

## Almond

Certain communities--racial, ethnic and religious--have diets and lifestyles that promote tooth decay. As Weston Price taught, it can also lead to dental and skeletal malformations. Consuming refined sugars and processed foods leads to obesity and many other health problem as well. This is a major national health problem. The solution is rather simple. It requires individual responsibility, a garden and a shovel. It requires limiting tv time and getting off the sofa. When I hear people say we need national health care and access to doctors, I believe dental care is a much higher priority. Perhaps what we need more is gardens in every yard and community garden plots. Something akin to the victory gardens of WWII. People need to build the soil. Most commercial food is grown in chemically-contaminated mineral-deficient soil. This is a major cause of poor health.

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## lovingMom2013

There is a wonderful film about people who grow gardens and produce bio-energy. What does the dark power do? They demolished farm and put their facility on fire. Please, support the authors of that beautiful movie and those wonderful people who worked on that farm. The title of the film: Need to Grow (from FoodRevolution.com)

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## forbiddenhealing

Also beside the dental connection, consider metal burdens and mineral deficiencies....Mercury, cadmium, lead, arsenic, copper, aluminum, etc. like high free-iron result in the same oxidative stress Dr. Levy points out with dental endotoxins. He should add hair metal/mineral analysis to his diagnostic efforts, where again megadose Vit C mobilizes metals and chelators like chlorella/chlorophyll, charcoal, clay and sulfur compounds like NAC/RALA/MSM/garlic/onion/eggs/brassicas and sauna insure elimination. Magnesium/potassium/bicarbonate are critical electrolytes that buffer pH that goes hand in hand with body voltage. Use silica sources to detox aluminum. Electron-rich Mega C reduces inflammation immediately as it releases H<sub>2</sub>O<sub>2</sub>; that's redox, the oxidation reduction balancing approach Levy champions. Me too.

As the mental aspects of the covid fear-stress media push become painfully apparent, sympathetic vs parasympathetic autonomic modes should take center stage... See this recent Iceman Wim Hof interview on RT for his most powerful breath/cold/meditative approach that shuts of sympathetic dominance and stimulates parasympathetic healing; [www.rt.com/shows/sophieco-visionaries/526907-iceman-extreme-athlete-so..](http://www.rt.com/shows/sophieco-visionaries/526907-iceman-extreme-athlete-so..)

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Just wanted to make a quick comment about Iron. It's true that in excess it is a big problem but in a deficiency state, Iron increases reverse T3 which blocks the body from using T3. It's the brake for the system. Us 'girl' types tend to run low in iron due to the monthly loss. Also, amalgam sufferers tend to run low. I know of someone that had really depleted iron for most of their life until after they got their amalgams removed. Also, I know of a guy that had low iron and he had amalgam issues.

I chronically run low in iron. So I need to keep that in mind in order to keep my RT3 in check. Heavy metal and stress also increase RT3. You can tell if your RT3 is high. Do your hands and feet get ice cold? Like the bones in your feet are frozen? Well, that's a strong RT3 response. Over the years I have found that if that happens, I need to chill out, take some Iron, and calm down my detox system. Steeping a couple of bags of Yogi Detox Tea in the blue box helps. From what I read, RT3 lasts for 18 hours in the body assuming you stop the excess production. After doing all the above, a good night sleep will greatly help and the next day usually around noon give or take, my hands and feet warm up! It's like clockwork now. I grew up with women having issue with cold hands and feet chronically. I just wanted to say that it's nice to know how to avoid it. Oh, and having a happy thyroid helps, too!! I'm not sure if certain people can get this system to work if they are super low in iodine and selenium, etc., have a bunch of overloaded toxicities, or are eating a bunch of goitrogens like soy.

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One more thing and this is for everyone touting hydrogen peroxide including the above article... Yes, hydrogen peroxide clears out dental stuff but at the expense of creating more oxidative stress. Your body needs to quench  $H_2O_2$  with things like various antioxidants such as catalase, etc. So, it takes more nutrition to do this.

What about supporting the 'meant to be there' Histidine-rich polypeptides that are naturally found in saliva? At least it should be found in the saliva. I was really low in L-histidine when tested a decade ago so I read up on this stuff. One study I read showed kids with cavities had no histidine in their saliva while the cavity free kids had histidine in their saliva. L-histidine's supposed to be there keep the cavity causing bacteria at bay. If you are low in histidine, you cannot make red blood cells properly since histidine is required. If you are low in histidine, you cannot repair nerves properly.

I just wish people would see beyond the quick fix. I'm guessing that the amalgam stuff my mom had got passed on to me. Due to that, I had to regenerate nerve tissue at a higher rate than others leading to an increase usage of histidine in my body. That then led to a deficiency that cause me to be low in histidine-rich polypeptides which then cause me to get cavities as a kid no matter how much I brushed me teeth. This then led to amalgams being used (unfortunately) and thus once again, increasing the amount of histidine my body needs to replenish the myelin sheathes that surround the nerves that are destroyed by exposure to mercury that is given off when amalgams are put in and constantly outgassing after being placed. Hydrogen peroxide to me is a quick fix. I'm looking for long term fixes. And yes, vitamin C is a great thing. I always use it up fast so I really don't want to make any more excess oxidative stress in my system if I don't have to. PS. Thanks for writing your book. I'm in the process of reading it... :)

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## Kecia

As a Chinese Medicine/needle-free acupuncture Practitioner, I find this article fascinating. In my practice, tooth issues are a sign of digestive issues. In other words when I have a person report toothaches or a family history of such, that issue is usually closely related to imbalanced stomach qi, more specifically, an excessive condition in that channel. I have been able to help the body resolve these issues with electro acupuncture and Chinese herbal formulas. I am always encouraged to hear from Dr. Mercola and those in his camp. As a follower of him for 18 years, he has influenced me in terms of my God given calling as a holistic healer.

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## Krofter

Bentonite clay to set up the correct electrical charge on the surface of the teeth, charcoal powder to mop up bad microbes when brushing and K2 to pump calcium into the teeth. Has to be high quality K2 from food sources. The good Docs K2 is also really good. Also need to balance calcium and magnesium ratio. Of course, none of this helps if the diet is overloaded with sugars and starches and there is not enough fat to make everything function well.

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Health begins in the mouth and in its connection with the intestines the health of the entire body is forged. Dr. Mercola has provided us with great information on the relationship of gut health to metabolic diseases. and its connections with cardiovascular and neurodegenerative diseases. Sugar and junk food are a disaster for oral and intestinal health. We are degenerating the race with so many poisons in the diet and in the environment, as well as other unhealthy lifestyles. The nervous and circulatory systems run throughout the body and their connections with the intestine and mouth are sources of health and disease.

From the first breath of fresh air to the last breath, the mouth is obviously a place "between pleasure and suffering", reference of the book: "The Mouth between pleasure and suffering" by Dr. Françoise Saint-Pierre, Dentist and Psychotherapist. Traditional Chinese Medicine also relates each tooth to an organ or muscle. A prestigious doctor of the Ming dynasty (1368-1644) distinguished and related teeth with internal organs. The relationship can be reciprocal, with the meridians of acupuncture. [taiwantoday.tw/news.php?unit=12&post=23015&unitname=Society-Ta..](http://taiwantoday.tw/news.php?unit=12&post=23015&unitname=Society-Ta..)

My holistic dentist, who precisely has in the waiting room a large graphic mural connecting the teeth with the organs. Ramiel Nagel, author of Cure Tooth Decay, says that most dentists, the entire field of dentistry, are headed in the wrong direction, away from patient health and well-being and toward financial wealth. Interview on the link. [www.kitchenstewardship.com/xray-proof-healing-cavities](http://www.kitchenstewardship.com/xray-proof-healing-cavities)

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The concept of Neurofocal Dentistry was born in Germany in 1958 and was proposed by the German doctor and dentist Dr. Ernest Adler before the German medical society for regulatory focal research in the city of Karlsruhe (Germany), wanting to involve within the term NEURAL EVENT and FOCAL EVENT. [www.terapianeural.com/publicaciones/14-articulos-y-publicaciones/del-c..](http://www.terapianeural.com/publicaciones/14-articulos-y-publicaciones/del-c..) and [integral.dental/odontologia-neurofocal-integrativa](http://integral.dental/odontologia-neurofocal-integrativa) Neurofocal Dentistry has been considered as a daughter therapy of NEURAL THERAPY whose guiding principle is the FIELD OF INTERFERENCE OR FIELD OF IRRITATION. • Hippocrates affirmed "a rheumatism without hope of cure can be eliminated with tooth extraction". • In an Assyrian letter from the 8th century BC. C. : the inflammation that makes the neck sick and that twists the joints of the arms and legs comes mainly from the teeth; here is the origin of all pain. • In Nineveh (650 BC) a stone was found with the following impression: The pain in the King's head, in his arms and in his legs, comes from his teeth, there is no choice but to tear them out. • Paracelsus, a Swiss Renaissance physician and alchemist, presented his conception of oral sepsis, or the infectious foci of the teeth, which affected the entire organism. • John Hunter in England (1800), stated that neuralgia disappeared after dental extractions. • Butzer (1850): Dental affections could cause epilepsy, neuralgia, hearing and visual problems.

