

Dental Management

Various dental complications can develop throughout one's lifetime. Also, some people will inevitably have to face what can occur as a result of weakened tooth enamel and overall structure of the teeth (i.e. weakness of cells comprising the teeth). For this reason, it is not rare that some people will experience certain difficulties on high fruit diets - such as what may seem as tooth decay but also increased dental sensitivity.

This document serves the purpose of addressing what you may do in the most common cases dental problems.

Healing, regenerating and maintaining the health of your teeth is, as with any other tissue, a systemic process. You must take care of the entire body by alkalizing, detoxifying and regenerating it. When you're experiencing actual degeneration of the teeth you must understand that your jawbone, cheekbone and any other surrounding tissue is likely to be compromised. The lymphatic system, or acid waste, is not selective in terms of the tissue it affects. And when your teeth are breaking down, you're involved in the entire head region.

As with the skin, eyes, hair, bones, organs, glands and so forth, the teeth are also comprised of cells that are nourished by blood and cleaned by the lymphatic system. You must take care of these cells through these two mediums. So, the first step is obvious. You must change your diet, which will change the kind of chemistry you bring into your body. It is also recommended that you dispose of commercial toothpastes containing fluoride and other hazardous ingredients and replace it with something more natural and non-toxic.

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General Recommendations

It is pivotal that you work on your adrenal glands and kidneys to enable and maintain filtration of the body's great lymphatic system. The anti-inflammatory steroids from the adrenals are also important.

You can get a good idea of adrenal and kidney function by getting your blood pressure checked. Dr. Morse considers textbook blood pressure to be 120 over 60 (not 120 over 80). Remember to check both arms (and review the PDF entitled 'Adrenal Glands, Kidneys & Blood Pressure').

Next up is to determine the health of your thyroid and parathyroid glands (you may conduct the Basal Body Temperature Study or review your results if you've already done so). It is important that your body produces adequate calcitonin (hormone out of the thyroid) and parathormone (parathyroid hormone) in order to properly metabolize the calcium you consume meaning the body will efficiently put calcium back in teeth and connective tissues. Check for pituitary gland weakness, if possible, through blood work (look for TSH levels) and/or through signs and symptoms and/or iris analysis (iridology).

Always keep the following in mind, regarding the first three steps to health and vitality (before elimination, which is the fourth step):

1. Proper digestion (requires a well-functioning pancreas, stomach and liver/gallbladder).
2. Proper absorption (requires clean small-intestines and cecum portion of the colon).
3. The ability to utilize nutrients (requires well-functioning thyroid/parathyroid and adrenal glands).

Clean up your colon (also see PDF entitled 'Bowel Care; Enemas; Colon Hydrotherapy'). It can be said that the colon partially drains the middle (main) trunk of the body (also remember the head area and transverse colon connection). Colon health is essential to address when working on health issues from above the neck.

Once you've achieved filtration of lymphatic wastes through the kidneys, you can now shift gears. You can temporarily swish with coconut or sesame oil (known as 'oil pulling') for 4 to 8 weeks prior to proceeding.

To help restore tooth enamel, reverse cavities and re-build teeth, you're encouraged to incorporate more chlorophyll-rich and building foods. These are your vegetable menus and green juices (see the PDF entitled 'Simple Juice Ideas'). You can and should still consume a lot fresh, tree-ripened fruit depending on the state of your teeth and what you're dealing with. The botanical kingdom truly offers its support in the process of restoring teeth and reversing dental complications. Take advantage of dandelion greens, comfrey (knitbone), celery, white oak bark, black walnut hull and more.

Incorporate kelp and alfalfa into your diet and swish with a decent herbal tea such as the Heal-All Tea; alfalfa and/or wheatgrass juice.

Mouth Tonic

The following formula is very effective as an overall dental tonic and can be used for all dental problems.

- 1 part marshmallow root tincture
- 2 parts sage leaf tincture
- 2 parts spearmint leaf tincture
- 2 parts calendula flower tincture
- 1 part vegetable glycerin
- 40 drops of spearmint essential oil

Shake it really well. Add 1/2 teaspoon into hot water to burn off alcohol and swish it thoroughly in the mouth. Make sure the liquid contacts every part of the mouth.

