

Tooth Health: The Do's and Don'ts...

<http://www.foodmatters.com/article/tooth-health-dos-and-donts>

The health of your 32 pearly-whites is an essential component of your daily comfort and wellbeing. Many people suffer from dental issues such as gum disease, tooth decay, mouth ulcers and bad breath, but knowing how to keep your mouth healthy can help to reduce the effects of these ailments and potentially avoid them all together. Here's a list of 3 do's and 3 don'ts to consider when it comes to keeping your teeth in good shape.

The Do's...

1. Oil Pulling...

This time-honoured Ayurvedic technique is simple, easy and can have incredible effects on the health of your whole mouth. Initially, the thought of swishing coconut oil back and forth between your teeth may seem a little bizarre, but like anything, you get used to the feeling and it simply becomes part of your daily routine! Traditional practitioners of oil pulling often used sunflower oils and sesame oils as tools to prevent bleeding gums, decay, bad oral odors and cracked lips as well as for strengthening teeth and gums. Several oils can be used for this practice, but coconut oil is the most effective when it comes to removing cavity-causing bacteria. Although there are no peer-reviewed scientific journals that deal with the efficacy of this ancient technique, many people testify to the power of oil pulling as a way to avoid gum diseases and naturally whiten their teeth.

2. Clove Oil...

In ancient herbal medicine, cloves were traditionally used to treat infections as they possess strong antiseptic, antimicrobial, and antifungal properties. Clove oil helps to cleanse harmful bacteria from oral cavities as well as assisting in the repair of receding gums and other damaged oral tissue. For best results, add a few drops of organic clove oil to your coconut oil before practicing oil pulling or apply it to your toothbrush before cleaning your teeth.

3. Apples...

An apple a day keeps the doctor away - and as an added bonus, it may also keep the dentist away! You might have heard apples being referred to as "nature's toothbrush", and although biting into a piece of fruit is not a suitable substitute for brushing your teeth, eating an apple will give your teeth and gums a pretty good scrub whenever you don't have a toothbrush handy! Chewing on this fibrous fruit helps to stimulate your gums, reduce the prevalence of cavity-causing bacteria and increases saliva flow within your mouth - which, in turn, decreases acidity, washes away small particles of food, and prevents decay.

The Don'ts...

1. Sugary & Acidic Food...

Avoiding sugary foods will help strengthen your teeth and fight cavities, as sugar is a substantial contributor to tooth decay. The bacteria that form together on your teeth to become plaque use sugar as a form of sustenance, which allows them to multiply faster, causing the plaque grow in size and in thickness. Some of the bacteria are even able to transform sugar into a glue-like substance that they use to fasten themselves to the surface of your teeth, making it harder for the bacteria to get washed away with your saliva. Foods with a high acidic content can also be harmful to your oral health, as the acid can potentially soften and weaken your tooth enamel. For this reason, try to avoid brushing your teeth immediately after eating acidic foods as it will harm the softened enamel and potentially begin to remove it. Instead, swish your mouth thoroughly with water or eat a non-acidic food before brushing your teeth.

2. Mouthwash...

An American study on the link between mouthwash use and certain forms of cancer indicated that people who use conventional mouthwash products regularly may have an increased risk of developing oral cancer. An abstract from the study reads, "Interviews with 866 patients with cancer of the oral cavity and pharynx and 1249 controls of similar age and sex from the general population in four areas of the United States revealed increased risks associated with the regular use of mouthwash. Risks of oral cancer were elevated by 40% among male and 60% among female mouthwash users, after adjusting for tobacco and alcohol consumption. Risks among both sexes generally increased in proportion to duration and frequency of mouthwash use. Instead of toxic mouthwash, try oil pulling as mentioned above, or make your own antibacterial mouthwash at home by simply dissolving a couple of teaspoons of sea salt into a glass of warm water.

3. Conventional Toothpaste...

There are so many different brands of toothpaste on supermarket shelves these days that it is becoming increasingly difficult to know which products are safe for you and your family. The main issue with most conventional brands of toothpaste is that they contain chemical compounds that are at best, irrelevant to tooth health and at worst, detrimental to your overall wellbeing.

Here are a few of the main offenders... -

SLS (Sodium Lauryl Sulfate) or SLES (Sodium Lauryl Ether Sulfate) - linked to skin irritation, tastebud interference and carcinogenic properties.

Triclosan - an antibacterial chemical linked to concerns regarding antibiotic resistance and endocrine disruption.