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If you have a bad tooth, the flow of energy through the meridian that belongs to that tooth will be disturbed. This, in turn, can affect the health of all the other organs on that meridian. For example, the upper right first molar is in the same meridian with the liver, kidneys, pancreas, stomach, and breast. So if this tooth has a problem, it can affect the flow of energy through the meridian and the health of your liver, kidneys, pancreas, stomach or breast can also be affected.

[www.elperiodico.com/es/opinion/20080226/carme-ros-dientes-influyen-cue..](http://www.elperiodico.com/es/opinion/20080226/carme-ros-dientes-influyen-cue..)

MERIDIAN CHART FOR TEETH [www.grotonwellness.com/practices/dental-orthodontics/health-focused-or..](http://www.grotonwellness.com/practices/dental-orthodontics/health-focused-or..) Dr Voll's work on electroacupuncture is consistent with Chinese medicine. Those of Dr Orsatelli and Dr Roths statistically associate teeth with various pathologies of the body, with the energy transport of the meridians. [naturaldentistry.us/holistic-dentistry/meridian-tooth-chart-from-encin..](http://naturaldentistry.us/holistic-dentistry/meridian-tooth-chart-from-encin..)

Empirical relationship between teeth and body organs. Dr. Elmira Gadol, DMD - Holistic Dentist. [drgadol.com/meridian-tooth-chart](http://drgadol.com/meridian-tooth-chart) Roy Kupsinel, MD, from Florida, stated that "each tooth is related to an acupuncture meridian. [pridedentaloffice.com/the-meridian-system-a-map-to-the-body](http://pridedentaloffice.com/the-meridian-system-a-map-to-the-body)

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Oral health can have a direct impact on your gut health and vice versa. The first signs of diseases of the digestive system can also occur in the mouth, irritable bowel disease, Crohn's disease, etc., they can present oral signs. The relationships are reciprocal, according to Hoistic Medicine and traditional medicines such as Chinese, with the meridians of acupuncture. [www.drstevenlin.com/how-your-gut-microbiome-link-to-a-healthy-mouth/](http://www.drstevenlin.com/how-your-gut-microbiome-link-to-a-healthy-mouth/) (2018). The oral microbiome is also considered a key cause of oral diseases, including tooth decay and periodontal diseases, as well as many systemic diseases, such as diabetes, cardiovascular and neurodegenerative diseases, and disorders such as autism spectrum disorders. The research is based on metagenomics and metabolomics.

[pdfs.semanticscholar.org/3eb4/662ffa275d837fbc6710dcc345fa40f094c.pdf](https://pdfs.semanticscholar.org/3eb4/662ffa275d837fbc6710dcc345fa40f094c.pdf) (2019) and [www.ncbi.nlm.nih.gov/.../PMC6597068](https://www.ncbi.nlm.nih.gov/.../PMC6597068) (2019)

Probiotics, including nisin-based probiotics, improve clinical and microbial outcomes relevant to oral and systemic diseases [www.ncbi.nlm.nih.gov/.../31850634](https://www.ncbi.nlm.nih.gov/.../31850634) (2020)... In this interview, Dr. Burhenne to Cass Nelson-Dooley, an ethnopharmacologist, says: The mouth is the "mirror" of health and disease in the body. The 45% overlap of bacteria in the mouth and colon was one of the most interesting findings that I came across in my research. [askthedentist.com/oral-microbiome](http://askthedentist.com/oral-microbiome) (2018)

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## Guillermou

A wide variety of oral species can reach the gut microbiota through swallowing, regardless of periodontal status, but only a subset of these bacteria appear to colonize the gut when the microbiota here is dysbiotic. [www.tandfonline.com/.../20002297.2019.1586422](http://www.tandfonline.com/.../20002297.2019.1586422) (2019) Gingivitis and periodontitis have been implicated in promoting a variety of systemic disorders, such as intestinal diseases, coronary heart disease, diabetes, arthritis, Alzheimer's, etc. and even cancer. Oral inflammation has been linked to elevated markers of inflammation, such as C-reactive protein. [www.drstevenlin.com/how-your-gut-microbiome-link-to-a-healthy-mouth/](http://www.drstevenlin.com/how-your-gut-microbiome-link-to-a-healthy-mouth/) (2018)

Disease Prevention Begins in the Mouth [www.lifeextension.com/Magazine/2008/9/Disease-Prevention-Begins-in-the..](http://www.lifeextension.com/Magazine/2008/9/Disease-Prevention-Begins-in-the..) ... Composition for diagnosing or predicting risk of metabolic syndrome or metabolic syndrome-related diseases using human oral microbiome. [patents.google.com/.../en](http://patents.google.com/.../en) (2019) ... Multiple oral bacterial taxa, including several probiotic taxa, were significantly associated with obesity. [www.ncbi.nlm.nih.gov/.../PMC6713186](http://www.ncbi.nlm.nih.gov/.../PMC6713186) (2019)

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## Guillermou

The inflammatory factors of periodontitis produce a systemic inflammation and, finally, the contribution of this systemic inflammation, to the worsening of neuroinflammation in the progression of Alzheimer's disease (AD). A researched scientific basis is that the central nervous system (CNS) is not an isolated immune environment, since there is a bidirectional convergence between the brain and the peripheral immune system. [www.frontiersin.org/.../full](http://www.frontiersin.org/.../full) (2017)

Researchers from the Western Chinese School of Sichuan University of Stomatology have identified a number of active compounds in traditional Chinese medicine, including Nidus vespaee, Ginkgo biloba, Flos Caryophylli (cloves), Galla chinensis, Camellia sinensis, and Magnolia officinalis. , which demonstrate comparable efficacy for the prevention of oral infectious diseases. [www.nature.com/.../s41368-017-0006-6](http://www.nature.com/.../s41368-017-0006-6) (2018) and [tcmwiki.com/.../flos-caryophylli](http://tcmwiki.com/.../flos-caryophylli)

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## Guillermou

Life-threatening infections of odontogenic origin can spread to potential spaces formed by fascial planes of the lower head and upper cervical area. Complications include airway obstruction, mediastinitis, necrotizing fasciitis, cavernous sinus thrombosis, sepsis, thoracic empyema, Lemierre's syndrome, brain abscess, orbital abscess, and osteomyelitis. [www.todaysrdh.com/the-dangers-of-curing-tooth-decay-naturally](http://www.todaysrdh.com/the-dangers-of-curing-tooth-decay-naturally) Gum disease affects 50 - 80% of adults, Vitamin C, which together with proline and lysine are essential for the formation of collagen. Vitamin C protects the integrity of the blood vessels, maintaining their adequate permeability, thereby protecting the periodontium from bacterial attacks and gingivitis, Smoking can worsen the situation due to the oxidative stress that it causes in the tissues and ligaments that serve of support to the teeth. For every cigarette consumed, the body loses about 25 mg of vitamin C.

Patients with periodontitis have lower concentrations of reduced glutathione in serum and gingival crevicular fluid. Lycopene with green tea extract may be a promising complementary therapeutic and prophylactic modality in the treatment of patients with gingivitis. Vitamin A deficiency can lead to the following conditions, gingivitis, periodontitis, dental morphogenesis defects, decreased

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## Guillermou

Other necessary minerals are a good balance between calcium, phosphorus, and magnesium, vitamin D and K. Potassium also works with magnesium to prevent the blood from becoming too acidic. All this helps to keep the mucous membranes healthy. Prevents dry mouth and helps your mouth heal quickly. According to the American Oral Health Association, B vitamins are important for oral and dental health. Vitamin E is popularly used by dentists to treat various oral problems, and it can be one of the main supplements for healthy gums. [europepmc.org/.../193894](http://europepmc.org/.../193894) (2005) § [www.eicon.com/.../ECDE-18-01043.pdf](http://www.eicon.com/.../ECDE-18-01043.pdf) (2019) § [www.ncbi.nlm.nih.gov/.../PMC4630702](http://www.ncbi.nlm.nih.gov/.../PMC4630702) (2015) § [www.sciencedirect.com/.../S0278691516304884](http://www.sciencedirect.com/.../S0278691516304884) (2017) § [www.ncbi.nlm.nih.gov/.../PMC6334550](http://www.ncbi.nlm.nih.gov/.../PMC6334550) (2019)

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Oral inflammatory diseases are multifactorial and micronutrient intake is a crucial modifiable risk factor. Micronutrients, including vitamins C, E, D and A, omega-3 fatty acids and minerals, zinc, selenium, calcium, phosphorus, potassium, magnesium have shown beneficial functions to build tooth enamel, as well as antioxidant actions and anti-inflammatory. Lesions of the oral mucosa as a result of vitamin B deficiencies can aid in the early detection of specific anemias.

