

**Avoid Root Canals.**

**101 Homeopathic  
Nutrition Remedies  
to Stop Tooth  
Cavities**

Scott Rauvers



This book is dedicated to those that did not have the knowledge to avoid unnecessary root canals, so they may avoid unnecessary pain and expense in the future

Published by the Institute for Solar Studies

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Avoid Root Canals. 101 Homeopathic Nutrition  
Remedies to Stop Tooth Cavities

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## A SPECIAL THANK YOU

Thank you the reader for being a part of those positively transforming the world of dentistry. This book is dedicated to those seeking how to tap into the power of nutritional wisdom to create healthy teeth and gums.

The sole purpose of this book is to empower those seeking alternatives to the dentist's drill and to help create a feeling of self confidence and comfort, knowing you hold the power to prevent cavities, re-mineralize your teeth and create lasting strong and healthy gums.

Use the wisdom in this book to: Avoid Unnecessary Root Canals, Learn to re-grow New Layers of Dentin on Exposed Enamel, Reverse Gum Disease, Heal Tooth Abscesses, Re-store your Hormones to Healthy Levels and visit a dentist only when absolutely necessary. This book can save you thousands of dollars and avoid wasted time on unnecessary dental procedures.

## *About the Author*

Scott is the author of 4 books on longevity nutrition and anti aging focusing on Ayurvedic, European and Traditional Chinese Herbal Remedies.

(<http://www.mightyz.com/faqs.html>)

Scott is also the founder of The Institute For Solar Studies On Behavior And Human Health, which studies non invasive methods of healing, giving people alternatives to painful and sometimes unnecessary surgery. Scott's latest book released in the Spring of 2015 appropriately titled: Avoid Root Canals. 101 Homeopathic Nutrition Remedies to Stop Tooth Cavities, gives readers painless alternatives to root canals, herbal methods to relieve toothache and herbal remedies and mouth washes for sore, receding or infected gums. In his latest book Scott includes his own experiences of how these non-invasive methods have helped him and the many readers of his website avoid visiting the dentist altogether. This book is a golden gem if you live or spend time in locations you don't have access to a dentist or want to visit them unless absolutely necessary.

*This book is part of our ongoing series about longevity using Nutraceuticals. Other books published by mightyz.com include:*

This book is part of our ongoing series about longevity using Nutraceuticals. Other books written by Scott include:

How to Make Tinctures, Extracts, Flower Essences and Homeopathic Remedies –  
Published July 2014

My Book of Stem Cell Longevity Formulas and Nutraceutical AntiAging Combinations: Based on scientific research studies of foods, herbs and extracts proven to grow stem cells that extend lifespan – Published November 2014

**Living Beyond 120, A Centurions Plan for Longevity -  
Published December 2013**

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Testimonials from Readers of Avoid Root  
Canals. 101 Homeopathic Nutrition Remedies  
to Stop Tooth Cavities

*"Before reading Avoid Root Canals. 101 Homeopathic Nutrition Remedies to Stop Tooth Cavities I had grown up believing in the authoritative care of dentists. They made me feel like a failure for having bad teeth. They treated me like cavities were a personal insult on the dental profession. After reading your book and applying the techniques, I no longer visit the dentist. Thank you for treating me like a person!"*

*–Erik*

*"This book is great! It empowered me and actually gave me more energy after using the techniques and herbs. I actually enjoy doing some of the exercises such as oil pulling and the mouth rinses because I feel great afterwards. By having this amazing book, I know I am truly being taken care of by someone who knows what he's talking about!"*

*–Debbie*

Avoid Root Canals. 101 Homeopathic Nutrition  
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*"I had never had a cavity in my life until very recently. A friend of mine gave me his copy of Avoid Root Canals. 101 Homeopathic Nutrition Remedies to Stop Tooth Cavities to read. After applying a few of the remedies provided, upon my return to the dentist, he was surprised to find my abscessed tooth had healed itself and that I no longer needed a root canal"*

*-Jeff*





## *ACKNOWLEDGMENTS*

*Thank you to all the master  
herbalists and dentists who  
shared their toothache remedies  
with me.*

*Special thanks goes to Dr.  
Weston Price a fearless Pioneer  
of non-invasive methods  
to heal teeth.*

## *Introduction*

Haven't you ever wished you could have all the very best Ayurvedic, European and Traditional Chinese herbal remedies and scientifically proven tooth and gum healing remedies all in a convenient book?

You are holding in your hands the result of 5 years of research and writing, including feedback from readers of my website, the best natural remedies for healing toothache, gum disease and tooth abscesses.

This dream is now a reality. You won't find any other book that covers such a broad range of healing methods including herbal mouth rinses, and proven techniques to keep your teeth and gums free of pain and decay.

Best of all you no longer have to believe what your authoritarian dentist tells you. Unlike some books that fail to cite references backing up their claims, this book lists full references and the original scientifically published papers behind each claim made, allowing you, the reader to look up and confirm the validity of the information in this book for yourself.

## *How Mercury Damages the Body*

There are many people who have concerns about having mercury used for their fillings. The mercury used in dental fillings is composed of dental amalgam.

## *What is Dental Amalgam?*

Dental amalgam is composed of a 50/50 mixture of liquid mercury which is mixed with a powdered metal alloy of silver, copper and tin. When it is mixed it starts to form into a pliable putty-like substance that will harden.

In December 2010, the U.S. Food and Drug Administration warned against the use of using amalgam in vulnerable populations (the very old, very young and the pregnant). Pediatric Neurologist Dr. Suresh Kotagal testified at the FDA hearing "*there is no place for mercury in children.*" <sup>(1)</sup>

## *Developed Countries that have Banned the Use of Mercury Fillings*

The European Union recently passed a resolution for all nations under the European Union to “*start restricting or prohibiting the use of amalgams as dental fillings.*” <sup>(2)</sup> <sup>(2a)</sup>

In 1987 the Public Health Office of Germany recommended against using amalgam in pregnant women, children, and people with kidney disease.

