to have a powerful effect on our health.

Essential oils and supercritical extracts are highly concentrated, lipophilic liquids. For some of the botanicals oils, a whole plant, or more, is required to create a single drop of oil. Extremely potent, often hundreds of times stronger than an herbal extract, essential oils have hundreds of beneficial chemical components

that work synergistically with each other and with our bodies. The distinctive lipid-soluble nature of essential oils allows them to penetrate the lipid layer of our skin and gums so that they quickly reach the immune system. When botanical oils are combined, thousands of plant compounds create a beneficial mosaic effect; some compounds reduce inflammation, some are analgesic, and others are antiseptic, etc.

In the book *Beyond Antibiotics: 50 (or so) Ways to Boost Immunity and Avoid Antibiotics*, author Michael Schmidt devotes an entire chapter to the antimicrobial efficacy of essential oils, he states,

“One of the advantages essential oils have over antibiotics is that bacteria do not develop resistance to essential oils. Many essential oils exert their antibacterial effect by interfering with the bacteria’s ability to breathe. On the other hand, antibiotics interfere with the life cycle, or metabolism of, bacteria, and since bacteria are very crafty creatures, they change their chemistry and genes making the antibiotic less effective the next time it is used. As a result, new generations of antibiotics will need to be developed to stay ahead of these organisms...another advantage to essential oils is that some actually stimulate immune function.”

High quality botanical oils begin with good soil and organic growing practices as well as sustainable wild-crafting of the plant matter. Each botanical ingredient is gathered at the right time of day to ensure the maximum amount of the aromatic molecules in the part of the plant being distilled. The right distillation method, long and slow, further ensures that the maximum amount of compounds and trace elements are captured in every drop.

All essential oils and super critical extracts easily penetrate the lipid matrix of the gums. They send nutrients to the blood vessels, dentine, nerves, and roots of the teeth. They stimulate circulation and get the lymph and dental-lymph systems going. Some oils, such as seabuckthorn berry, help to regenerate tissue, including gum tissue. They are also potent in oxygen radical absorption capacity, or ORAC. Clove and cinnamon are also very high in ORAC capability, and have impressive properties for eliminating bacteria.

Essential oils have a dynamic interaction with the body, both physically and psychologically. Pure aromatic molecules have a direct route through the blood-brain barrier into the hypothalamus, the centre of the mind. When the molecules reach the hypothalamus, the brain releases neurotransmitters, among them enkephalin, endorphins, serotonin, and noradrenalin. Enkephalin and endorphins reduce pain and produce a pleasant, euphoric state of mind and

feelings of wellbeing. Serotonin is relaxing and calming. Noradrenalin is revitalizing and keeps the mind sharp.

Certain oils also affect the autonomic nervous system to relax the heartbeat, deepen breathing, regulate the digestive process, and evoke creative inspiration. They can reach the limbic system in mere seconds, and once there, the aromatic molecules continue their journey towards the lungs where they pass through the moist delicate walls of the alveoli and into the blood capillaries. From the capillaries, the tiny molecules flow to the heart, circulatory, and lymph systems and so access all organs and systems in the body.

My favorite botanicals for healthy teeth and gums is a combination serum of the super-critical extracts and essences of seabuckthorn berry, rose otto, oregano, peppermint, clove, tea tree, cinnamon, and thyme linalool. I also make an ancient Vedic combination serum of botanicals; it is a potent combination of the extracts of neem, cinnamon, clove, cayenne, mastic, and cardamom.

You may want to experiment with a few single essential oils as your body intuition grows and guides you to the best oils or combinations for you. Before you put anything on yourself or in your mouth, or in your child's mouth, you want to know that it is pure and really real. Essential oils available in the market, even those sold in health food stores, are often of questionable quality. Mass distilled for the food, flavor, and perfume industry, these oils are cheaply produced, further adulterated in laboratories, and may even be imitations. Issues with safety and effectiveness make it inadvisable to use low quality essential oils. Only authentic oils, distilled carefully and truthfully from organically grown plant matter, can fulfill the promises of plant wisdom.

The following botanical oils are among the best at supporting optimal oral care.