[www.sciencedirect.com/.../S2352385919300210](http://www.sciencedirect.com/.../S2352385919300210) (2019)

Periodontitis may be associated with vitamin C deficiency. Plasma concentrations of vitamin C are also an independent risk factor for myocardial infarction. Furthermore, among a variety of chronic infectious diseases, periodontitis is implicated in the pathogenesis of cardiovascular diseases.

[www.ncbi.nlm.nih.gov/.../PMC193894](http://www.ncbi.nlm.nih.gov/.../PMC193894) (2005)

Vitamin D and K2 reduce gingival inflammation. The same survey highlighted a link between the high prevalence of periodontitis and vitamin D deficiencies. A case-control study established that vitamin D insufficiency is associated with periodontal diseases in women during pregnancy.

[academic.oup.com/.../4690265](http://academic.oup.com/.../4690265) (2007)

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The anti-inflammatory, antioxidant and regenerative actions of vitamin C are well established, playing a role for this nutrient in the modulation of inflammatory responses in periodontal diseases.

[www.ncbi.nlm.nih.gov/.../PMC5425026](http://www.ncbi.nlm.nih.gov/.../PMC5425026) (2017) and [www.hindawi.com/.../2978741](http://www.hindawi.com/.../2978741) (2016) ... A wide variety of studies, including longitudinal, cross-sectional, and randomized clinical trials, have explored the role of antioxidants in oral inflammatory diseases.

[onlinelibrary.wiley.com/doi/abs/10.1111/j.1600-051X.2009.01468.x](http://onlinelibrary.wiley.com/doi/abs/10.1111/j.1600-051X.2009.01468.x) (2009) §

[pubag.nal.usda.gov/.../5174115](http://pubag.nal.usda.gov/.../5174115) (2010) § [www.magonlinelibrary.com/.../denu.2016.43.1.66](http://www.magonlinelibrary.com/.../denu.2016.43.1.66) (2016).

Serum  $\alpha$ -tocopherol has a nonlinear inverse association with periodontitis in US adults.

[academic.oup.com/.../4589953](http://academic.oup.com/.../4589953) (2015) ... B2, B3, B6, and B12 deficiencies have been linked to hemorrhagic gingivitis and periodontitis. [www.ncbi.nlm.nih.gov/.../PMC3576783](http://www.ncbi.nlm.nih.gov/.../PMC3576783) (2014) ... Folic acid deficiency leads to the absence of keratinization of the gingival surface, decreased cell turnover rate, decreased resistance to infection, and destruction of gingival and periodontal tissues.

[www.ijhas.in/article.asp?issn=2278-344X;year=2013;volume=2;issue=3;spa..](http://www.ijhas.in/article.asp?issn=2278-344X;year=2013;volume=2;issue=3;spa..) (2013)

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In this study, children who ate snacks all day but did not have actual meals had a higher probability of tooth decay (OR = 2.32). There was an incremental association between a decreasing frequency of tooth brushing at 2 years and greater chances of dental caries at 5 years 1.39 to 2.17). Among children who ate sweets or chocolate more frequently (once / day or more), brushing their teeth more frequently (once / day; twice / day or more) reduced the chance of cavities (OR 2.11-2.26 in compared to OR 3.60 for less frequent brushing group Compared to mothers in managerial and professional occupations, those who had never worked had children with a much higher probability of breakdown (OR = 3.47). [www.ncbi.nlm.nih.gov/.../PMC6166585](http://www.ncbi.nlm.nih.gov/.../PMC6166585) (2017)

Medications and drugs can cause "dry mouth syndrome." By reducing saliva Dry mouth significantly increases the risk of cavities, by reducing the oral microbiome, salivary flow and remineralization, increasing acidity. These medications include antidepressants, diuretics, antihistamines, decongestants, Parkinson's disease medications, blood pressure tablets, and inhalers. Chemotherapy: can cause dry mouth and increase the risk of gum problems and oral inflammation.

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In addition, antidepressants, antihistamines, oral contraceptives, immunosuppressants and antihypertensives can damage the gums, increasing inflammatory processes. Some asthma medications are highly acidic and can dissolve tooth enamel if used regularly over a long period of time. Bisphosphonates for osteoporosis can cause serious problems with the bones of the jaw, such as painful ulcers that do not heal. Large or prolonged doses of antibiotics can cause oral thrush. and subsequent generalized infections.

The daily consumption of erythritol, xylitol or control candies has a specific influence on the composition of the salivary microbiome in schoolchildren. Erythritol is associated with the lowest prevalence of caries-related mutans streptococci and the lowest levels of caries clinical experience. Impact of polyols on the oral microbiome of Estonian schoolchildren

[bmcoralhealth.biomedcentral.com/articles/10.1186/s12903-019-0747-z](https://bmcoralhealth.biomedcentral.com/articles/10.1186/s12903-019-0747-z) (2019)

There is reasonable evidence of an association of pneumonia with oral health (OR = 1.2 to 9.6 depending on oral health indicators). 2) There is good evidence (recommendation I, grade A) that improved oral hygiene and frequent professional oral health care reduce the progression or occurrence of respiratory diseases among high-risk older adults living in nursing homes and especially those in intensive care units (ICU). [aap.onlinelibrary.wiley.com/doi/10.1111/jop.2006.060010](https://aap.onlinelibrary.wiley.com/doi/10.1111/jop.2006.060010) (2006)

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A total of 3,234 records were identified in the database search in this review, with only 13 studies meeting the eligibility criteria and 10 studies contributing data to the meta-analysis. Using random effects models, periodontitis was associated with asthma: adjusted OR: 3.54; with COPD: adjusted OR: 1.78 and with pneumonia: adjusted OR: 3.21. [onlinelibrary.wiley.com/.../odi.13228](https://onlinelibrary.wiley.com/doi/10.1111/odi.13228) (2020)

There is a growing appreciation of the pathophysiological importance of the lung microbiome, not only in classical diseases related to infections, pneumonia, bronchiectasis, and cystic fibrosis, but also in non-infectious chronic lung diseases, such as chronic obstructive pulmonary disease, asthma, and disease. pulmonary. fibrosis. In this review, we will explore the relationship of the oral microbiome to lung diseases, such as pneumonia. [onlinelibrary.wiley.com/.../prd.12301](https://onlinelibrary.wiley.com/doi/10.1111/prd.12301) (2020).

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Most patients with serious complications from COVID-19 have underlying conditions such as obesity, diabetes, and hypertension. In parallel, there is growing evidence of a link between periodontitis and non-oral systemic diseases. The oral cavity is also a reservoir for respiratory pathogens, and patients with periodontal disease are more likely to develop hospital-acquired pneumonia than healthy individuals. Older adults and people of any age who have serious medical conditions, such as chronic lung disease, diabetes, heart conditions, or chronic kidney disease, are at high risk of developing serious illness due to SARS-CoV-2 infection. At the same time, poor oral health increases the risk of developing the same medical conditions. Therefore, improving oral health in people of any age, by reducing their risk of developing systemic non-oral diseases, can reduce the morbidity of COVID-19. [www.sciencedirect.com/.../S2319417020300810](https://www.sciencedirect.com/.../S2319417020300810) (2020) and [journaljpri.com/.../30937](https://journaljpri.com/.../30937) (2020)

Periodontitis was associated with an increased risk of ICU admission, the need for assisted ventilation, and death in COVID-19 patients, and with increased blood levels of biomarkers related to worse disease outcomes. In total, 568 patients were included. After adjusting for possible confounding factors, periodontitis was associated with the complication of COVID-19, including death (OR = 8.81), admission to the ICU (OR = 3.54), and need for assisted ventilation (OR = 4.57). Similarly, blood levels of white blood cells, D-dimer, and C-reactive protein were significantly higher in COVID-19 patients with periodontitis. [onlinelibrary.wiley.com/.../jcpe.13435](https://onlinelibrary.wiley.com/.../jcpe.13435) (2021)

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## Guillermou

Cells in the oral cavity express the viral entry receptor angiotensin-converting enzyme 2 that enables viral replication and can cause inflammation and tissue destruction. Recent studies have reported that patients with Covid-19 present oral manifestations with multiple clinical aspects. In this review, we aim to summarize the main signs and symptoms of Covid-19 in the oral cavity, its possible association with oral diseases, and the possible underlying mechanisms of hyperinflammation that reflect the interference between Covid-19 and oral diseases.