Dental Pain

Now that we've covered the basics, let's get more specific.

For dental pain, clove oil (an essential oil) will serve as a natural painkiller that can be applied directly on the implicated tooth. We've outlined the instructions below.

- 1) First, you must dilute the clove oil. Mix 1 or 2 drops of clove oil in a few drops of olive oil, coconut oil, or sesame oil.
- 2) Begin applying the mixture to the tooth and rub it around the area.

You may also use oil of oregano in place of clove oil and follow the same instructions outlined above.

If you do not have clove oil (or oil of oregano), you can also use whole or powdered cloves by holding it between the teeth and cheek.

A high quality herbal formula for mild to moderate pain is also recommended. Single herb tinctures include:

- Plantain root tincture
- Sage tincture
- Spilanthes tincture

Receding Gums

You may very well experience receding gums throughout the process of detoxification, yet detoxification is the process that will rectify the issue. Just note that acidity is what ultimately leads to receding gum tissue. You may limit or temporarily exclude citrus fruits from your diet, and also pineapples, kiwis, and cranberries.

If you wish to naturally assist the recovery of your gums, you may use tea tree oil. Mix in a couple drops of the oil with either olive, sesame, or coconut oil and apply it directly to your gums.

Marshmallow Root Cold Infusion:

Marshmallow root herbal infusion is also effective with receding gums and is made as made as follows:

1. Measure 2 oz. of cut & sifted marshmallow root and place into a quart jar
2. Fill the jar with slightly cold water and set it aside for 4 hours

Drain it out and it's ready. Drink 1 quart (32 oz.) of this per day until pain settles.

Bacteria and Teeth

First off, we don't look at the connection between bacteria and dental decay the same way most do. Concerning bacteria, we must realize that there is a reason for their presence. Essentially, they're your very own internal janitors with the primary task of dissolving and helping your body eliminate lymphatic sewage. Where there is sewage, there will be bacteria present to fulfill this job.

Essentially, they [the bacteria] are after the same thing we are after, namely, the lymphatic sewage which is generally acidic by nature. This acidity will contribute to the breakdown of surrounding tissues, if it's not removed for elimination as soon as possible.

Consider now that most foods people consume are either acidic at surface level (fizzle drinks and citrus fruits are a sublime example of this) or contribute to internal, systemic acidosis which in turn eventually leads to the breaking down of teeth from the inside out.

When it comes to food particles in the mouth, bacteria will be present to help break these down as well. At the same time, we must also consider that bacteria themselves leave

behind acidic residue - which is where bacteria, too, can become a problem. But the finger must be pointed at ourselves, not nature.

The above situation is similar to that of how mucus is first secreted to protect bodily tissues, but due to the body's inability to successfully remove it (and due to the incessant need for the production of more mucus), the mucus itself eventually becomes the problem which people typically experience in the form of blocked nasal and sinus cavities.

Fruit Sugar and Teeth

The mistake of blaming the saccharide (sugar) content of fruit is a common one. Think about it for a moment. For some reason, we blame the sugar content of fruit - but not the sugar (glucose) content of vegetables. And this is why we must understand not only that certain fruits are very aggressive in their chemistry but also that detoxification, in general, will expose and bring out all bodily tissue weaknesses to the surface. If your teeth are weak, detoxification - or a high fruit diet - will make you aware of it.

Where fruit can become a problem, is when dental weakness is present (thyroid and/or parathyroid weakness is almost always implicated) - and the fruit content of your diet consists of too much [picked] unripe fruit or too much citrus fruit.

This is why decent fruit quality is imperative. Fruit will normally assist in the cleansing of the teeth. But if you need to increase intake of greens (especially through green juices) and/or decrease intake of fruit, then do so. In most cases, no harm is done by doing so - and if you need guidance - please don't hesitate to seek the assistance of a detoxification specialist.