Cayenne, *Capsicum frutescens*. Select a super-critical extract with catalytic, antibacterial, antiseptic, and stimulating properties. The capsaicin compound in cayenne is also a topical vasodilator, which stimulates blood circulation. It must be diluted.



Cardamom, *Elettaria cardamomum*. This essential oil stimulates and tones the digestive tract and has antiseptic properties that stimulate the phagocytic cellular action of the immune system. It is also supportive of the nervous system and helps supplement healthy oral care with its anti-infectious, antibacterial actions.



Cinnamon, *Cinnamomum ceylanicum*. True cinnamon bark essential oil from Madagascar is antiseptic and antibacterial. It stimulates blood circulation to the gums and promotes their health and regeneration. Cinnamon is rich in the compounds eugenol and cineol with potent anesthetic and antiseptic properties that increase the production of white blood cells. According to the work of the founders of modern, medical aromatherapy, Drs Franchomme and Pènoel, cinnamon bark oil is effective against 98% of all pathogenic bacteria. These oils are very strong and must be diluted before using.



Clove Bud, *Eugenia carophyllata*. Clove oil is an analgesic with an extremely high ORAC. It is distilled from the flowering buds of the clove tree. Cloves have relieved toothaches and freshened breath since ancient times. A potent antibacterial, antiviral, and antifungal, clove boosts the immune system and stimulates blood flow with its botanical constituents of eugenol, esters, and sesquiterpenes, all of which combine to create an impressive action against pathogens and microbes; "it is anti-parasitic and helps gum infections, toothaches and tonsillitis." Clove oil must be used diluted.



Mastic, *Pistacia lentiscus*. Mastic has a long history of use stemming from ancient Greece. It is a type of resin similar to frankincense that comes from the inner sap of the mastic tree. It helps maintain the connective tissue in the oral area, and it is effective at removing tooth plaque. Mastic contains antioxidants, antifungal, and antibacterial compounds. The major antibacterial components of mastic oil are: α -Pinene, verbenone, α -terpineol, linalool, β -myrcene, β -pinene, limonene, and β -caryophyllene. Like all essential oils, the antibacterial efficacy of mastic oil is due to all of its components working synergistically. This resin extract is a potent antiseptic, which inhibits oral bacteria, including the *Helicobacter pylori* bacteria that cause stomach ulcers. Mastic oil helps to harness the blood's front line of defense: leukocytes, or white blood cells, and the multinucleocytes. This helps to increase the tissues' defense, especially between the teeth and gums where gingivitis and plaque occur.



Neem, *Azadiracta indica*. Neem is 'arista,' which in Sanskrit means “perfect, complete, and imperishable.” It has been used in Ayurvedic traditions for thousands of years in agriculture, food storage, and medicine. Many research studies prove that neem is fungicidal, miticidal, and antibacterial. It is an ideal remedy for periodontal and tooth infections. It can be applied locally around the

teeth and gums.

The vasodilatation and anti-inflammatory compounds in neem, along with the pain relieving compounds, can reduce the discomfort of a toothache. It also prevents cell adhesion and kills the bacteria that cause tooth decay. Neem alkalizes the saliva, gums and mouth, and kills the bacteria that cause Pyorrhea and Gingivitis. It obliterates calcium-forming organisms and the organisms that cause cavities.



Oregano, *Origanum vulgare*. Wild oregano oil, harvested from the mountains of the Mediterranean, has a bounty of botanical benefits with a broad spectrum of action. It contains two phenol compounds that contribute to its medicinal value: over 65% carvacrol and 3.4% thymol. These phenols possess potent antiseptic, analgesic, and antibacterial properties. Gerald Smith, DDS, explains, “Basically, oregano works like an antibiotic,” boosting the

immune system.

Oregano has a broad range of antimicrobial activities, effective against fungus, virus, and bacteria, including *E. coli*, *Staphylococcus aureus*, and *Pseudomonas aeruginosa*. Wild oil of oregano in oral applications can improve dental hygiene as it destroys plaque-causing bacteria and reduces risks of gum disease. Oregano oil must be diluted before use.