Ulcers, blisters, necrotizing gingivitis, opportunistic coinfections, alterations of the salivary glands, white and erythematous plaques, and taste dysfunction were the most reported oral clinical manifestations in patients with Covid-19. Emerging evidence supports the presence of viruses in the oral cavity, including saliva and periodontal tissues, and correlates with the presence of viral entry receptors in these tissues. Several small cohort studies and case reports suggest similar oral manifestations of a newly evolved pathogen, consistent with Koch's postulates. Oral signs and symptoms presented by Covid-19 patients are a direct result of SARS-CoV-2 infection or secondary disorders facilitated by systemic damage, alterations in the immune system, or adverse effects of treatment and require further investigation with larger cohort sizes.

[onlinelibrary.wiley.com/.../rmv.2226](https://onlinelibrary.wiley.com/doi/10.1111/rmv.2226) (2021) § [www.mdpi.com/.../156](https://www.mdpi.com/1918-3093/156) (2021) §

[scielo.conicyt.cl/scielo.php?pid=S0718-381X2021000200335&script=sc..](https://scielo.conicyt.cl/scielo.php?pid=S0718-381X2021000200335&script=sc..) (2021)

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## Vladimira

I have a problem with the causation implied in this article. Per the article poor oral health is the cause of many degenerative diseases. Not true. Poor lifestyle is the cause of both poor oral health and degenerative diseases, they go hand in hand. If you teeth are degenerated and need treatment, obviously this person has an unhealthy lifestyle. You cannot have poor oral health without an unhealthful lifestyle. I bet, if you change the unhealthful lifestyle, it will improve overall health, including accessed teeth. The body is intelligent and as long it has enough energy, it will find a way to wall off an infection in a well controlled cyst.

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## stanleybecker

hi Vlad ..... teeth are front line as far as the link between the inner world of your organism and the outer world your mouth is a receptacle for myriad germs/ viruses/ fungi..... yes, if you have capable immunity you will deal with pathogens that enter your mouth balance is important as many substances like high volume SUGAR are connected to caries in the teeth.... we know that oral hygiene like brushing the teeth assists the clearing out of debris from food particles not properly chewed and caught in crevices can trigger decay ..... so the case for oral hygiene has been proven

however, your argument that overall fitness and radiant health are beneficial and would be helpful in maintaining quality teeth..... bad dentists that are referred to as "drill and fill cowboys" are in my opinion far worse than even eating Junk Food although their adverse effects are similar ..... many dentists are driven to drill teeth unnecessarily for the sake of paying the bills ..... also preventative dentistry is not promoted in dental schools as there is no money in healthy teeth

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## Good\_Hands

Vladimira, I think in general you're correct that a healthful lifestyle will lead to better oral health outcomes. However, for some it's not enough. My mother was meticulous about her oral hygiene and led a very healthful life, but she regularly had dental problems.

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## Hercster

Generalization never works. Some people have bad teeth. Some people have no money. Bets are for gamblers.

Posted On 06/20/2021

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## rrealrose

Doubt ya'll have any idea of damage done to teeth from undetected, unseen food reactions and sensitivities. Lifestyle choices may not help, but many on this blog have food reactions that can lead to nutrient uptake issues with deficiencies, despite seemingly good nutrition. Standard health care doesn't know or do this type of investigation. Often no one tests until you are half dead, and no one is looking at your mouth! Effects show up as lotsa cavities, gingivitis, this list goes on and on.

Posted On 06/20/2021

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## ChristieMarie

Another prime indicator of one's internal health is the appearance of the fingernails.

Posted On 06/20/2021

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## Vladimira

What I found by experience is that vaccination status is very important for cavities. My grandfather died at 68, fat, balding, not healthy looking at all. All his life he liked to eat, did not brush his teeth and on a horrible diet. Not a single cavity at 68 despite bad gums. Until my daughter was born I couldn't understand how this is even possible. She is not vaccinated and despite not being on the greatest diet and does not brush her teeth well and regularly, not a single cavity at almost 4. Both my daughter and grandfather were never vaccinated. All the rest of my family had been vaccinated and we all had some cavities. More reasons not to vaccinate. I think if my grandfather were vaccinated and with his horrible lifestyle he might have lived decades less.

Andrew Wakefield observed that people who are vaccine injured very often develop gut health problems. Gut health and oral health are intimately related. It is the same microbiome! I believe vaccines injure everybody just to a different degree, some more seriously than others. It does make sense that the unvaccinated will have much less gut health and thus oral health issues.

Posted On 06/20/2021

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## **DanoS1**

Your view is simplistic and full of assumptions.

Posted On 07/04/2021

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## **fvomasch**

I use oil of oregano. Just a few drops directly in mouth or with very little water. Swish/gargle then either swallow or spit. Kills most pathogens and according to some will not harm beneficial bacteria. I also inhale to clear out sinuses and kill off viruses. So far so good.

Posted On 06/20/2021

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## **brodiebrock12**

Oil or oregano is a real sleeper of an aid for many things I have found...

Posted On 06/20/2021

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## **clanharwood**

I love oil of oregano for its properties to heal a lot of ailments!.... but I find when I take it by mouth,whew, I gotta brush my teeth after taking it and people around me can smell it ; they know I've taken it LOL :)

Posted On 06/20/2021

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Hi there fvtomasch, brodiebrock12, and clanharwood, Ursolic acid is found in cocoa and in the lipstick family, such as rosemary, sage, lemon balm, oregano, peppermint, spearmint, and thyme in the peel of some fruits such as apples, pears, blueberries, and plums. Ursolic acid inhibited the LPS-induced activation of NF- $\kappa$ B. Furthermore, the NF- $\kappa$ B pathway regulated the activation of the NLRP3 inflammasome <http://sha.rest/8xklsC> Oil of oregano is rich in the polyphenol rosmarinic acid, Rosmarinic acid inhibits NLRP3 Inflammasome Activation <link.springer.com/.../s10753-017-0728-9> Carvacrol, a chemical component of oregano oil and thyme oil, acts as an activator of PPAR- $\alpha$  <www.ncbi.nlm.nih.gov/.../PMC4202429> PPAR $\alpha$  agonists (activators) have been shown to decrease IL-1 $\beta$  expression by deregulating caspase-1 and NLRP3 <www.pnas.org/.../24819> Proinflammatory cytokines, MDA, NO levels, and arginase activity were decreased by carvacrol according to the carvacrol doses. <pubmed.ncbi.nlm.nih.gov/25416233> Carvacrol (400 mg L<sup>-1</sup>) increased pH and molar proportion of butyrate, a metabolite of intestinal bacteria, and decreased molar proportion of propionate <www.nrcresearchpress.com/.../CJAS07012> Personally I have used Zane Hellas 25% Oregano Oil which is pre blended with olive oil, but stuck 4 drops generally in a teaspoon of Extra Virgin Olive Oil to help get it down. Edit: Just checked and Dr Mercola carries Oregano Oil as well who wish to support his efforts here.

Posted On 06/20/2021

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## SanDiegoGirl

My husband and I have been taking one tablespoon of food-grade diatomaceous earth stirred into a glass of water for years to prevent parasites, detox heavy metals, etc. and as a source of silica. I also make a mud treatment with it for my face because it draws out impurities just like clay does. A few months ago I started experimenting with brushing my teeth with it twice a day. Nothing has ever made my teeth and mouth feel as clean! After just a week or so my teeth were so white, even more so than with commercial bleach from the dentist. I also noticed that there didn't seem to be as much tartar on the back of my teeth. I cancelled an upcoming appointment for cleaning because what I was doing seemed to be working. The diatomaceous earth has a negative electrical charge so it attracts the bad bacteria and stains which have a positive charge. Sometimes I make a mud and fill a tooth bleaching tray or mouth guard with it and wear it while I am showering. I think it gives time for the bacteria under the gum line to be drawn out. I hadn't checked the back of my teeth in a while. When I did so this morning I was pleasantly shocked to discover there is NO tartar whatsoever! Not along the gum line, not in the ridges of my teeth. My teeth look as clean as baby teeth. I intend to keep doing what I'm doing forever. It's too cheap, easy, and beneficial not to. You can order food-grade DE from Amazon.