In July 1, 1995 Sweden ceased allowing amalgam to be used in patients under the age of twenty and banned it altogether in 1997.

In 1996, the Canadian Department of Health directed its dentists to cease using amalgam fillings altogether in children, pregnant women, and people with impaired kidney function. <sup>(3)</sup>

Early exposure to even low doses of mercury in women who are pregnant and

breastfeeding have shown it causes an increased risk in having children with a lower intelligence. <sup>(4)</sup> This is because amalgam crosses the placenta and accumulates in unborn babies.

## *Why You Can Enjoy Better Health Using the Holistic Approach*

Conventional dental treatments avoid the holistic approach altogether because it is not standard curriculum for students studying dentistry. Avoid Root Canals. 101 Homeopathic Nutrition Remedies to Stop Tooth Cavities has sorted through all the confusion and misinformation, choosing only the best tried and proven holistic methods that work. The end result is a simple reference that can be accessed at your convenience. The beauty of this book is all 3 mainstream holistic treatments, Ayurvedic, Traditional Chinese and European are all brought together in one complete volume. This book includes the pioneering research done by Dr. Weston Price and Melvin Page presenting the facts and

methods proven to work obtained from their research and scientific studies.

Prevention of cavities and treatment is so much more less painful and much less expensive than waiting until extensive tooth decay causes unsightly damaged teeth. Bad eating habits and digestion increases your chance of cavities, from unwanted plaque build-up on your teeth. If you have adequate amounts of stomach acid to digest the food you are eating, your plaque build-up will be substantially reduced.

Avoid Root Canals. 101 Homeopathic Nutrition Remedies to Stop Tooth Cavities is a book you'll want to hand down to your grand kids generation after generation. Simple and quick protocols are presented in a clear straightforward manner for preventing cavities and remineralizing teeth. The beneficial side effects of using these proven holistic methods includes increased vitality and vibrancy due to restored hormone levels and the fresh intake of vitamins and minerals.

You may be surprised to learn that many of the most effective foods and spices that

relieve toothache may already be in your kitchen cupboard. Clove for example is a powerful natural pain killer for toothache, and hydrogen peroxide mixed with water between 3% and 4% concentration is a powerful way to kill bad bacteria in the mouth that causes toothache.

In a genetic study of ancient dental plaque, researchers discovered that early man had at most 14% of their teeth covered in cavities and some showed almost no cavities at all.

## *Why Your Dentist Won't Share These Secrets With You*

Many of these methods to highly educated people seem unorthodox and “messy”. The fact is the further technology in medicine advances, the more science will reach the conclusion that nature provides the core principal ingredients needed for healing. I highly respect the Dental industry as they are very professional and can do amazing things with teeth and gums. They are miracle workers at taking care of the short term problem. However when it comes to long

term dental health such as prevention which includes the diet, I believe that many of them ignore this area altogether, as Dental School never taught them the long term prevention techniques and foods that prevent cavities or the proper foods and procedures that re-mineralize teeth. This information is then passed on down to their patients, making the insurance companies very happy. Also cavities are healed with machines and mechanical devices and some companies making these machines do a pretty good business from selling them to dentists. Personally, I prefer the holistic organic methods any day.

An interesting note, as you may have seen so far, or will see later in this book, is that foods and herbs that contribute to perfect dental health also have significant anti-aging and cancer prevention traits. Maltitol, for example, which re-mineralizes teeth, has shown to be one of the most powerful foods for fly longevity experiments. Fruit Fly experiments showed 100 percent of the fruit flies surviving 18 days when fed Maltitol <sup>(4a)</sup>. The average life of a fruit fly is between 40 to 50 days. So with a 100% survival rate at 18 days being fed Maltitol is a pretty good



survival rate. Longevity nutrition is hardly something clinically industrialized medicine today wants to promote.

Re-calcification of severe cavities is not only possible, but becoming more commonplace as more and more of this knowledge is revealed. Awareness of these non-painful methods will continue to grow, as people become more aware that using unnecessary resources only continues to destroy our planet and its health.

### *A Special Message To Dentists*

From my experience over the years of talking to you, the dentist, in person, I have found many of you open to the methods that I have mentioned in this book. However, when it comes to long term dental health, I believe that many of you are uneducated, as Dental School never taught you the long term prevention foods, techniques and methods that help prevent cavities, or can suppress a toothache or are even aware of the natural methods proven to re-mineralize cavities. I believe a lot of this confusion comes from

your insurance companies, who are happy keeping your patients in the dark about alternative methods of dental health and prevention.

## *When You, the Reader Should See A Dentist*

A continuing toothache is the sign of something much more serious. So you should get to a dentist as soon as possible. However before you do, use the tips and techniques titled in the section of this book: "Actions to Take Immediately if you Have a Toothache" and you may just save a trip to the dentist. Pay particular attention to the section on abscesses as there are some great methods to help reduce the pain from them.

Avoid Root Canals. 101 Homeopathic Nutrition  
Remedies to Stop Tooth Cavities



Scott Rauvers

# Chapter 1

## *My Personal Story*

Like some of you reading this, when I was younger I had healthy teeth, but as I approached a later age, I started to have teeth and gum problems. I wanted to share with readers what worked for me, as well as some of the best proven herbal toothache remedies that have helped thousands over the years, including the ancient time proven herbal remedies used for centuries.

This book has been designed to be kept short, simple and factual, numbering approximately 200 pages. The fact is the majority of dental visits for people with serious toothache don't require a root canal.