Peppermint, *Mentha piperita*. Mint helps with digestion and has an analgesic and cooling, anti-inflammatory effect. Peppermint oil is widely available, and for the purest, most effective oil, select genuine distillation of the fresh peppermint leaves grown in France.

It is important to understand that the peppermint flavoring in commercial toothpaste is artificial menthol and offers no benefit in preventing gingivitis. Real peppermint is a potent anti-oxidant and inhibits the bacterium that causes tooth decay.



Rose Otto, *Rosa damascena*. An elegant and precious essence, it takes sixty roses to make one drop of rose otto essential oil! One of the most medicinally valued extracts, it adds resiliency and elasticity to skin and gum tissue. It is an effective analgesic and is vulnerary, meaning it speeds up the healing of tissues with its potent antiviral and antiseptic properties. It is great for cold sores and cankers. Rose otto also has the ability to regenerate connective tissues and tonify the gums.



Seabuckthorn Berry, *Hippophae rhamnoides*. This incredibly vital oil, extracted from a berry, is rich in lipids, beneficial fatty acids, and rare palmitoleic acids. It is perfectly balanced in omegas 3, 6, 7, and 9. Select a super critical extract to capture the over 190 bioactive substances from the edible berry.

Seabuckthorn is potent in antioxidants, anti-inflammatory beta carotene, carotenoids, and phytosterols that reduces redness and helps heal mucous membranes. I have been using seabuckthorn since 1994 because of the oil's ability to regenerate cells, protects against cell water loss, and its richness in vitamins C, E, and provitamins A and B's. All of these extraordinary plant properties contribute to regenerate and revitalize connective and gingival tissue.



Tea Tree Oil, *Malaleuca alternifolia*. Harvested from the paper bark tree, tea tree has been used for thousands of years as a medicinal plant by the Australian Aborigines. It is anti-viral, anti-fungal, and anti-bacterial. The Australian Dental Journal stated that it is "a therapeutic agent in chronic gingivitis and periodontitis, conditions that have both bacterial and inflammatory components."

Tea tree is full of natural anti-inflammatory agents and contains the plant chemicals cineol and propanol that can decrease gingivitis and reduce plaque. Tea tree is also very astringent and antiseptic. In a scientific dental study, a genuine distillation of tea tree oil (2.5%) proved effective in the treatment of chronic gingivitis and inflammation. High amounts of natural anti-inflammatory, antibacterial constituents of 1.8-cineol, terpinen-4-ol, tea tree essential oil decreased the level of gingival teeth and reduced plaque scores. Furthermore, the study showed that a total of 162 oral bacteria isolates (including streptococcus) were inhibited and rapidly destroyed by tea tree oil concentrations of less than 2%.



Sweet Thyme, *Thymus officinalis* linalool. This is a rare variety of the thyme species. It is both antiseptic and gentle. Thyme linalool balances oral salivary secretions, stimulates the immune system, and acts as a decongestant. Overall, it is a tonifying and effective immuno-stimulant with anti-bacterial agents.

All of the botanical oils and combination serums that I recommend have the same effect and excellent results even though they contain different synergies. They are great for flossing, brushing, and for keeping gums healthy. While they keep your mouth clean, they also influence the rest of the body. So, even if you are only focusing on the teeth and gums, the botanicals and serums are part of an integrated, harmonious system that benefits your whole body.

People frequently ask if it is okay to swallow essential oils and super critical extracts. Yes, it is perfectly safe to swallow them in the "drop" quantities in which they are used. Essential oils are potent, and oils from health food stores often come with a label cautioning that oils are not safe to be taken internally in any quantity. This is true of the oils that are not a genuine, organic, and authentic distillation. However, when pure distillations of essential oils are taken in small quantities (i.e. one drop), most are fine (and often beneficial) for internal use. In fact, many essential oils are used by the food and flavor industries. Orange juice is often flavoured with essential oil from oranges, Earl Grey Tea is flavoured with essential oil distilled from bergamot, and many liqueurs, confectionaries, chocolates, and flavour extracts use various essential oils.