Posted On 06/20/2021

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## lovingMom2013

Thanks very much for your report!!

Posted On 07/04/2021

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## dividingcricker

BORON , yes cures the gum ....The first sign of Osteoporosis is lose teeth and bleeding gums ...Taking Boron ..the first sign its working is your gums and teeth get healed .....Dr William Norquist The Stealth Killer book .....is a good read ...he is a oral.surgeon and biologist who uses a microscope slides on each patient to see the bacterial load before surgery .....Dr Norquist has several books and many youtube videos ....His trials on products to reduce this load.....things that didn't work ....peroxide , chlorine dioxide , or any mouth wash.....but honey worked with a few herbs ....I started oil pulling years and years ago ...I brush with 50/50 sodium bicarbonate and Himalayan salt....and I soak my brush in food grade peroxide ....A 6% solution .....Just a few tips ....another tip is do Sinus irrigation .....something else I believe is needed in oral care...

Posted On 06/20/2021

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## DannyBoy62

@dividingcricker, what is the daily dosage of Boron, with or without food, am or pm? Thanks 👍

Posted On 06/20/2021

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## californiawoman

The dental profession needs a major overhaul . There are dentists still using mercury for fillings which is unbelievable.

Posted On 06/20/2021

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This is one of the most powerful lights to shine on the farce of Rockefeller/Gate's NON Medical system. \*

"Dr. Huggins, he rolled his eyes back at me in his delightful sarcastic fashion & said, 'Tom ... You can't dry off while you're still in the shower.' [so], in a nutshell shined a spotlight on the fact modern medicine does not prevent nor resolve. They just treat symptoms. They don't address the underlying disease, they don't repair tissues, & they never look at what's causing the oxidative damage." in a nutshell then, modern medicine doesn't recognize or acknowledge what causes disease & it doesn't really care what cures the disease. All it's dedicated to is symptom relief & trying to make you feel better while staying on a medicine the rest of your life."

Now add the observations from the book, Metabolical, with it showing how the Rockefeller/Gates Big Ag, Big Processed Foods & more are a foundation to create, spread & hold dis-ease, chronic misery, & ultimately unnatural suffering & deaths. Part of a Penn & Teller system distracting the general public from even coming close to realizing all this is the gaslighting public discourse with constant messaging for or against Universal Healthcare & how it may be paid for. And if we did have a society in line with the Foundations of Life, it would be expected real healthcare cost would be next to nothing, compared to this mess.

We don't have proper healthcare. If we did there would be little resistance for proper soil management, food production, proper nutritional practices, vicious attacks against people like Doc & Staff, or substances actually creating real health, preventing disease, or curing them when necessary. until we actually have true healthcare it is a tragic waste of time to argue about how it is paid for, especially if it keeps intact a dis-ease manufacturing system. Dentistry would be the first line of exploration to maintain not only individual true health, but the overall health of Society.

Posted On 06/20/2021

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**david48**

Excellent article, Dr. Mercola! I learned several important things from it, and it's given me some more things to research. Recently, I've been doing extensive reading (and listening) of Dr. Thomas Levy articles, and interview videos, and learning a great deal from him. A very impressive man. Thanks for featuring him. Superb interview, of an excellent subject.

Posted On 06/20/2021

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**AnnAnn**

After reading Levy's Rapid Virus Recovery I began nebulizing food-grade H2O2 and it immediately cured a sinus infection I've been carrying around for DECADES! I now breathe thru both nostrils 24 hrs/day.

Hadn't even been aware what I was missing, bcs had the sinus infection for soooooo long. Don't want to be too graphic about what emerged from my sinuses for several days, but..... hard bee-bee sized objects, black squishies, as well as run-of-the-mill mucus.

Posted On 06/20/2021

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Periodontitis is an oral chronic infection/inflammatory condition which also promotes expression of NLRP3 inflammasome and thus leads to a cytokine response and activation of inflammatory cell death, called pyroptosis. This process can restrict intracellular replication of invasive bacterial pathogens and probably acts in synergy with the recruitment of neutrophils by its release of IL-1 $\beta$  to restrict replication of bacteria in the body. It is the host inflammatory response that determines the progression and pattern of the disease.

Many opportunistic bacteria initially try to evade the innate immune system in order to survive in the host cells. One of these is *Porphyromonas gingivalis* that is found in the oral cavity, where it is implicated in periodontal disease, and which has been shown to have several mechanisms of modulating innate immunity by limiting the initial activation of the NLRP3 inflammasome. This dampening of the host innate immune responses may favor persistence and survival in periodontal tissues. This can down-regulate host defense barriers, while the lower bacterial concentrations go deeper in periodontal tissues that can subsequently have a stimulatory effect on inflammatory responses and NLRP3 activation.

While inflammasome activation is important to host defense and protection from sepsis, excessive inflammasome activation can be detrimental to health. Accordingly, there is need for a balance between resolution of infection and excessive inflammation leading to development of several chronic diseases characterized by persistent inflammation, such as Alzheimer's, gout, atherosclerosis, diabetes, autoinflammatory diseases, arthritis, asthma, obesity and chronic kidney disease (CKD)..heart attack, stroke, blood clotting as well as is overactivated in later stage Covid-19. <http://sha.rest/2837GV>  
<http://sha.rest/VudoZE> <http://sha.rest/PIW8ya> [www.ncbi.nlm.nih.gov/.../PMC4744328](http://www.ncbi.nlm.nih.gov/.../PMC4744328)  
<http://sha.rest/ZI2iUV> <http://sha.rest/EoGQXJ>

Posted On 06/20/2021

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Don't you find it odd that this singular profession that could possibly alert us to health issues or give advance notice we need to investigate this further is also the one putting toxins in our mouths?  
Upsidedownland strikes again!

Posted On 06/20/2021

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## datadragon

Dr Mercola - Looking only briefly, this research mentions H<sub>2</sub>O<sub>2</sub>-induced (Hydrogen Peroxide) activation of NLRP3 inflammasome, caspase-1 expression, and interleukin-1 $\beta$  expression <http://sha.rest/3AdDUp> and Hydrogen peroxide activates complement via an alternative pathway of complement activation according to this research [www.ncbi.nlm.nih.gov/PMC1554534](http://www.ncbi.nlm.nih.gov/PMC1554534)

Complement subsequently elicits secretion of both IL-1 $\beta$  and IL-18 in vitro and in vivo via further activation of the NLRP3 inflammasome. [pubmed.ncbi.nlm.nih.gov/23817414](http://pubmed.ncbi.nlm.nih.gov/23817414)

According to research, Sars-Cov-2 also can delay the immune response by a few days allowing it to replicate, after which it can hyperactivate the complement/nlrp3 inflammatory pathways leading to issues like blood clotting and death especially in those with comorbidities which also activate these pathways unless you counteract that hyperactivation. By halting the body's initial immune response, the virus buys time to deepen the infection of its host as well as increase its chances of being transmitted to another person. Inhibiting the NLRP3 inflammasome would inhibit both IL-1 $\beta$  and IL-18 as well as complement hyperactivation. So while most of the treatments that are shown to help after replication work in part by inhibiting the NLRP3 inflammasome hyperactivation, It would also be important to note that over suppressing these necessary immune pathways right away that may already be lowered would additionally allow the virus to not be cleared and in some people who do not have existing inflammation pathways overactive such as those with comorbidities, may even need a boost to restore the immune response. That is where suggestions like hydrogen peroxide and others like Sambucol [pubmed.ncbi.nlm.nih.gov/11399518](http://pubmed.ncbi.nlm.nih.gov/11399518) may be found helpful in those specific cases to restore suppressed immune function. [www.biorxiv.org/2021.02.04.429738v1](http://www.biorxiv.org/2021.02.04.429738v1)

<http://sha.rest/9TNDTp>

Hi Rose, thanks for your reply.

Posted On 06/20/2021

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## chrisphillips

i have never had a root canal but have wondered what i would do if i was told i needed one...extracting the tooth seems the best option if there is no healing for it...but aren't implants also problematic? what does one do about a missing tooth?

Posted On 06/20/2021

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## AnnAnn

If it's a back tooth there may be no problem. Sure the teeth will gradually move slightly, but not enuf to be a problem. My husband had a root canal tooth pulled (and the socket well cleaned, ozonated, etc.) years ago. He assumed he'd need an implant or a bridge, but dentist said not necessary so he did nothing to fill the empty space from missing back tooth. He's had no problem.