As more and more people are learning new and non-invasive ways to look after their teeth, Dentists are becoming more and more scared due to the shrinking lack

of "*customers*" and are trying to find new and clever ways to keep people "*in the chair*". The fact is only your fear will keep you in the dentist's chair, because thousands of people each month are discovering that there are ways to avoid getting fillings, helping to re-calcify their teeth and avoid unnecessary root canals. For example in April 2014, health guru Dr. Mercola wrote an excellent article titled "*Why and How to Say No to an Unnecessary Root Canal Procedure*". In the article he explains the clear lack of awareness people have about alternatives to root canals. Let's continue with my own story. I grew up in Australia, one of the best countries with excellent dental hygiene, with our school receiving half yearly visits from a travelling dentist who would keep our teeth clean and healthy, as well as give us fluoridation treatments. I never had any major cavity problems, until middle age. It was at this time I had my first root canal. This cost me an out of pocket expense of approximately \$3,000. I had also had on and off cavities filled for the 7 years prior to this, including one filling that was improperly filled in and

cracked my tooth 9 years later while I was eating. Anyway, it was only after the Internet arrived and the information matured enough, with feedback from others and good books on the topic, that I discovered that I could have excellent dental health, without root canals or painful gums and teeth. So after using many of the techniques and refining them further, I discovered that not only did they work, but I was able to eat about 5 to 8 bars of chocolate a week without any tooth problems.

After speaking in person with numerous dentists over the years and sharing these secrets with them, I have learned that there may be small "holes" in the teeth, but they will not cause excessive cavities if the right procedures and methods are taken. I have had a chipped tooth for over 3 years now that had the left part of my right gum exposed. By using these methods I am about to share in this book, I have never ever had any reoccurring decay, pain or cavities appear using them. I have used these maintenance and teeth rebuilding methods described in this book

for the past 7 years without any problems.

*Natural Tooth Repair Studies  
Performed by Dr. Weston Price*



Dr.  
Weston A.  
Price, a  
Cleveland  
dentist,  
(*Born:*  
*September*  
*6, 1870,*  
*Canada.*  
*Died:*  
*January*  
*23, 1948*)

demonstrated in the 1900's that native tribes who ate their traditional diet had almost zero cavities. And many of them were almost 100 percent free of tooth decay. These people did not use toothbrushes, floss or toothpaste. However when the tribal populations were



introduced to sugar and foods high in white flour, their perfect teeth rapidly deteriorated. This proves an important link that nutrition is linked to the health of your teeth. Dr. Weston A. Price's book titled: *Nutrition and Physical Degeneration* is still a popular classic today, almost 100 years after its publication.

The book begins with research showing that the South African Bantu, when first visited by Dr. Price, had a low prevalence of tooth decay. This was because their diet was high in unrefined carbohydrate foods. Their decay rate increased rapidly as modern foods such as white flour and refined sugar was introduced into their diets.

Dr. Weston Price also documented the dramatic protective effect of cod liver oil (Vitamins A and D) and butter oil (Vitamins A and K2) against tooth decay. He used a combination of high-vitamin cod liver oil and high-vitamin butter oil to heal cavities, reduce oral bacteria counts, and cure numerous other afflictions in his patients. Dr. Price used extracts from

grass-fed butter in combination with high vitamin cod liver oil to prevent and reverse dental cavities in many of his dental patients.

Butter contains numerous beneficial microbes that keep the teeth and gums healthy. Cod Liver Oil, Raw Organic Butter, Canola Oil and Sunflower Oil are fatty acid oils with long chains. Butter has large amounts of butyric acid, and is a potent antimicrobial and antifungal substance. Butter also contains conjugated linoleic acid (CLA) which gives excellent protection against cancer.

### *Why Vegetarians Get more Cavities*

Dr. Price wrote in his book Nutrition and Physical Degeneration that vegetarian cultures had tooth decay at higher rates than those who ate meat. This was concluded after spending 10 years travelling around the world studying tooth decay in different cultures.

Because Dr. Price concluded that vegetarians are more prone to cavities, I found this to be true. As a matter of fact I had my first root canal done a few years after becoming vegetarian, as well as experiencing more toothaches than usual. However after adding carnosine to my diet, I have noticed that all toothaches ceased, and I was able to eat large amounts of chocolate, still without any cavities or toothaches. I attribute this to the carnosine. Meat happens to be high in the substance carnosine, especially the meat of chicken breast. A beneficial side effect of consuming carnosine is added energy. So by taking carnosine I am able to get all the benefits of meat without the problems or negative karma associated with heavy meat consumption.

### *What is Vitamin K2?*

Vitamin K2 is the substance that makes the vitamin A and vitamin D dependent proteins come to life. While vitamins A and D act as signaling molecules, telling cells to make certain proteins, Vitamin K2

activates these proteins by conferring upon them the physical ability to bind calcium. In some cases these proteins directly coordinate the movement or organization of calcium themselves; in other cases the calcium acts as a glue to hold the protein in a certain shape. In all such cases, the proteins are only functional once they have been activated by vitamin K.

Vitamin K works with vitamin D to prevent bone loss and build new bone. To be absorbed properly, Vitamin K must be consumed with a fat such as Omega 3 or Omega 6 oils. Flaxseed is especially high in this.

Vitamin K2 is found in the highest levels in Natto. Natto is a type of fermented soybean often served on rice. When you eat it, it 'stretches' like spaghetti, so you have to wrap it around your fork. The best forms of K2 are found almost exclusively in fermented foods.

Food Sources of K2 from highest to lowest: Parsley (Parsley is super high in

Vitamin K, which the body makes into K2), Natto, Goose Liver Paste, Hard Cheeses and Soft Cheeses.

Additional sources of K2 include:  
Oregano, Cloves, Brussels sprouts,  
Parsley, Swiss Chard (raw), Watercress,  
Kale, Spinach, Beets, Collards and  
Chlorophyll.

