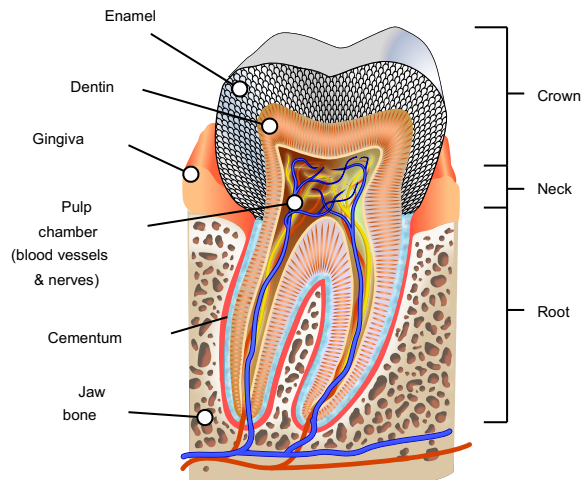


DENTAL HEALTH



Dental Health

- Regular dentist visits
- For those nervous of dental visits homeopathic remedies or hypnotherapy may be helpful
- Regular hygienist appointments
- Clean your teeth every 12 hours (twice daily) with electric toothbrush for 2 minutes
- Replace the head every 3 months
- Use only a pea sized amount of toothpaste
- It is the mechanics of brushing that cleans away most of the plaque
- Clean your tongue with a tongue scraper x 2 daily when you brush your teeth (lots available cheaply on Amazon – suggest a stainless steel one) – not only does it remove excess oral candida (the white) helps to stimulate the digestive system
- Non-toxic regular flossing (see below) or Tepe brushes
- Water pick
- Sesame seed or coconut oil pulling (see separate fact sheet) – oil feeds the good bacteria and helps remove some of the bad.
- Avoid chemical / alcohol mouth washes which can imbalance the oral microbiome by wiping out the good as well as the “bad”. We don’t want to remove all of the “bad” bacteria as they help remove toxins from the mouth – we need a balance. Good bacteria help keep the levels of bad bacteria under control.
- Chew thoroughly, hard foods, to stimulate saliva which helps remineralise the teeth
- The biggest reason for dental caries (cavities) is mouth breathing as it changes the oral microbiome. Buteyko Breathing exercises daily – breathing only through the nose and never through the mouth
- Manuka honey for oral health - the higher the strength the better, at least UMF of 15. Anti-inflammatory, antibacterial, antiviral, antioxidant and it produces hydrogen peroxide. Helps to reduce oral pathogens and inhibit dental biofilms. You could add a little to warm water and use as a mouth wash. Add to your toothpaste. Rub on the gums and massage. It helps break down plaque and has been shown to kill P.gingivalis and other pathogenic oral bacteria.
- Green tea has been shown to inhibit the growth of p. gingivalis, prevotella intermedia and prevotella nigrescens in the mouth.

DENTAL HEALTH

Toothpaste Suggestions

Fluoride-free (fluoride reduces iodine and is not necessary for teeth according to biologic dentists).

SLS-free toothpaste – sodium lauryl sulphate is a harsh cleanser and foamer which may harm tissues / gums.

- Biomed Calcimax Toothpaste - https://www.amazon.co.uk/gp/product/B0725M67F1/ref=ppx_yo_dt_b_search_asin_title?ie=UTF8&psc=1
- Dentura Med Sensitive Toothpaste (mid-price - available at discount from the Natural Dispensary – contains zeolite which may help to remove mercury and other heavy metals. https://naturaldispensary.co.uk/products/Dentura_Med_Sensitive_Toothpaste_75ml-10005423-0.html

More expensive but recommended by holistic / biological dentists – will last a long time if you only use a pea size

- Revitin (produced by Dr Curatola) – use for unhealthy plaque (even as a gum mask) which helps remove unhealthy biofilm and feeds good bacteria
- Dentalcidin toothpaste – use of the broad-spectrum botanicals in Dentalcidin can assist in removing biofilms and plaque.
- Great Oral Health Pro-Mineralizer Toothpaste – produced by Dr Paul O’Malley, Biomimetic and Holistic dentist that presents the videos below. https://www.amazon.co.uk/Pro-Mineralizer-Toothpaste-Nano-Hydroxyapatite-Properties-Natural-Treatment-Dentist-Formulated-Wintermint/dp/B07KX75Z49?ref=ast_sto_dp

Natural Mouthwash

Should you wish to use a mouth wash, avoid ones with alcohol. This is the one that I usually recommend to clients – avoid if you have a birch allergy: -

PerioBrite mouthwash with Xylitol

https://naturaldispensary.co.uk/products/PerioBrite_Mouthwash_with_Xylitol_Alcohol_Free_480ml-14837-0.html

