

Take care of your teeth!

By Sonja Watt (<http://www.rawfunfamily.com>)

I often hear people eating much or mainly raw foods soon start having cavities. Since I am living this lifestyle now for over 10 years I can give you my experience and what I found out through extensive research. This info is a compilation of all kinds of great folks like David Wolfe, Daniel Vitalis, Lina García, Dr. Hal Huggins, Stuart Nunnally, Charlotte Gerson, Tera Warner, Ramiel Nagel, Dr. Weston Price...wonderful people to learn from!

Since cavities don't just appear there are a few things that can be done. I will explain all sides I found out so you are able to pick what fits best for you, what resonates with you and what helps you most.

It's said cavities form because

- Your genetics are bad.. (Which I don't want to believe since it's known that cells and genes can repair themselves!! I am sure it is possible that some people have a harder time than others because of heredity but that doesn't mean they can't overcome it! Ok, I am a positive thinker...I do believe in our bodies' capabilities ;).)
- You don't clean your teeth good enough. (Might be true for some folks but how come others intensively clean and brush and still get cavities? It's because they form from the inside out!! Nevertheless...cleaning is surely ok...if done correctly.)
- Too many sweets. (This is surely part of it but by far not the whole truth.)
- Too much stress. (That surely is a big part as well.)

...But what is it that truly causes it (and not even dentists seem to know)?? Let's have a look:

1. What you eat is what you are! This is soooo true! If your body doesn't get enough minerals and vitamins (in a natural form!) it won't be able to fulfill everything correctly – showing as well in your mouth.
2. Sweets/fruits can increase/feed the bacteria in your mouth and add to the problem but it isn't the main problem. Too many (unripe) hybrid fruits (therefore sugar/acid in your blood stream) can be a problem though.
3. Sometimes malfunctioning is a problem like dry mouth (too less saliva) or other organ problems. Remember teeth are connected with your organs and can show if there's something wrong in one of them, too. (The other way around happens too... If you are sick or have cancer e.g. and wondering why you don't get better think about your teeth and jaw bone cavitations – infections happening after teeth are being pulled!)
4. Fructose levels in your blood. If it is too high you can almost assure you have cavities, too. People with Fructose Intolerance/Malabsorption usually have no cavities!
5. Chemicals like fluoride and other things people want you to believe is good for you can actually cause what they should prevent!!
6. Not enough protein. Dental fluids don't move the right direction if too less protein causing the teeth to “suck up” bad stuff.
7. Stress – mental as well as physical from radiation and pollution all around us.
8. Thoughts. Yep. If you always think your teeth are falling out they most likely will sometime... ☹. Never underestimate the power of thoughts!!
9. Psychological stress like “lacking bite” in a situation in your life.

10. Shock through former dental treatments.
11. Teeth grinding can cause cervical/tooth neck caries.

So, now that you know some causes (I am sure there are or will be more over time) it's time to see what you can do to help your teeth heal!! Yay!! ☺ *My body heals my teeth...my body heals my teeth* Say this at least 100 times a day ;)...and BELIEVE IN IT!! If your teeth are weak your bones are most likely too!!