Dairy products rich in this vitamin include egg whites, curd cheeses, butter and whole and low-fat milk.

Vitamin K2 Synergists: Cod Liver Oil (fermented Cod Liver Oil works best) & Butter Oil (100% grass-fed, unsalted cultured butter is the best), Vitamins A and D.

Vitamin K2 is best absorbed into the body with Cod Liver Oil and Organic Butter. It can also be taken with Coconut Oil & Palm Oil. The close cousin to K2, Vitamin K, also can be used for dental health. It works with vitamin D to prevent bone loss and build new bone. Alfalfa is also high in Vitamin K.

A good all purpose food that naturally contains high amounts of Vitamin K is Chlorophyll. Chlorophyll is rich in vitamin K and oxygenates human cells by helping to build red blood cells. Chlorophyll has been effective in halting tooth decay and gum infections, probably due to its high oxygen content. Chlorophyll is also used for treating inflammation, helping renew tissues and activating enzymes in the body to help produce Vitamin K.

Chlorophyll can be found in the following foods: Spinach, Chard, Kale, Collard, Mustard, Alfalfa And Sea Vegetables. The highest levels are found in Spirulina, Chlorella and Blue Green Algae. Hydrogen Peroxide is the next substance that contains high amounts of oxygen.

## Chapter 2

### *Simple and Effective Herbal Formulas for Teeth and Gums*

In this chapter we have put together the best herbal formulas from all 3 world traditions spanning thousands of years. They are: Traditional Chinese Herbal Medicine, Homeopathic, European Herbal Formulas and Tinctures. We also include a section on North American Indian Remedies for Toothache. Let's begin with Rosemary Gladstar.

### *Rosemary Gladstar's Healing Mouthwash*

Rosemary Gladstar is a master herbalist. She has been referred to as The Godmother of American Herbalism. Over 35 years ago in her shop named Rosemary's Garden in Sonoma County, California, she developed herbal formulas

which have helped thousands over the years.

Here is her famous Healing Mouthwash:

3/4 cup water

1/4 cup vodka

40 drops calendula tincture

40 drops goldenseal tin tire

20 drops myrrh tincture

1 or 2 drops peppermint essential oil.

Combine the ingredients and seal in an airtight glass bottle. Use for inflamed gums or as a preventive mouthwash.

You will find that many of the herbs that help heal gums are astringent herbs. These astringent herbs help tighten and reduce inflammation.

### *The Jean Valnet Remedy*

The famous French aromatherapy doctor Jean Valnet (shown on the next page), practiced aromatherapy for more than 30 years.



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Jean prescribed the following formula for toothache:

1.8oz of arnica  
flowers  
0.4oz of clove buds  
0.4oz of cinnamon  
0.4 oz of Ginger  
root  
3.5oz ounces of  
anise seeds

34oz of Vodka.

Because these are such strong astringent herbs, be sure to where possible use 100 proof vodka or similar. It takes a strong alcohol to dissolve these strong herbs. To prepare:

Place the herbs into the alcohol for 8 to 12 days.

After 8 to 12 days strain through a coffee filter and store in a glass airtight bottle out of direct sunlight and keep away from

heat.

To use, take 1 teaspoon of the infusion in half a glass of warm water mixed with 1 teaspoon of raw honey that is dissolved in 4 ounces of warm water. Rinse the mouth out 2 to 3 times a day after eating. After rinsing, spit out the solution. Let's move onto a American herbal remedy.

## *A Preventive Health Mouth Wash*

This is a standard mouth wash to create healthy teeth and gums. Mix the following herbs and essential oils together.

1 oz of goldenseal  
1/2oz of myrrh  
2 drops peppermint essential oil  
2 drops cinnamon essential oil

Begin by heating the goldenseal and myrrh in water just before it gets boiling. After the water has cooled, add the peppermint and cinnamon. Store the remainder of the

liquid in a glass airtight bottle out of direct sunlight and keep away from heat.

### *Jerthro Kloss Gum Healer and Mouth Rinse*

Gather the following herbs:

2oz myth

1 oz goldenseal

0.5oz cayenne

Mix the above into a 1 quart glass jar with 100 proof alcohol with plastic lining the inside lid. Next shake each day for between 7 and 10 days. After 10 days strain through a coffee filter and store in a glass airtight bottle out of direct sunlight and keep away from heat.

Use the above in a poultice. This formula also has multipurpose uses. For example it has been found to be of benefit when used for Sunburns, Wounds, Bruises, Sprains, Scalds, Burns, and Pyorrhea of the Gums.

If you don't have 100 proof or better alcohol, than use the strongest alcohol possible. You can learn more about how to make your own tinctures in my book; *How to Make Tinctures, Extracts, Flower Essences and Homeopathic Remedies*.

### *An Ancient Chinese Herbal Remedy for Toothache*

Mix the following herbs together in even amounts and make into a tincture. Anemone Cernua, Fo Ti (He Shou Wu), Angelica Anomala, Selenium Monnieri, Asarum Sieboldii, Quercus (also used to heal gingivitis) and Dentata. Once your tincture is made, add between 8 and 15 drops to a cup of warm water and use as a mouth rinse.

### *Michael Moore's Tooth Powder*

Michael Moore was a master herbalist and practitioner of American Herbalism during the second half of the 20th century. With

40+ years experience, his written works made him one of the leading master herbalists in America.