Oral Protiotics

- Invivo.me Oral – probiotic mouth wash from The Natural Dispensary (do not swallow) https://naturaldispensary.co.uk/products/Bio_Me_Oral_60g-10000899-0.html

DENTAL HEALTH

Natural Homemade Toothpaste

Most toothpaste contains fluoride which will adversely affect thyroid function. Toothpaste is not a food and can therefore contain many substances that may not be safe. According to Dr Ramiel Nagel DDS toothpaste can include hydrated silica, sorbitol, sodium saccharin, titanium dioxide, glycerine, sodium laurel sulphate and sodium fluoride. Of glycerine Nagel says:

“Glycerine is added to toothpaste to give it its “pasty” consistency and helps prevent the toothpaste from drying out. Supposedly, glycerine requires 27 rinses to remove from the teeth. This glycerine film could create a barrier on the teeth that would prevent teeth from getting harder and stronger”

The glycerine covering will mean that the teeth do not get bathed in the protective saliva.

The following example of **homemade toothpaste** is taken from Dr Axe, “How to Reverse Cavities Naturally”:

- 4 tablespoons coconut oil
- 2 tablespoons aluminium free baking soda
- Optional 1 tablespoon of xylitol or 1/8 tsp stevia
- 20 drops peppermint or clove essential oil
- Optional 20 drops trace minerals or calcium/magnesium powder

Simple toothpaste

A very simple ‘toothpaste’ is just to use sea salt on the toothbrush.
Remineralising toothpaste

The following recipe is from Eric Zielinski DC:

- 1/3 cup bentonite clay
- 1/4 cup hot water
- 1 tsp stevia
- 1/4 tsp pink Himalayan rock salt
- 1 tablespoon coconut oil

Mix the above together and then add 20-30 drops of your choice of essential oils such as:

- Lemon, lime and grapefruit
- Cinnamon, clove and orange
- Frankincense and myrrh
- Orange, clove and peppermint
- Tea tree and lemon
- Chamomile and wintergreen

DENTAL HEALTH

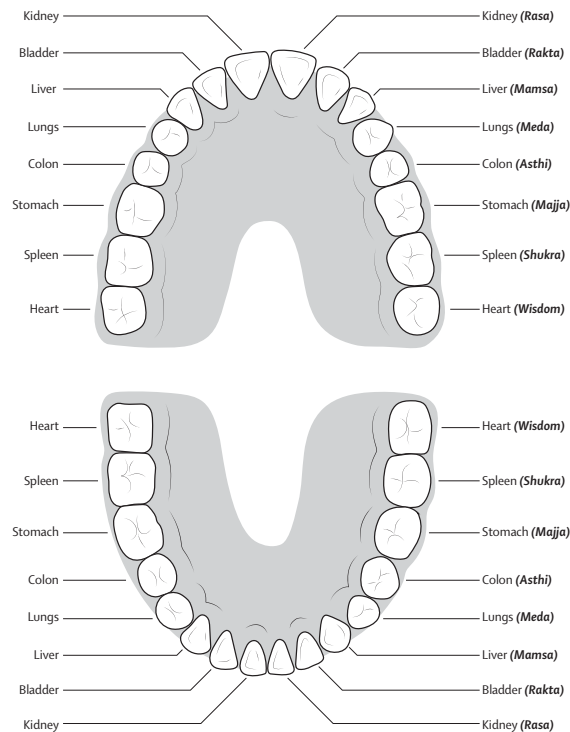
Chemical and metal-free Floss

A lot of dental floss contains chemicals such as Teflon to make it slide, and BPA plastic which is an endocrine disruptor – here are some more healthy and eco-friendly options depending on which method of flossing you prefer: -

- Natural Dental Floss (non-vegan) – string on a roll. From the Natural Dispensary https://naturaldispensary.co.uk/products/Eco_Awesome_Floss_Natural_Mint-18799-0.html
- Bamboo Dental Floss Sticks with BPA-free nylon bristles <https://www.peacewiththewild.co.uk/product/hydrophil-bamboo-dental-floss-sticks-pack-of-20/>
- Bamboo Interdental Sticks with BPA-free nylon bristles <https://www.peacewiththewild.co.uk/product/bamboo-interdental-sticks/>
- Dental water pic (water floss) many to choose from on Amazon.

In Eastern Medicine, each tooth is associated with an organ. It could be that a tooth is affecting an organ, or that an organ may be affecting a tooth.

Teeth & organ correspondences



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DENTAL HEALTH

The following diagrams show areas of referred pain (from the book Radical Medicine by Louisa Williams)