Artificial Sweeteners - linked to methanol poisoning and completely irrelevant to the process of cleaning teeth.

Microbeads - little tiny bits of plastic in your mouth. Enough said.

Fluoride - builds up within the body's tissue over time and is linked to neurological and endocrine dysfunction.

Most health food stores stock natural versions of toothpaste that don't have a long list of nasty ingredients. Alternatively, check out our guide on how to make your own toothpaste!

For More Information On The Role Of Fluoride In Modern Society, Watch Fluoride: A Friend Who Wants To Harm You (Visit the FoodMatters.tv web site).

Mercury Fillings: The Toxic Effects On The Body & Safe Removal...

James Colquhoun James Colquhoun Sep 26, 2017

<http://www.foodmatters.com/article/mercury-fillings-toxic-effects-and-safe-removal>

Mercury Fillings: The Toxic Effects On The Body & Safe Removal...

For the last 150 years a combination of metals known as amalgam (or silver filling) has been used in dentistry as a cheap, effective and pliable material to fill tooth cavities. Now many countries are phasing out the use of amalgam fillings in dentistry due to health concerns, especially resulting from the removal or restoration of old fillings. Amalgam which consists of silver, mercury, tin, copper and sometimes zinc, indium or palladium, is soft enough to mix and press into the tooth but also durable. While used less often than more attractive tooth-colored materials for the restoration of teeth, amalgam is still used in general dentistry. The most prominent component of these traditional fillings is mercury and it comprises 50% of the amalgam. There is concern about the amount of mercury being used and subsequently inhaled or absorbed by patients and dentists. Vapor expelled from chewing and shards from a dentist drilling at both the filling and for the removal of the amalgam can mean mercury is consumed, increasing levels of toxic mercury detected in the blood.

Effects Of Mercury Fillings...

If you're still on the fence about this research watch the trailer to the groundbreaking film 'Evidence of Harm' on Food Matters TV. It's mind-blowing and a must watch. Previously considered to be impotent, there has been recent debate over the potential for mercury to be released from amalgam fillings. Sophisticated tests have shown small amounts of mercury in the form of vapor can be released as the amalgam deteriorates. In the 1980s around 68% of fillings were done with amalgam in Australia, which accounts for a large number of people who still have the silver amalgam fillings, are having them restored, or are yet to have them removed. In America, 25% of people have 11 fillings or more, which is concerning as one study found that for people with more than eight fillings, blood mercury levels were more than double those of people without fillings. The main exposure to mercury from dental amalgam occurs during placement or removal in restoration of the tooth. Genetic variants can make particular people especially vulnerable to long-term release of mercury from fillings. As mercury is elemental, the body cannot process this substance through digestion and it will either be excreted or remain in the system. Those with the genetic allele ApoE4 protein in the blood have been found to be much more susceptible to chronic neurological conditions due to an inability to properly excrete mercury which can severely impact memory and increase susceptibility to Alzheimer's.

Dental Mercury And The Environment...

While mercury exposure for those with amalgam fillings can occur, exposure to dentists and release into the environment is considered a higher and more pressing problem. It has been calculated that in the U.S. alone, approximately 29.7 tonnes of mercury in the form of amalgam are annually discharged to the internal wastewater systems of dental facilities. Shards of amalgam from drilling are suctioned from the patient's mouth but can be inhaled by dentists and also rinsed down the waste drain (even in sinks with specially designed fragment sieves). The capsules that amalgam is stored in have also been found to be disposed of incorrectly due to a low perceived risk of mercury remaining in the discarded capsule and eventually end up in general waste and then landfill. Through these processes, tonnes of fragments of mercury can enter the atmosphere, water and soil.

Safe Removal Of Mercury Fillings...

Considering the propensity for mercury to enter and toxify not only our bodies but the environment, the safe removal and restoration of fillings is crucial. The International Academy of Oral Medicine and Toxicology (IAOMT) has established the recommended minimum treatment protocol for safe removal of dental amalgam. It is recommended this be followed whenever amalgam fillings (or other dental metals) are being removed.

The safe removal of dental amalgam involves:

- Patients breathing separate air or from an oxygen supply
- Mercury-absorbing masks are worn by dental staff
- Patients wear eye protection
- Amalgams are removed in chunks rather than being ground out
- High-speed drills are used with copious amounts of water irrigation and coolant to prevent mercury vaporizing
- The air in the operating room is filtered to remove mercury vapor
- A rubber dam is used to isolate the teeth during removal
- The patient exposes minimal skin during the procedure
- High-speed suction is in use at all times in the mouth.