You can find over 100 of Michael's herbal formulas by doing an Internet search for the term: HERBAL FORMULAS FOR CLINIC AND HOME or by visiting the following website at the address below:

<http://www.swsbm.com/ManualsMM/Formulary2.txt>

When mixing the herbs in Michael's formula shown below, be sure to grind them as finely as possible. If the air happens to be extra dry such as during summer, be sure to wear a mask. The key is that the more fine you can grind up the powder, than the better it is able to get in between the teeth, where it can feed the good bacteria and destroy the bad bacteria. To begin, gather the following herbs:

12 oz Arrowroot  
4oz orris root  
1 oz baking soda  
1 oz licorice root

1 oz myrrh  
1 oz cloves  
1 oz cinnamon  
1 oz Yerba mansa  
20 drops peppermint essential oil  
10 drops wintergreen essential oil

After thoroughly mixing all of the above, briefly blend. Blend no more than one half cup at a time. Use as a mouth rinse or apply as a poultice, placed next to the gum line closest to the toothache.

*Suitable Replacements:*

Baking soda can be substituted for baking powder.

Nutmeg can be substituted for cinnamon.

5 drops clove can be substituted for wintergreen and peppermint.

You can also add some fine pepper for extra "zing".

*Jared's Tooth Powder*

Jared Tropole, a Master Herbalist for more than 8 years, recommends the following

formula for toothache relief.

Orris Root Powder 4 ounces  
Arrowroot 4 ounces  
Myrrh Gum 2 ounces  
Licorice Root 1.5 ounces  
White Oak Bark 1.5 ounces  
Golden Seal Root 1 ounce  
Bistort Root 1 ounce  
Peppermint Oil 1/2 teaspoon

After powdering all the herbs into a fine powder, mix them thoroughly with the Peppermint Oil. Place near gum where toothache is present for immediate relief.

### *Jakob Lorber's Tooth Remedy Powder*

Jakob Lorber's caries powder is made from plum tree ash that has been exposed to the light of the sun. It is taken with sunned plum schnaps and applied to the toothache twice daily for 3 days. It is reputed to make carious lesions in the teeth vanish. Some people have mixed the

plum tree ashes and schnaps with non-abrasive natural toothpaste. In a German website forum devoted to users of Jakob Lorber's Tooth Powder, users state that it improved the dental health of low income women in Romania who had a diet of poor nutrition. The powder can also be mixed with toothpaste. Below is the original text taken from his book titled: The Healing Power of Sunlight, published in 1851. You can also read the entire book online at: [www.franky1.com/Sun.pdf](http://www.franky1.com/Sun.pdf) .

Here is the text as follows:

In addition to what I have already told you, I will give you some further medications, prepared through the rays of the sun, which are to be used externally rather than internally and which you may call sympathetic sunray remedies. Take branches, including the bark, of a plum tree and burn them to ashes. It would be best if you had a burning glass or a concave mirror in order to burn, in its focus, the plum tree wood, which would, of course, have to be cut into small chips, to ashes. The ashes must then be exposed to the rays of the sun for 5 to 8



days, and that in a dark vessel rather than a light one. After the ashes have thus been prepared through the rays of the sun they must, like the other medications, be carefully protected from the external air in a dry little bottle. Someone with a decayed tooth can then take 5 to 8 grains of it, on a not too hard toothbrush which, prior to that, has to be dipped in sunned plum spirits. With this ash, the decayed tooth has to be brushed for 3 days in the mornings and evenings and the decay will be healed and the tooth, finally, completely restored. Similar ashes may be prepared also from the stalks of sage which have been treated in the same way, except that the toothbrush is not dipped in plum spirits, but in spirits of wine of approximately 40%, after this has been impregnated with etheric oils of sage. To impregnate the spirits of wine with the etheric oils of sage, add 10 drops of this oil to 1/8 of a pint, the little bottle is plugged up, the contents shaken and then exposed to the rays of the sun for 5–8 days. Then the bottle is wrapped in dark paper and stored in a dry place.

*Towards the end of this book you can find another sun remedy by Jakob.*

## *Ayurvedic Methods for Healing Toothache*

In the Eastern Indian tradition of Ayurvedic healing, a toothache is caused by the body being overly acidic. Other conditions include: receding gums, and being sensitive to heat. In the case of receding gums, the nerves near the teeth become sensitive to cold or heat. If a person is sensitive to cold, they may have receding gums, if they are sensitive to heat, this indicates signs of infection.

If the person has high acid, they will be susceptible to heartburn, and acid indigestion. This can be controlled by taking up a pitta soothing diet which rebalances digestion, metabolism, and energy production. This includes avoiding spicy foods, fermented foods such as pickles and citrus fruits. You can use natural edible camphor (but not the synthetic kind because it is toxic) placed

next to the tooth and allow the saliva to mix with the camphor to relieve the pain. Ayurvedic healing also recommends the herb; Pellitory of the Wall for treating paralysis, epilepsy and as an overall health tonic. It has traditionally been used for restoring to the kidneys and the bladder.

## *Time Tested Chinese Herbal Remedies for Toothache*

### *The Rehmannia Six Combination (Liu wei di huang wan)*

An old favorite in use for many years, this formula has multiple uses. Other uses of Rehmannia 6 include: anemia (tired blood), diabetes, fever, weakened bones (osteoporosis), and allergies. You can buy many prepared formulas of Rehmannia 6 from reputable online merchants.

To make this combination yourself gather the following herbs:

20–30 gms of prepared Rehmannia  
(*Rehmannia glutinosa*) (Chinese Name: Shu  
Di Huang)

10–15 gms of Cornus (*Cornus officinalis*)  
(Chinese Name: Shan Zhu Yu)

10–15 gms of Dioscorea (*Dioscorea  
opposita*) (Chinese Name: Shan Yao)

9–12 gms of Water Plantain (*Alisma  
plantago-aquatica*) (Chinese Name: Ze  
Xie)

6–9 gms of Moutan Peony (*Paeonia  
suffruticosa*) (Chinese Name: Mu Dan Pi)

9–12 gms of Poria (*Poria cocos*) (Chinese  
Name: Fu Ling)

Make into a tincture and place on tooth.  
You can also take between 5 and 8 drops  
with a glass of water for internal use.