1. Eat lots of minerals (e.g. dark leafy greens, [WILD EDIBLES](#), raw foods). If you already have cavities you might also include freshly pressed juices from organic fruits and greens. Through those you can take in lots of nutrients without your body having to work too much...or eating endless amounts of food. Carrot juice is also very good since it contains lots of calcium as well as other minerals.
2. Eat fat soluble vitamins E, A, D, K2 (mostly found in animal products but your body can produce them itself IF he gets the right nutrients in a natural form (e.g. WILD EDIBLES – watch film about it [HERE](#) – which are loaded with minerals and vitamins, lots of dark leafy greens which have enough vitamin K1 your body can transform into vitamin K2). Go outside...soak up the sun as much as possible (but as cautiously as necessary)...your body transforms the rays (vitamin D2) into the highly needed vitamin D3. Provitamin A you can get from carrots and dark leafy greens, wild edibles, etc. your body turns into the vitamin A. Vitamin E shouldn't be a problem at all since you can find it in nuts, seeds, WILD EDIBLES – watch another film [HERE](#) – .. ;). You can also supplement the vitamins of course in case you already know you are deficient (have blood tests done so you know how you are doing!):
 - Vitamin D3: <http://bit.ly/YAq4kJ>
 - Vitamin K2: <http://bit.ly/X8Qo5O> or natto once or twice a week (200mg/daily) – more on vitamin K2 see below
 - Also check out this site and their products: <http://www.thedentalessentials.com/>
 - Or through natural – animal – source: <http://bit.ly/V5VD67> or grasfed butter, raw liver, egg yolks
3. Eat less or avoid sweet fruit for a while. Dr. Hal Huggins mentioned a test on rats which were injected with sugar into their stomach or abdomen but didn't eat any of it...and still got cavities since sugar (yes, fructose as well) was in their blood stream. It doesn't necessarily have to do with food touching the teeth.
4. Clean your teeth properly – brush, floss, scrape your tongue, etc. BUT just cleaning your teeth doesn't do the trick. You can still get cavities – it's nutrition that prevent or heal them!
5. Clean your intestines! Your gut and your mouth are connected...take care of both of them!
6. Deep breathing helps overall – and yes through more oxygen in your body your teeth heal better, too.
7. Rinse your mouth with a salt water/baking soda mix twice a day to eliminate bad or too much bacteria.
8. If you suffer from gum disease you might want to take vitamin C (like camu camu or acerola) as well. "Receding gums and plaque are ended when soap is used for brushing. Gums can be reconnected to the teeth by taking vitamin C (ascorbic acid) (1 tsp) with Arm and Hammer baking soda (1/2 tsp) in 1 inch of water, letting it fizz

and then diluting to 1/2 to 1 cup with water, then drinking. The resulting SODIUM ASCORBATE is non-acid, very pure and a thousand times more soluble than vitamin C. Sodium ascorbate is more reactive than ascorbic acid (C) in building connective tissue and antibody structures and more effective in killing some viruses and bacteria.” - <http://www.healingteethnaturally.com/dr-gerard-f-judd-dental-researcher.html>

9. Oil pulling. Swish your mouth intensively with organic cold-pressed oil for 15-20 minutes every day to detox your mouth.
10. Eat healthy protein (GREENS!!! Or if you are not vegan e.g. grassfed butter). Your teeth need protein to have a healthy flow of dental liquids. Your teeth are traversed by little dental veins where dental fluids flow through to nourish your teeth. Usually it flows from the inside out... Without enough protein it flows from the outside in sucking all the bad stuff inside the teeth!!
11. No metals in mouth! We all know mercury is bad...but other metals are not good as well. Try to be metal-free inside and out ;). Metals work like little antennas in your body catching and channeling all the radiation around us inside of you!! Use porcelain instead (it also contains little amounts of metals but compound in them – thus better).
12. You can pack your sick teeth with a clay/activated charcoal-mix or chew on horsetail to remineralize them. (more about remineralizing teeth at the end)
13. Other nutrients that can help tremendously: silica, magnesium, phosphorus for bone/teeth density. Silica is found in high amounts in plants like horsetail (you can find in many places for free). Phosphorus is found in nuts and seeds. Magnesium is in chocolate beans e.g. Nettles and dandelion are great, too! Go outside (= vitamin D) and pick [WILD EDIBLES](#) (= exercise) and eat them (= nutrition)...it's ONLY good to go outside and help yourself! ☺ Probiotics help in many ways (as well as your teeth), too. They repair the biofilm. Calcium from carrot juice and wild edibles ;). But remember: You can eat all the calcium you want if you don't have enough vitamin K2 it won't get where it's supposed to go! It's all connected.
14. You can use oils like peppermint, neem oil, etc. or Ormus Gold to brush teeth. We use clay or baking soda. Neem oil breaks down calcium forming bacteria/plaque.
15. You can also use acupuncture (since meridians can get blocked and are connected to your teeth as well), neck work or messages (against teeth grinding). Lymph drainage massage to get the second most important liquid in your body moving is important. Is your (dental) lymph stuck you will have trouble getting well or remineralizing your teeth.
16. Get grounded – good for your whole body!
17. Hydrogen Peroxide or Colloidal Silver to aid with infections.