Posted On 06/20/2021

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## Retsbew

Hi chrisphillips, one of my cousins who was Goniff in Garrison's Guerrillas in the late '60s on tv, had all his teeth replaced with implants. He was from a super healthy family. His father owned a health food shop and was very ahead of his time. My cousin had throat cancer not that long after the dental work was finished and he passed away. He never overindulged, didn't smoke. Was married a number of times, but I think it was the teeth that did it.

Posted On 06/20/2021

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## Inthistogether

There are two types of dental implants, titanium and ceramic. I have many patients that come to me to remove the titanium implants and want the ceramic option and more and more patients are opting for ceramic implants. While not all teeth need to be replaced (such as second molars), there are problems when you don't replace teeth. One issue is that you will lose the bone in that site (and in the case of upper molars, the sinus will drift down). That may not seem like a problem at first, but if you lose another tooth and then decide you want an implant down the road, more costly bone regeneration may be needed to place an implant. Another issue is that the teeth around will start to shift. Think of removing a fence post and what that would do. The others would collapse. This can create periodontal pockets due to the tilting of teeth and issues with the bite, which can then affect your TMJ. Another issue is that if you remove teeth and don't replace them, it places more stress on the remaining teeth, which wears them down quicker and can also contribute negatively if you do have periodontal disease or weak teeth. The bottom line is, find a dentist that you trust and that will go through the advantages and disadvantages for your particular situation. I may recommend one thing to one person that doesn't make sense for another. It is not a one size fits all.

Posted On 06/20/2021

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## jeffrosen1

Less expensive and fairly quick is thermogram. I had one done for the heck of it when my wife was getting hers at her annual exam for breasts. A blazing spot showed up on the film where I had a tooth pulled. I had some strange feelings there for quite a while. I went to a holistic dentist who dug all the offending crud out, treated with ozone and packed the space with bone grafting material. I absolutely recommend this if there is any chance you have offending inflammation of this kind.

Posted On 06/20/2021

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**janeth**

Can Hydrogen Peroxide be used to rinse your mouth and irrigate your gums if you still have mercury fillings? I am asking this for my husband, who still has a bunch of silver (mercury) fillings. I've read articles in the past indicating that peroxide acts as a "corrosive" on mercury and helps to further release it into your body. Yet, my husband's dentist says that the peroxide rinses do not effect the mercury fillings. Any thoughts????

Posted On 06/20/2021

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**tallulah3**

I would like to know the answer to that too

Posted On 06/20/2021

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**CivilizationHoax**

It absolutely does corrode the mercury fillings. I have those fillings and i have tried peroxide on them and it puts a disgusting metallic taste in my mouth (not peroxide taste). However, i have found that DMSO works very well for getting infections out of the gums and teeth. Baking soda is also great.

Posted On 06/20/2021

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## Bev8355

I was surprised to see no mention of oil pulling in this article. I have found that doing this first thing in the AM before drinking water has significantly changed my oral and sinus health. Swish the organic coconut oil around in your mouth for 10 -20 minutes and spit it out in a trash bag or an empty vitamin bottle...never in the sink or toilet as it will clog the machines over time. Poof! Much of the oral bacteria is removed from the surface of the teeth and the oral tissues as well. Good oral care with brushing and flossing and water picking is still necessary, but this does make an incredible difference!

Posted On 06/20/2021

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## Good\_Hands

Yes, I second this. Coconut oil does wonders for oral health. And Dr. Mercola has written about it in the past. [articles.mercola.com/sites/articles/archive/2016/08/03/oil-pulling-ben..](http://articles.mercola.com/sites/articles/archive/2016/08/03/oil-pulling-ben..) and [articles.mercola.com/sites/articles/archive/2014/05/05/oil-pulling-coc..](http://articles.mercola.com/sites/articles/archive/2014/05/05/oil-pulling-coc..) for example.

Posted On 06/20/2021

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## Hercster

I use colloidal silver since it kills bacteria.

Posted On 06/20/2021

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## clanharwood

What I don't understand about oil pulling is the time needed to do it -10-20 minutes? I have fabulous oral healthy (or so I think) and wonder for us that work outside the home daily, Hurriedly trying to get ready for the day etc.... do you do other activities while oil pulling, or even in the evening ?

Posted On 06/20/2021

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## **tdmartinson**

I have been trying the oil pulling at night, I do it while showering so I don't have to add another ten minutes standing around swishing, any idea if doing it at night before brushing is as helpful as doing it in the morning?

Posted On 06/20/2021

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## **david48**

@clanharwood I wonder if "water pulling" (using clean water, instead of oil), in your case, might be good enough? With use of water, in this technique, no real need to continuously swish the liquid inside your mouth. Just keep it in there for 15 to 20 minutes or so, is something I have experimented with. When the water leaves, definitely a lot of bacteria goes with it (when you spit it out). This can be determined by using one of your five senses :) The only downside is that you can't really talk during that time, which might not be so bad during the first part of your day. (Unless you have others in your household who need your attention during that time.) However, the upside of it is the simplicity and ease.

Posted On 06/20/2021

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## **BeatriceW**

Stupidly some years ago I had a root canal and I have been thinking about having it removed but never got round to it. I recently saw a bio-resonance practitioner who said that he detected a problem with my right breast. He said that his map of the teeth and corresponding meridians showed that the tooth aligned with the right breast and recommended that I got it checked out. I went for a breast scan which was deemed normal but they said there was vascular activity on the right breast. I have now had the root canaled tooth removed and it was found to be badly infected but I had no pain at all. I'll have to wait a year until the next scan to see if the vascular activity has stopped.

Posted On 06/20/2021

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**skupe59**

BeatriceW: Weston A Price and George Meinig knew and wrote about this: Root Canal Cover Up Paperback – March 3, 2008 by George E. Meinig (Author). You might also want to read this: Nutrition and Physical Degeneration 8th Edition by Weston A. Price (Author), Price-Pottenger Nutrition Foundation (Editor) and maybe even get involved with WestonAPrice.org in a local chapter. Go on the site and spend some time. You will learn so much. If you want to find a local chapter, ask me or call them. For me, the \$40/year is one of the best I spend all year.

Posted On 06/20/2021

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**tdmartinson**

What kind of breast scan did you have?

Posted On 06/20/2021

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**BeatriceW**

To TDMARTINSON - I live in the UK and went to a place near Harley Street in London.

[thenaturaldoctor.org/.../about-dr-nyjon-eccles](http://thenaturaldoctor.org/.../about-dr-nyjon-eccles)

Posted On 06/20/2021

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## WL4816

For 2 or more years, I've been using a homemade mouthwash of erythritol and xylitol crystals mixed in water. It keeps my teeth free of tartar and I don't even have to brush. When I first used it I had pain from what was probably gingivitis and there was a chunk of tartar stuck on a front tooth. It all disappeared the first time I used a mouthwash containing these sugar alcohols. Dentists won't tell us about this, not even holistic dentists. Several weeks prior to using it the first time, a dentist told me that I had "deep pockets," which means that tartar had gotten under the gumline. The pockets disappeared along with the rest of the tartar, which means that this mouthwash is effective even below the gumline.

Posted On 07/04/2021

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### imranali

Hello WL4816. Thanks for accepting my friend request. Much appreciated. Where do you recommend buying erythritol and xylitol crystals? Any brand is ok? I have the same issue. I would greatly appreciate your feedback. Many thanks.

Posted On 07/08/2021

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## **zumbacjg**

I think this is one of the most important articles Dr. Mercola has ever written—and it's a nice break from COVID. For years I had periodontal issues, gum pockets that my dentist said I'd likely have to live with. I had deep cleanings & even allowed an unscrupulous dentist in Alpharetta, Ga. to insert antibiotic film below my gum line. I was distraught because I ate well, exercised like crazy, had very little intake of sugar, avoided processed foods, flossed & brushed 2X a day & used a water pick. I tried oil pulling with organic coconut oil but it left waxy buildup on my teeth. I caught on to the unethical dentist & switched to an honest one. He sent me to a periodontist & the hygienist did cleanings. Thank God the periodontist didn't recommend planing & scaling.

I read up on oral care & started rubbing my gums with organic sulfur. I also started taking powdered high dose V. C. My gums are now healthy. After reading this article, I am now adding half a dropper of 12% food grade H2O2 to my water pick. I had a hand held water pick but it lasted < 9 months. My advice is to purchase a plug-in unit. I make my own toothpaste out of baking soda & Himalayan salt. There are plenty of unscrupulous dentists in the U.S. Trust your gut if you suspect he or she is recommending unnecessary treatment. I love reading about all the minerals and vitamins that others have posted comments.