## *The Niu Huang Jie Du Pian Formula*

Niu Huang Jie Du Pian was first listed in "Differentiation Standards" a Volume on Gynecology and Pediatrics" (Bian Zheng Zhun Sheng Fu Yu Ji). This volume dates back to the Ming Dynasty, (1368 to 1644AD), so it has proven itself for hundreds of years. It helps heal infections of mouth and tongue ulcers. In traditional Chinese medicine it can be used to treat constipation caused by excessive heat that is not associated with a Yin deficiency. It can also be used for earaches, sore throats, conjunctivitis, and headaches associated with strong fire (Fire is a Chinese Medicine Term related to the 4 treatment elements) so it is especially good for treating the upper part of the body. It can also be used for symptoms of aversion to wind, cough, headache, thirst and throat pain. Also constipation caused by excess heat (not Deficient Yin type of constipation). Additional uses include: pneumonia, pharyngitis, otitis media, fever, common

cold, flu, acute bronchitis, parotitis, measles, tonsillitis.

It can also be applied directly to the skin to remove boils, sores, carbuncles and similar skin infections. Take this formula with plenty of water as it will go to work detoxing your body. Like the Rehmannia 6 formula, it can be purchased in tablet form from a reputable merchant. It can also be made into a tincture and taken internally by adding between 5 and 10 drops at a time to a warm cup of water. Its main power comes from fighting inflammation, especially inflammation in the upper part of the body. Additional uses include relief of the following: Headache, vertigo, sore throat, gastric fever, mouth pimples, tongue ulcers, dry throat or mouth, bleeding gums, acute ophthalmia, acute dysphasia, mumps, earache, toothache, children's fever, anorexia, nausea. In Amazon.com when purchased in tablet form it averages between 4.5 and 5 stars, very high ratings for a Chinese herbal medicine, so it has a good review rating making it highly effective.

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Directions:

If you don't want to make a tincture of Niu Huang Jie Du Pian, you can purchase it in tablet form from a reputable online merchant. To use, take 2 tablets twice daily. Once in the morning and again in the evening with warm water. The children's dose is to be reduced by half. In more severe cases, especially with toothache, take 2 tablets, 3 or 4 times a day with lots of water.

You can also use the formula below to make your own tincture.

Chinese Name -- Common Name -- Latin Name -- Milligrams

Jin Yin Hua – Honeysuckle Flower, Flos Lonicerae – 360

Lian Qiao – Forsythia Fruit, Fructus Forsythiae – 360

Niu Bang Zi – Arctium Fruit, Fructus Arctii Burdock Fruit – 215

Jie Geng – Platycodon Root, Balloon Flower Root – 215  
Dan Dou Chi – Fermented soybean, Semen

Sojae Preparatum – 215

Dan Zhu Ye – Lophatherum, Herba Lophatheri  
– 200

Bo He – Mentha, Herba Menthae, Chinese Mint  
– 145

Jing Jie – Schizonepeta Schizonepetae, Herba  
Seu Flos – 145

Gan Cao – Licorice Root Uralensis, Radix  
Glycyrrhizae– 145

### *The Chinese herb Baizhi*

The Chinese herb Baizhi (common name Angelica) can be used for severe tooth abscesses. It works also to relieve headache.

### *The Chinese herb Xuchangqing*

The next Chinese herb called Xuchangqing also called the Root Of Panicle Swallowwort (scientific name: cynanchum



paniculatum) relieves pain. It creates moisture and is also used for abdominal pain during menstruation and stomach ache. It can be toxic if used in high amounts. It is also effective in relieving cough. It exerts a warm energy and is used to relieve sputum and for antirheumatic pain.

## *Native American Toothache Remedies*

California Poppy (*Eschscholzia californica*). Poppy has been used by Indians on the west coast for toothaches and earaches for hundreds of years.

Caltrop (*Kallstroemia grandiflora*). Native Americans chewed the leaves of this plant for toothache. A poultice of Caltrop is used for skin sores and bruises.

After placing the powdered root in warm water, it can be used as a wash for sore and tired eyes.

Yerba Buena (*Satureja douglasii*). The Costanoan Indians hold the leaves of Yerba in their mouth to treat toothaches. The leaves can also be heated in a microwave or over a warm fire and made into a poultice and placed on the outside jaw to treat toothache. This herb can also be made into a strong decoction and used for treating pinworms, as a carminative for colic, a blood purifier, a reliever of arthritic symptoms, a febrifuge, and as a general tonic and panacea. The leaves are also used to heal upset stomachs.

Plantain (*Plantago major* and *P lanceolata*). The Chippewa Indians used plantain leaves to draw out splinters from inflamed skin, and as vulnerary poultices. Plantain will staunch blood flow quickly, encouraging the rapid repair of tissue. It is commonly used in place of comfrey for mending broken bones. Plantain roots can be chewed or powdered and used for toothache.

Sweetgum (*Liquidambar styraciflua*). Native Americans applied the resin of Sweetgum directly to the cheek to ease

toothache. The twigs of Sweetgum can be soaked in water or whiskey and chewed to clean the teeth. Sweetgum resin can be chewed and used as a tooth cleaner and for sweetening the breath. This is a multipurpose herb that can also be used for the following: treating fevers and wounds, herpes and skin inflammations.

*Use Sweetgum resin for:*

Treating boils, toothache and tuberculosis. It can also be made into incense, perfumery, soaps and as a strong natural adhesive. When chewed, sweetgum will relieve sore throats, coughs, asthma, cystitis, dysentery etc. When used externally it will help treat piles, sores, wounds, ringworm, scabies etc. The mildly astringent inner bark of Sweetgum has been used to treat diarrhea and childhood cholera.