DIY Recipe for Injured and Inflamed Gums

½ tsp. purified salt

½ tsp. sodium ascorbate vitamin C powder (not ascorbate or ascorbic acid)

Peppermint essential oil

Seabuckthorn essential oil

Shot glass

Warm water, filtered or spring

This recipe is adapted from Dr. Hal Huggins' recommendation to treat very inflamed gums. Every hour for 2 days, vigorously swish with ½ tsp. purified salt dissolved in a shot glass of warm water with a drop of peppermint oil. On the half hour, vigorously swish with ½ tsp. sodium ascorbate dissolved in a shot glass of warm water with a drop of seabuckthorn oil. The salt kills unfriendly bacteria, and the sodium ascorbate rebalances the electrons in the mouth. The peppermint acts as a little ice cube to reduce pain and swelling, and the rich omega-oils in seabuckthorn help heal mucus membranes.



Ancient Swishing Secrets: Oral Oil Brushing

In modern times, we roam drug store dental aisles perusing the plethora of periodontal promises ranging from fluoride floss to menthol mouthwash. Searching for solutions, we attain countless tubes of gels and paste, we maintain the ingrained hygienist and dentist appointments, and we brush with daily-diligence for decades. Yet the possibility of periodontal disease percolates. Receding, bleeding gums are the norm; unexpected cavities form, and millions of root canals are performed. The definition of insanity, doing the same thing and expecting different results, applies to our current state of oral care.

Enter ancient techniques and botanical extracts for oral swishing. When we swish our saliva with soothing serums of botanical extracts rich in phytonutrients known for their anti-inflammatory, lipid-soluble, lymph-stimulating nature that nurtures, the very thin skin of the oral epithelium gums can heal and seal and teeth can gleam white and bright.

Oil swishing (also called oil brushing or oil pulling) is an ancient Ayurvedic medicinal practice used to detoxify the mouth, teeth, gums, and the entire oral cavity. In fact, some studies have shown that oil brushing benefits the entire body!

Although this practice has been used throughout the ages, it has only recently begun to gain traction in the Western world. Scientists, holistic practitioners, and dentists are singing the praises of oil brushing and its ability to draw toxins from the mouth and flush them from the body.

But what is oil pulling anyway, how do you do it, and what kind of tools will you need to make sure it works?

Let's find out!

Oil Brushing: What's It Good For?

The oil brushing process involves swishing a millimetre of oil in the mouth for fifteen minutes. While that may seem incredibly simple, the impact and benefits for the oral environment are simply astounding.

In the same way that laundry detergent pulls dirt from your clothes, or dishwasher detergent cleanses your dishes, the warm, liquefied oil actually "brushes" your teeth as you swish.

When you choose the right oils, oil brushing is said to draw toxins from deep within the oral cavity and in between the teeth. It facilitates the proper flow of beneficial saliva and creates a state of balanced pH within the mouth.

Oil Brushing: A Brief History

From ancient Egypt to ancient India, archaeologists have found the remains of human beings with beautiful, strong, perfectly-in-tact teeth.

Perfect teeth with no toothbrush and no toothpaste?!

Yes!

Oil brushing was an integral part of oral health before the advent of toothbrushes and toothpaste, which have only been around since the early 20th century.

Ancient peoples did not use chemical-filled commercial toothpastes that harmed their teeth enamel, or eat processed foods that rotted their teeth. Instead, they used natural remedies to keep teeth and gums healthy, including teeth picking and oil pulling.

Benefits of Oil Brushing

To date, there have been a dozen Western medical studies conducted on the benefits of oil brushing. These studies investigated oil brushing for its impact on everything from halitosis to gingivitis and gum tissue regeneration.

In these studies, oil brushing was found to be an effective remedy for a wide variety of oral maladies. Researchers concluded that oil brushing is a great way to:

- Detoxify the mouth and gums
- Eliminate the bacteria that causes Staph infections
- Eradicate bad breath
- Prevent pathogenic bacteria
- Prevent tooth decay
- Treat bleeding gums
- Whiten the teeth
- Purify and detoxify the entire body



How to Oil Brush

It is best to oil swish your teeth first thing in the morning before you eat or drink anything.