Posted On 06/22/2021

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## **clanharwood**

Anybody in Ontario Canada know of a dentist that offers the 3D cone imaging ?

Posted On 06/20/2021

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## **tmrmartha**

There is one in Yorkville [Toronto], near the Manulife Centre. Here is the link.

[www.yorkvilletds.com/.../3d-imaging](http://www.yorkvilletds.com/.../3d-imaging)

Posted On 06/20/2021

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**tdmartinson**

I have never used a water pik sounds really messy, don't you get water squirting all over the place?

Posted On 06/20/2021

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**msmaxima**

You keep your mouth half closed so the water just dribbles out.

Posted On 06/20/2021

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**AnnAnn**

Put the thingy into yr mouth BEFORE turning on, so all the water squirts into yr mouth. Don't take thingy out of yr mouth until AFTER turning off. Hang over the sink while it's running, so the water goes into sink as it flows out of yr mouth. No mess.

Posted On 06/20/2021

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**PakDoc.**

The only tech gadget I recommend to patients. A nutritionally ketogenic diet can be extremely beneficial if you suffer from dental diseases and a water pik is a great cleaning aide to use 1-2x day while brushing 3-5x day.

Posted On 07/04/2021

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Fifty-five years ago while living in Colorado, my dentist recommended a Water-Pik. Since then, I've never been without one. They were once made in Fort Collins, Colorado. Very easy to use. Plug in, set the pulsating water pressure to your liking, put the pik into your mouth, then turn on the unit. No splashing at all. Do pull up the long sleeves if you are wearing one. You can use a spare hand towel to put in front of you. A dental hygienist recommended that listerine mouth wash be used which is alcohol-based. Now, I see that hydrogen peroxide is being recommended. Just an added tip. After using all the water in the tank, turn off the unit, take the tank off. Put the unit gently on its side. This allows the small water connection between the tank and the electrical unit to dry. There are times you will have to put pressure with your hand on the top of the tank to get the water to pulsate. A good investment.

Posted On 07/04/2021

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## Meloton

Great article on oral health and the link to all the illnesses it can cause. My mother had Alzheimer's disease, and she also had gum disease and surgery in her 40's. She grew up extremely poor never having the opportunity to have proper dental care. As an adult, she flossed every night, but I believe incorrectly since she would (annoyingly) floss in the living room in front of the television.

On another note...I have read that waiting at least 30 minutes after every meal to brush your teeth helps keep from "opening" up gum tissue allowing food particles and bacteria to enter. Also, rinsing out our mouth before having that first glass of water in the a.m. to remove oral bacteria/toxins that accumulate overnight is a must. These are small habits that lead to big changes. Nebulizing hydrogen peroxide, 3D cone imaging, and daily gum irrigation are great preventative measures/routines; however, sustaining these practices, especially for busy people, seems difficult on top of eating right, exercising, supplemental intake, volunteering and praying/meditating. We have work, families, and such.

A great organic product I use is Primal Life Organics! Check them out! They have an oral detox package that includes a tongue scraper.

Posted On 06/20/2021

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**davidle**

I have a number of root canals and will ask my dentist about that special imaging.

Posted On 06/20/2021

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**MaxMayhem**

Does Dr. Levy suggest that we irrigate our teeth and gums with undiluted hydrogen peroxide? I am concerned that this would result in excessive whitening of the teeth. After reading his first book, "Rapid Virus Recovery" I began adding small amounts of H<sub>2</sub>O<sub>2</sub> to the reservoir of my Water Pik but it is nothing like full strength.

Posted On 06/20/2021

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**brodiebrock12**

Common sense says dilute

Posted On 06/20/2021

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**AnnAnn**

"undiluted hydrogen peroxide" isn't specific enough. Are you talking about 1%? 3%? 35%? Dr. Levy's book Rapid Virus Recovery gives proper proportions. Based on his recommended dilutions, my husband and I use 3 Tablespoons 3% H<sub>2</sub>O<sub>2</sub> in 1.5 cups water, and that's enuf for both of us to irrigate with.

Posted On 06/20/2021

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## FlowerGirl1111

Can anyone recommend the type of water pic that produces the best results? I've seen hand held wireless devices being advertised as well as devices that have a small tank attached ....

Posted On 06/20/2021

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### DebbyW

I have the old style Water Piq that has a tank. I've used it for twenty years. I like it because the reservoir holds more water than the handheld ones. I always put about a tablespoon of regular hydrogen peroxide in it and use it about once a week. My dental hygienist has told me I have better gums than most of her patients. I think it's the best way to clear out bacteria below the gum line.

Posted On 06/20/2021

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### forbiddenhealing

You can also swish/gargle H2O2 or inject it directly into gum pockets with a blunt 45 degree angled needle.

Posted On 06/20/2021

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### MaxMayhem

I tried using a hand held device and it was too weak to do the job. Luckily it broke down after about 3 months and I bought a new brand name brand Water Pik from Ebay for about \$25. What an improvement. Additionally, the controls on the portable unit were located in the area where I needed to hold the device and it was hard to control.

Posted On 06/20/2021

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**rrealrose**

I have the hand-held battery-operated water pik that works well; however, initially takes practice not to also squirt the bathroom mirror - or all over. Going off to mix some saline and try this out, although H2O2 over time may discolor clear plastic water capsule with uptake tubing.

Posted On 06/20/2021

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**the1ed**

[www.amazon.com/Hydromagnetic-Irrigator-Pockets-Flossers-Removal/dp/B08..](http://www.amazon.com/Hydromagnetic-Irrigator-Pockets-Flossers-Removal/dp/B08..)

Posted On 06/20/2021

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**mky32022**

Should we be using a corded water pik as to avoid higher EMFs that a wireless omits?

Posted On 06/20/2021

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**zinovius**

Here is my 2 cents on this topic. My son since age 13-14 is addicted to flossing. He is flossing after food, morning and before bed. His teeth are in most perfect health. Absolutely amazing. He is 38 now. So, if your teeth are still in ok shape, do yourself and your teeth a big big favor - FLOSS!!! Floss every time you eat more or less. But most importantly in the morning and before bed. No need for any irrigation with H2O2. Good quality flossing string is all you need. I didn't follow my son, and ended up extracting my remaining teeth and replacing them all with dentures. So I'm also free of trouble, sort of. Flossing is all you need. Get addicted to it and you will be thankful!

Posted On 06/20/2021

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## **DebbyW**

Flossing is definitely very important. It cleans between the teeth and stimulates the gums, but it doesn't get below the gum line the way a waterpic can. Your son may find that as he gets older, his gums need even more attention.

Posted On 06/20/2021

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## **forbiddenhealing**

Floss gently and never allow a hygienist to probe periodontal pockets to "determine depth data" and damage tissues while jamming bacteria deeper down.

Posted On 06/20/2021

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## **GeneRead1**

Dr U mentioned looking up the dosage of peroxide. Where would I find that. Great interview THANK U - GENE READ

Posted On 07/10/2021

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## **jjlauren50**

So much fabulous information, thank you.

Posted On 07/05/2021

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## Harry6454

I have chronic fatigue (caused by PTSD) and have bad teeth. In my country it is difficult to get such a 3d scan. What are signs that I have an infection without having such a scan? Shouldn't I just go ahead with the treatment if it is so cheap?

I do have frequent inflammation of the frenulum.

Posted On 07/04/2021

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## IScream2

I tried rinsing my mouth twice a day with hydrogen peroxide. By the second day, my mouth was full of ulcers. Same goes for me when I brush with baking soda. It all kills the good bacteria in my mouth....

Posted On 07/04/2021

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## meyer.home

If you are prone to hard calcium deposits on your teeth, use the hydrogen pills to make hydrogen water that Mercola sells. What I have found is that if you sip it when it's bubbly (taking care not to be close to the bubbling tablet/s), swish it around your teeth repeatedly like it's mouthwash, and by taking many sips, the calcium deposits will become soft and powdery. They will crumble off easily. I had this problem constantly growing up and the dentists had a really hard time getting the deposits to come off. I was left with bloody gums every time. This is so easy to do and it keeps the issue at bay.

But that leads to another issue, how do you get your calcium/phosphorus ratio in a good range when your phosphorus runs on the low side? My system runs on the edge of being clinically low in blood phosphorus for over a decade now after amalgam removal a little over a decade and a half ago. I need more phosphorus. I found one back in 2008 called Complexed Phosphorus made by Carlson that was a lysinated form of phosphorus (AKA Lysine bonded with phosphorus). As I used the one bottle up, I think it helped my ATP production among other things so that my insulin requirements reduced slowly daily until I ran out. At that point, I could not find any more since it had been discontinued and was not available anywhere.