## *Using Watermelon Rind for Toothache*

This formula is hundreds of years old and has been documented by Ben Cao Hui Yan of the Ni Zhu–Mo, Ming dynasty (1368 – 1644 d. C.) in the Treasury of Words on the Materia Medica. The instructions state to *'burn dried watermelon rind until it turns to ash. Next place a tiny amount of ash on the gum line closet to the aching tooth.'* Watermelon is also one of the top 10 anti-aging foods, having numerous health benefits. Because the melon cantaloupe is related to Watermelon, there are some people who have also used cantaloupe for toothaches. The instructions state to take about 6 grams of cantaloupe skin and after adding water, simmer gently. Next it is strained and used as a mouth rinse.

## *How to Make Herbs into Fine Powder*

If you want to make really fine powder out of herbs, use a very fine metal tea strainer. Locate the one with the finest mesh. Next grind up the herbs in a mortar and pestle or coffee grinder as finely as you can. Next open a large plastic bag and place the open end of the bag over the edge of a table, securing one end with a weight. Next place the tea strainer over the plastic bag and empty the crushed herbs into the strainer. Next gently tap the side of the strainer over the top of the plastic bag onto a hard surface such as the corner of a table. This allows the crushed herbs to expel their powder through the strainer and into the plastic bag via gravity. Place the rough herbs back into the coffee grinder or mortar and pestle and repeat until you have a bag filled with extra fine herb powder. Be sure to wear a mask if the air is extra dry as the powder will get into your nasal areas.

## *Essential Oils and Herbs for Relief of Toothache*

Out of all toothache healing remedies, essential oils are the most concentrated. That is why using only 1 to 3 drops are all that is necessary for instant relief.

### Thyme

Use Thyme essential oil mixed with water to create a mouth wash or reduce inflammation.

### Wintergreen

Use essential oil of Wintergreen by applying 1 drop directly on the aching tooth.

### Oregano Essential Oil

Dilute 5 drops oregano essential oil to 25 drops of carrier oil such as jojoba oil and

rub directly on the gum closest to the toothache.

Cypress oil

Cypress oil has haemostatic, astringent, antiseptic and vasoconstrictor properties making it great for bleeding gums.

Eucalyptus

A powerful natural anti-inflammatory, and natural antibacterial antiseptic. In a study titled "Chewing Gum Supplemented with Eucalyptus Extract May Improve Periodontal Health" which was published in the 2008 Journal of Periodontology, researchers concluded that the use of eucalyptus chewing gum promoted periodontal health.

View the study at:

[www.ncbi.nlm.nih.gov/pubmed/18672986](http://www.ncbi.nlm.nih.gov/pubmed/18672986))

Cajuput

This essential oil has a sweet aroma and penetrates deeply into tissue. The species of Cajuput is closely related to tea tree oil. Dilute with Carrier oils and massage into

sore or bleeding gums

Lavender

A beautiful calming aroma, believed to work best around full moons, Lavender enhances blood circulation and tissue formation.

Camomile oil

A powerful natural antiseptic and antibiotic. It helps fight inflammation. Camomile works best when combined with Tea Tree Oil. To use, make a mouth rinse consisting of between 3 and 4 drops of Camomile and 3 and 4 drops of Tea Tree Oil in 3 ounces of water and rinse mouth 3 times a day to ward off infection associated with receding gums.

Kombucha tea

Author Rosina Fasching has described in her book "Tea Fungus Kombucha: The Natural Remedy and its Significance in Cases of Cancer and Other Metabolic Diseases" that regular drinkers of



Kombucha tea have strong healthy teeth. Like Roobios Tea, Kombucha is reputed to also contain natural fluoride. Some people freak out that anything with fluoride in it is bad for them. The fact is herbs and teas that contain natural fluoride contain it in such small amounts they actually do more good than harm. The fluoride amounts in drinking water and toothpaste contain thousands more Parts Per Million (PPM) fluoride than that contained in herbs. This is why drinkers of Roobios and Kombucha tea have healthier teeth.

Because teas help promote good bacteria in your stomach, it is best to rotate different types of teas every now and then. This creates a healthy balance so that the symbiotic culture of bacteria in your stomach does not get used to the same type of tea. Much like bacteria can become resistant to the same antibiotics, the symbiotic culture of bacteria that fights infection and gives your body immunity can actually become depleted over time if you keep drinking the same type of tea constantly. From my personal experience, I like to drink Roobios tea 2 days in a row,

take a break than drink Passion flower tea for 1 day, than take a 2 day break and go back to Roobios Tea. You don't have to be strict on rotation, just vary your tea consumption routine enough so that intuitively you find the best plan that suits you.

There have also been studies done where the urine of individuals who had never consumed Kombucha before showed considerable traces of environmental toxins including benzene, cesium, lead and mercury after drinking Kombucha tea. This was even after the Kombucha tea had been tested for metallic contaminants. This means an added advantage of drinking Kombucha tea may be of benefit for those suffering from heavy metal toxicity.

### *How to use Eucalyptus Oil*

To use for massaging into gums, mix eucalyptus essential oil with a carrier oil such as Jojoba, Grape seed or Almond oil

than gently massage into the gums affected by periodontal disease.

### *Natural Tea Contains High Amounts of Fluoride*

According to the USDA Nutrient Database, Tea contains between 1.15 and 3.93 ppm of fluoride with unsweetened instant tea powder containing a whopping 897.72 ppm. According to the paper on the following page titled: “USDA National Fluoride Database of Selected Beverages and Foods, Release 2”, instant tea is the food with the highest levels of fluoride available. This is because in the world of herbs, some herbs, when they become dried into powder naturally increase their levels of nutrients. Dried Kale is one example. In the case of tea, the fluoride levels are off the charts.