Measure about 20 drops/1 millimetre of oil and two drops of an essential oil (frankincense, peppermint, tea tree, or a dental serum of Yogi Tooth Serum, Happy Gum Drops) and swish in your mouth. You can use coconut, sesame, or olive oil, but only one of these oils has been proven most effective for oil pulling (more on that following).

Swish without swallowing for up to fifteen minutes.

Spit the oil out into a trash bin, not down the sink – if you swish with coconut oil it will solidify and may stop up your pipes!

Once you've finished swishing, follow your regular successful self-dentistry routine.

Which type of oil should I use?

The type of oil you use for oil brushing has a huge impact on how effective the process will be. The right type of oil will clean, detoxify, and protect your mouth and teeth, while the wrong type of oil could be completely ineffective.

Ideally you want to oil pull with pure MCT coconut oil or an all-natural product that contains MCT oil.

Coconut oil naturally contains an abundance of beneficial fatty acids, which help promote gut health, fight free radicals, eradicate bacteria, and infuse the body and mind with pure energy.

The MCT stands for “medium chain triglyceride.” MCTs are quickly and easily converted into energy and absorbed by the body. Their benefits are much more readily available than LCTs, or “long chain triglycerides.”

Regular coconut oil is comprised of some 50% lauric acid. While lauric acid offers some antimicrobial benefits, it functions like an LCT and is therefore not nearly as beneficial as MCTs like caprylic acid and capric acid.

MCT coconut oil harnesses the incredible power of these MCTs and removes the lauric acid “filler.” The result is a potent oil with all the benefits of coconut oil concentrated into a smaller amount. For instance, one would have to consume

nearly 20 tablespoons of ordinary coconut oil to get the benefits found in just a single tablespoon of MCT coconut oil.

Not all MCTs are created equal

There are 3 important things to look for when choosing an MCT coconut oil for oil brushing.

1. The right MCTs

Lauric acid is often labeled as an MCT even though it doesn't behave like an MCT. Lauric acid is not bad for you; it just doesn't have the superpowers the other MCTs have. If you want the pure, concentrated power of true MCT coconut oil, make sure the oil you choose has the highest levels of C6, C8, and C10 MCTs.

2. The right processing

Choose a MCT oil that is processed without solvents or chemicals. Many coconut oils are refined and heavily processed. The leftover product often includes an acid called C17, which can cause diarrhea and upset stomach. Choose a MCT oil that is steam-distilled and completely pure.

3. The right grade

Organic nutraceutical grade is the purest grade available on the market. It has the longest shelf life and can be used for topical and internal applications.

Choosing the right oil for oil brushing is all that's needed to reap the incredible benefits of this ancient practice. Living Libations has created two beautiful dental serums with organic nutraceutical grade MCT oil to make your oil brushing practice easy and optimal.

Probiotic Tooth-Butter Cups for Soothing and Swishing

60ml Coconut Oil

6 capsules of Probiotics

2 teaspoons Prebiotic Chicory Root

2 teaspoons Baking Soda

15 drops: Peppermint, Frankincense, Rose, Cinnamon, Seabuckthorn and/or Clove

Optional:

2 teaspoons of Clay or Activated Charcoal





Nadine Artemis is author of *Holistic Dental Care: The Complete Guide to Healthy Teeth and Gums*. She is also the creator of *Living Libations*, an exquisite line of serums, elixirs, and essential oils for those seeking the purest of the pure botanical health and beauty products on the planet.

She is a frequent commentator on health and beauty for media outlets and her products have received rave reviews in *The New York Times*, *The National Post* and *The Hollywood Reporter*. Described by Alanis Morissette as "a true-sense visionary," Nadine has formulated a stunning collection of rare and special botanical compounds.

As an innovative aromacologist, Nadine develops immune enhancing formulas and medicinal blends for health and wellness; her potent dental serums are used worldwide and provide the purest oral care available. Her healing creations, along with her concept of "Renegade Beauty," encourage effortlessness, eschew regimes, and inspire people to rethink conventional notions of beauty and wellness.

Nadine's fresh paradigm for beauty and her natural approach to health presents a revolutionary vision; it allows the life-force of flowers, dewdrops, plants, sun, and water to be the ingredients of healthy living and lets everything unessential, contrived, and artificial fall away.



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