The safe removal of amalgams and prevention of exposure to mercury vapors or debris relies on skilled dentists and staff. As mercury's detrimental effect to the environment and risks to the

body are known, opting for non-amalgam alternatives would seem preferable for future fillings along with selecting reliable dentists for amalgam removal.

The Hidden Dangers of Root Canals You Don't Know About...

by Elizabeth Renter...Posted on November 8, 2012...

<http://naturalsociety.com/the-hidden-dangers-of-root-canals/>

Your dentist doesn't want you to know, and the American Dental Association (ADA) sure doesn't want us to tell you of the many dangers of root canals. After all, it's a multi-billion dollar industry. Any tainting of the root canal image could cost them serious cash, so (like Big Pharma) they deny there's any problems at all. Unfortunately for them, more and more people are being awakened to the trouble with traditional medicine and dentistry, so their industry will be taking a hit. The Alliance for Natural Health says there are more than 25 million root canals performed in the United States each year, with 41,000 being performed every single day. And the number of dentists who discuss the true dangers of these procedures before they do them can probably be counted on one hand.

So, what is wrong with a root canal?

A root canal essentially removes the live pulp from a tooth and replaces it with a synthetic material. This stops the tooth from appearing to rot away, it does away with the internal damage that could be causing a toothache, the damage from an untreated cavity. But, while your dentist would have you think the root canal solves your problems—it really isn't that simple. In addition to the central root of the tooth, where the dentist removes the tissue during a root canal, there are thousands of tiny side canals that aren't touched by your doctor. When the root is removed, the nerves in these side canals die. They rot. They fester and become a breeding ground for bacteria and infection. Research has proven this to be the case. Not surprisingly, the ADA denies the validity of any such research, maintaining that root canals are safe but refusing to scientifically refute the evidence to the contrary. Dr. Weston A. Price literally wrote the book on root canal dangers way back in 1922. His work was pooh-poohed by the ADA back then too. Since then, others have substantiated his work, which showed that root canals are linked to immune diseases including Lou Gehrig's disease (ALS) and multiple sclerosis (MS). This disease is fueled by anaerobic bacteria surviving in the remaining roots of the teeth, in those tiny side canals. These bacteria don't need oxygen to survive and are quite happy living off of dead tissue. But this infection can and does spread, often without us knowing. One study from Dr. Price showed that a root-canaled tooth, when taken out from the human patient and placed in an animal, actually removed diseases like rheumatoid arthritis or heart disease from its host and followed the tooth into the animal. In other words, the human was cured and the animal with the root-canaled tooth developed the disease.

In an Eastern medicine perspective, root canals also disrupt a link between certain teeth and body parts, since specific teeth actually lie on the same meridian point as various organs, tissues, glands, etc. Here is an interesting chart provided by NaturalDentistry.us: What can you do? Look for alternatives. Namely, if your tooth is rotting, have it extracted. Then discuss natural options like a bridge or a titanium or zirconium implant. The Holistic Dental Association can help lead you to a holistic practitioner in your area. Read more: <http://naturalsociety.com/the-hidden-dangers-of-root-canals/#ixzz4w3w0lqWu>...Follow us: @naturalsociety on Twitter | NaturalSociety on Facebook.

PS: from FactoryReady.com: Don't risk the mentioned dental related procedures poisoning your system, with results of potential cancers, etc. Granted, the ADA (American Dental Assn.) does not recognize such risks as clinically proven. Nevertheless, anecdotal evidence and appropriate cautions would certainly appear to apply. Dr. Joseph Marcela (mercola.com) and others have reported breast cancers occur in up to 92% of females having had root canals.

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See the book, "The Toxic Tooth" by Dr. Thomas S. Levy as example at peakenergy.com , and check out <http://holisticdental.org/> to find a Holistic Dentist in your area. Removals of amalgam fillings containing mercury call for a properly safety trained Dentist. Amazon has a broad selection of all natural (fluoride-free) tooth paste and/or mouthwash you may want to review. As for the healthy practice of oil pulling, just use any good brand of organic virgin coconut oil. Place one tbs in your mouth first thing in the morning and swish for about 10-20 minutes and expel. Be sure and read our Health tab at FactorReady.com as well as any specific pdf articles under the Downloads tab. Stay Well, Stay Prepared and Stay Prayed Up!

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