<http://www.ars.usda.gov/SP2UserFiles/Place/80400525/Data/Fluoride/F02.pdf>

Other foods that naturally contain fluoride include: Cottage Cheese, Cheddar Cheese, Oats, Raisins, Cranberry Juice, Carbonated Tonic Water and Rye Bread.

From my personal experience, my diet is high in Raisins and also during winter I eat more Cottage Cheese than usual. So these foods may also be assisting in strengthening tooth enamel.

## Chapter 3

### *Keeping the Gums Healthy*

In this chapter we are going to explore methods that you can use to ensure long term prevention of tooth decay and gum disease.

Healthy gums are gums that are strong, tight and have a healthy pink color. Periodontal Disease is simply caused by a lack of healthy CQ10 levels in the body. Sardines, which are high in CQ10, also contain Omega 3 Oils, which are needed if the body is to effectively use CQ10. The good thing about sardines is that because they are such small fish, they have hardly any mercury poison like the larger fish do, so they are very safe to eat.

Supplements are also available, however for proper absorption into the body

Omega 3 oils must accompany the CQ10. Other foods rich in CQ10 are raw peanuts, spinach and wheat germ. Fish are high in CQ10, but the bigger the fish, the more mercury.

I have got great results eating sardines with sprouted flax or chia seeds. Chia and flax seeds are high in Omega 3 fatty acids. In fact, chia seeds contain more Omega-3s than salmon, gram for gram.

## *Black or Green Tea for Healthy Gums*

In a study published in the Journal of Periodontology <sup>(5)</sup>, 940 Japanese men aged between 49 and 59 who had gum (*periodontal*) disease which involved bleeding or receding gums drank a minimum of one cup of green tea each day. At the end of the study these men showed improvement in their receding gums including a reduction in their bleeding gums. The researchers concluded that the improvement was from

the catechins in the green tea, which reduced inflammation resulting from bacteria in the mouth.

In a research study titled: "The Tea Catechin Epigallocatechin Gallate Suppresses Cariogenic Virulence Factors of *Streptococcus mutans*" <sup>(6)</sup> researchers Xin Xu,1,2 Xue D. Zhou,2 and Christine D. Wu1 and their team performed a study on the effects of catechins and polyphenols and tooth health. Their study stated catechins and polyphenols inhibited the growth of oral bacteria by killing the bad bacteria over a 48-hour incubation period.

The laboratory study concluded that polyphenols found in tea also killed three species of bacteria associated with bad breath for 48 hours and at concentrations ranging between 16 and 250 micrograms per milliliter. The polyphenols also reduced the growth of oral bacteria. What was more surprising was that at low concentrations of polyphenols (*between 2.5 and 25 micrograms per milliliter*), the polyphenols inhibited the enzyme that causes the formation of hydrogen sulfide,

cutting its production by 30 percent.

The Role Hydrogen Sulfide plays in the mouth is that it is emitted by tiny bacteria. This bacteria comes from a chemical reaction caused when the bacteria eat small particles that get wedged in-between the teeth. Hydrogen sulfide is the same compound that gives rotten eggs their characteristic smell.

Periodontal Disease, one of the more common forms of gum disease, is simply caused by a lack of adequate levels of CQ10 levels in the body.

In a scientific study titled: "Pilot Study Of Dietary Fatty Acid Supplementation In The Treatment Of Adult Periodontitis" <sup>(7)</sup> researchers used a combination of fish oil, eicosapentaenoic acid, and borage oil on volunteers suffering from periodontitis. The researchers concluded that the Borage Oil had beneficial effects reducing inflammation caused by people suffering from periodontal disease.

Oolong tea has also been shown to be a



powerful cavity prevention tea.

## *Herbal Remedies for Healthy Gums*

Tight gums are healthy gums. Tight gums help to prevent food borne particles from getting caught in between the teeth. I have found that my teeth are healthier when my gums are tight.

Rosemary. If your gums are "too tight", use rosemary. Just add a teaspoon or two to hot water, than cool. Next gargle and rinse your mouth out.

Willow. The main ingredient in willow is salicin, which has effects similar to aspirin. It is powerful for healing inflammation anywhere in the upper part of the body. You can chew on the willow herb directly, or apply topically to the tooth for pain relief. Oak can also be used. Willow and oak together in a poultice are good for toothache. Oak can also be combined with willow in equal

parts to make an equally good and effective poultice.

## *Natural Methods That Tighten Gums*

Below are three main techniques for tightening gums:

Oil Pulling with Sunflower oil (*which we will cover more in-depth later on in this book*)

Drinking Cranberry Juice with Garlic

Eating Sardines

Myrrh powder has also been used with success to heal teeth and gums. One of the most effective natural remedies to tighten gums I have found is by placing freshly sliced garlic in cranberry juice. After just a few hours, you can really feel the gums of the teeth start to tighten up. This is because Cranberry has the highest antioxidant activity out of any berry as shown in a study titled: “Antioxidant and Antiproliferative Activities of Common Fruits.” <sup>(8)</sup>

Fast Fact: Omega 3 fatty acids combined with resveratrol create a powerful anti-aging cocktail mix.

Foods rich in CQ10: Raw peanuts (*hint: If you sprout the raw peanuts you increase the resveratrol amounts in them substantially*), spinach and wheat germ. Fish are high in CQ10, but the bigger the fish, the more mercury.

Brushing teeth and gums with Ormus (*we will cover Ormus later on in this book*) has also been found to help. Grape Juice is highly alkaline, and if you swish your mouth with grape juice than swish or brush your teeth with Ormus it creates healthy teeth and gums.

Thank you for reading.

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the [paperback](#) edition on  
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