Some people must start slowly, and work their way up to the high fruit level of eating.

Oil Pulling

Oil pulling has been touted to yield numerous (and sometimes miraculous) benefits to not only dental health, but overall health of the body. As a result of personal experimentation, the author can only vouch for the dental benefits.

Organic, cold pressed coconut oil or sesame oil (preferably out of a glass bottle or jar) is recommended. You may optionally mix in a couple drops of neem essential oil. For receding gums, you may use tea tree essential oil.

Suggested Usage:

- Drawing toxins out of tissues (which is one important reason why you should not swallow the oil)
- Dental pain
- Dental decay
- Dental sensitivity
- Dissolve stains
- Natural teeth whitening
- Can help relieve headaches

Written Instructions:

First and foremost, do not swallow the oil at any time. When you're finished, please spit it out. If you do happen to swallow some or all of it by accident, do not panic. In most cases, nothing happens.

- 1) Select the oil of your choice.
- 2) In the morning, prior to having breakfast, take about 2-3 tablespoons of the oil into your mouth (you may mix in the neem or tea tree oil, before putting it in your mouth).
- 3) Move (swish) the oil around in your mouth slowly.
- 4) When you're done, spit out the oil (in order to avoid additional sludge in the sewer pipes, I recommend not spitting coconut oil into the sink due to its solidified consistency under cool temperatures).
- 5) Wash and rinse your mouth thoroughly. Water alone is splendid and you may use your fingers to wipe the gums and teeth.

Although the general recommendation is to hold the oil in your mouth for 15-20 minutes, start out at 5-10 minutes the first couple of times, so you get used to the practice.

I suggest twice a day as the limit, as once a day is generally considered enough.

NOTE: Although many people utilize oil pulling to combat dental sensitivity, others have noticed an increase of sensitivity after a period of oil pulling. If this happens to you, either continue with another oil - or discontinue the practice altogether for the time being.

Oil Pulling and Amalgam Fillings

Concerning oil pulling, many have done so with up to several dental fillings without any problems or adverse reactions. If you choose to do so yourself, please try your absolute best not to swallow any of the oil.

Mercury Silver Amalgam Fillings

It is no longer any secret that dental mercury fillings are highly toxic to the human body. The body often clearly demonstrates how it doesn't cooperate well with inorganic material within itself, and once given the chance, it will expel these elements. This is exemplified by several year-old splinters coming out of the skin, chemicals exiting through urine and/or stool, and dental fillings suddenly falling out, during the detoxification process.

Many cases of neurological degeneration and motor impairment (i.e. Alzheimer's, Parkinson's, dementia, multiple sclerosis, etc.) have been associated with mercury amalgam fillings. Replacing mercury fillings with a better alternative, such as composite fillings, is highly recommended. Robert Morse, N.D., has noted that mercury fillings has sometimes drastically hindered the progress his neurological cases were able to achieve, until they removed their fillings.

Toothpaste and Dental Maintenance

These are alternatives to commercial toothpastes, as well as natural ingredients that can be used in place of toothpaste and for other purposes.

TOOTHPASTES

- * Redmond Trading Company's Earthpaste (Peppermint, Cinnamon or Wintergreen flavors)
- * Weleda's Plant Gel Toothpaste

SINGLE INGREDIENTS

- * Coconut oil (can be used by itself)
- * Baking soda (mixed with water)
- * Dr. Christopher's Herbal Tooth & Gum Powder (can be used by itself)

I often mix two or all three of the above, but coconut oil is always included.

ORAL RINSE

- * Celtic sea salt (and water)
- * Himalayan crystal salt (and water)

Just add 1 tablespoon of salt to 12-16oz of water. Stir it really well, and take a mouthful. Swish it around thoroughly for approximately 20-30 seconds, spit it out, and repeat if desired.

WHITENING POULTICE (TEETH STAINS)

- * 2 large strawberries
- * 5 fresh sage leaves
- * 1 tablespoon of celtic sea salt

Mash it up into a paste and brush your teeth with it.