A few facts about vitamin K2:

- It moves calcium to the right places in your body. Without enough vitamin K2 the calcium you take in might end up in arteries than in bones e.g.!!
- It makes the plaque crumble ;).
- It also is important for sperm, fertility and fetus.
- It is also said the more wrinkles you have in your face the worse your bones are!! If you don't want wrinkles – get your vitamin K2!! ;).
- The more vitamin D you take the more K2 you have to take as well.
- Vitamin K2 is not toxic when taken too much.

- Vitamin K2 travels through blood on cholesterol. Healthy cholesterol is important!!

Oh and another piece of advice I can give you on your way...in case you need braces...or a wider jaw to fit all your teeth in... Rather check out palatal expansion (so-called Fraenkel appliance). Read more about it here: <http://www.westonaprice.org/dentistry/from-attention-deficit-to-sleep-apnea> Even people with Down's Syndrome can be healed or get a lot better with it!!!

Another great site: <http://www.healingteethnaturally.com/>

If you want to fill your tooth yourself... look into this: <http://bit.ly/VOq148>! But make sure it's clean before....

Tooth paste alternatives: <http://www.healingteethnaturally.com/toothpaste-alternatives.html>

If you want to regrow your teeth:

(NaturalNews) If you've got a cavity, maybe you want to try regrowing your own teeth before heading for a filling. Our bodies are constantly renewing themselves and although it isn't commonly known, we can regrow our teeth too. In fact, regrowing our teeth is highly preferable to having them filled because most fillings these days either contain mercury (a known toxin that damages the brain and nervous system) or are estrogenic (white fillings release estrogen and contribute to hormonal problems.)

Besides, regrowing your teeth is simple. You'll just need two things: comfrey root and organic eggshells. Eggshells are used because they contain 27 minerals and loads of calcium, so they contain the ideal building materials to regrow your teeth. In fact, the composition of eggshells is very similar to the composition of our teeth and bones. Comfrey root is used because it accelerates bone, teeth and tissue growth. In fact, another name for comfrey root is knitbone, primarily because of its ability to knit - or regrow - bone together so quickly.

When you're regrowing your teeth, aim to eat one organic eggshell each day. Blending your shells into fresh fruit smoothies is a great way to consume them because blending breaks them into tiny particles that are easily consumed. Smoothies with bananas are ideal because the banana will keep the shell particles suspended instead of allowing them to sink to the bottom of your glass. After cracking the egg, just boil your shells in water for five minutes to kill any pathogens before use.

While you're re-mineralizing and adding plenty of calcium to your body with eggshells, you'll also want to use comfrey root on your teeth and gums. Either fresh or dried comfrey root will do the trick, but if it's dried, boil the root lightly for ten minutes to rehydrate it. Then, blend a square inch of the root with a few tablespoons of water to make a liquid - and swish the liquid in your mouth and between your teeth for about 20 minutes. When you're finished, just spit it out.

Using comfrey in this manner is best done once a day, and you'll likely see progress within a few weeks. Many cavities can be completely regrown within a month or two with regular use. The best part is: you can heal your teeth without leaving toxic metals or hormone disruptors in your mouth for the rest of your life.

As a note, comfrey root can be a little hard on your liver so if you have liver problems, you'll

want to avoid using comfrey. After your teeth have regrown, you'll also want to end the use of comfrey so as not to overdo it.

Learn more: http://www.naturalnews.com/029112_teeth_regeneration.html#ixzz2M8w8FEAM