I have tried every other type of phosphorus that seems safe. Cell salts of phosphorus don't work. Lysine helps get stuff into the body from the gut so I think that is critical in helping me. This could be my weak link that is preventing my T1D recovery so if anyone out there has any ideas or ways to help, please let me know.

And btw, I don't drink pop or the like. I'm looking for a phosphorus form that will help my teeth not destroy them. :)

Posted On 07/04/2021

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## becoming.educated

I have 3% hydrogen peroxide what is the ratio of H2O that I need to put in my water pix?

Posted On 07/04/2021

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## magickey

Two prime treatments not mentioned: 1. Oil Pulling, with coconut oil. 10 minutes with 1/2 tsp. "sucking" strongly to cause the liquid oil to be "pulled" into the gums. 2. Eating a raw egg WITH SHELL once a day as a liquified ingredient in smoothies. After two weeks the teeth are greatly improved... tighter in their sockets, cavities stopped and eventually healed. Afterwards, eat a raw egg and shell once a week.

Posted On 07/04/2021

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## Shasha

H2O2....Hydrogen peroxide made the pockets around my teeth get large. I use no tooth paste...just water. Ozone water once a week helps clean the plaque off my teeth. Eating organic vegetables and fruit help my teeth. My teeth are shiny.

Posted On 07/04/2021

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## PakDoc.

I think the POINT is being missed. Dental dz IS a sign of systemic dz, basically a DIETARY DISEASE. Without CARBOHYDRATES in the diet, there can be little if ANY dental dz other than from trauma. We've known for decades the association of hrt dz with perio dz BUT peri dz doesn't exist alone...it is an AUTOIMMUNE dz and hence has a base etiology in a systemic problem, usually METABOLIC SYNDROME of a chronic nature. As a dentist, I see patients that have rarely taken care of their teeth and some have ZERO oral dz and a CBCT would be contra indicated unless medically needed. Healthcare is an ART based in science...I'm trusting the art more so in these days!

Posted On 07/04/2021

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**Jiggs555**

Best advice you can ever get it to stay away from Dentist, Doctors, Hospitals and Medicine

Posted On 07/04/2021

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**599poppyseedprotonmail.c**

No argument for the need for oral health... however. Someone could address the FACT that having all your root canal'd teeth removed leaves one with an equally serious health issue. Poor nutrition because you have no chewers left. Don't advise existing on baby food. You live on baby food and see how that works for you.

Posted On 06/23/2021

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**kpk0765**

Dr, thanks for the content. I know you know about dental cavitations and associated osteonecrotic/ischemic bone disease since I saw you talking with a dentist that saved my life. That being said, I haven't seen you interview anyone about this specific dental issue that may be more of a silent epidemic in the U.S than these other diseases you mention in this article. People need to know what to look out for before getting their teeth pulled. The seriousness and existence of cavitations have been repeatedly kicked down by boards, regulators, and profiteers for decades with practically no justice for those that suffer in silence with systemic bodily issues with no answers.

Posted On 06/22/2021

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**jen3070**

The problematic root canals discussed are ones done with an existing tooth infection, is that correct? Which would make sense that you can't get all the bad stuff out that way (and taking antibiotics by mouth also doesn't work from what I've read, because they can't be carried all the way into where the remaining bacteria are). However, if a person had a root canal due to a broken tooth (from impact/accident) then a cap/crown, would it still pose the same abscess issue? What if the tooth had been temporarily repaired with composite filling material for a few years first? And what about a tooth that was also impacted (but not broken) that made its own root canal naturally so to speak (according to the xray)?

Posted On 06/21/2021

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**MikeyG1964**

I have followed Dr Mercola for many years and bought many of his products on his recommendations therefore I highly value his opinion and advice. I get all my nutrition through a PEG in my stomach, I have just discovered what the Two Cal feeds I am prescribed are made up of, a mixture of different vegetable oils to help with getting enough daily calories. My question is can I survive on blending vegetables, beans, lentils and other pulses and of course some fruit. My thinking is to either juice, blend or make into a soup and put through my PEG with a syringe. What would be a good thing to consume that will go down my PEG which will give me lots of good calories and not junk calories like my Two Cal feeds? I will have a PEG for the rest of my life and I am 56 now.

Posted On 06/21/2021

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**tllove**

In reading this article, I have a question about oral oil pulling. When done with coconut oil for 15-20 minutes daily it is supposed to "remove" toxins from the mouth. How does that work with this program? In place of this program? Thanking you in advance for your guidance.

Posted On 06/21/2021

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## **Guy\_StHilaire**

So much very good information coming from Dr.Mercola site .He is a real doctor in the true sense of the word. Thank you so much .

Posted On 06/21/2021

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## **PakDoc.**

As a dentist for almost 30 years and has performed THOUSANDS of root canals, I can only say that the overwhelming majority of MY rct's are successful and have NO signs of chronic infection. Only a small percentage would be in that case and usually due to a stress crack in the root or asymmetrical canal anatomy preventing adequate debribment, disinfection and sealing. An rct tooth is STILL ALIVE ON THE OUTSIDE. I use 3D Cone Beam tech as well. You will also get varying results due to the skill level of the healthcare provider and the materials & techniques employed. Just doing studies on "failed" rct's doesn't tell an honest story and epidemiological studies are poor to draw conclusions.

Posted On 06/21/2021

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## **car852152**

Wherever I try to convert the Rapid Virus Recovery epub to mobi, there's a problem and it freezes. Anyone else has the same problem?

Posted On 06/21/2021

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## Sherryld

My Dad unexpectedly died 31 years ago from a heart attack at the age of 50. The pathologist reported that he had the disease Arteriosclerosis. All of his coronary arteries were completely blocked. My family was completely devastated at his sudden death and to this day cannot understand why he had developed this disease since his parents lived into their late eighties and nineties and his older brothers well outlived him. He had all of his teeth removed in his late thirties and wore false teeth after. He also smoked cigarettes but had quit completely 15 years prior to his death. I have seen a few articles over the last couple years talking about the correlation between heart disease and the mouth. This article is excellent and it may put some perspective as to why he may have died. I have never been able to differentiate between atherosclerosis and arteriosclerosis and even my family physician at the time could not really explain nor could he explain what may have caused it since he wasn't overweight and didn't eat unhealthy.

Posted On 06/20/2021

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## joero\_

Since I had a tooth extraction 2 weeks ago I was quite interested in this Dr. Mercola article. I am fortunate to have a holistic dentist... no antibiotics and many supplements. She cleansed the tooth (a wisdom one) cavity with ozone and had me breathe it and put it in my ears. I just finished Levy's attached book, "Rapid Virus Recovery". I embrace it completely. Several surprises jumped out at me... i.e., iron is bad and is in many processed foods and he recommends Magnesium chloride as his go to source for Magnesium to mention a few. I am into nebulizing, but the H2O2 in my waterpik is interesting.

Posted On 06/20/2021

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## echinacea

How much water is used to make the hydrogen peroxide rinsing formula mentioned in this article? Thanks ...Dr Mercola writes "I put about half a dropperful of 12% food grade hydrogen peroxide into my Waterpik irrigation water, plus one-eighth teaspoon of unprocessed salt and one-eighth teaspoon of sodium bicarbonate or potassium bicarbonate."

Posted On 06/20/2021

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## seastars

I read in a previous article by Levy (or his free e-book Rapid Recovery??) fill it to a little more than half.

Posted On 07/05/2021

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## 20thCenturyFox

This is good information to get out to the public. I have been following the association of periodontitis with other health issues ever since Finnish researchers first published their findings of the linkage between oral pathogens and heart disease...I'm going to guess..about 20 years ago. (I always found it hard to swallow the cholesterol thesis when I read that more than 50% of heart attacks occur in people with normal cholesterol.)

Besides the health conditions mentioned in this article, I have also seen research linking the formation of calculus on teeth with bone loss occurring elsewhere in the body. If you are experiencing notable calculus formation, it might be wise to have your bone density scanned, and, if you are sliding toward osteoporosis, look into the specific exercises which are helpful--and start avoiding those which are harmful!--for fragile spines and hips (I recommend Margaret Martin's "Better Bones" website). Before taking more calcium, be sure your Vitamin D levels are better than okay, and you are supplementing modestly with Vitamin K2 and Mg.

Posted On 06/20/2021

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## wpmars

Im all for aforementioned tooth health techniques but by making the Breville citrus juicer bag of lemons lemonade with colloidal silver water, or V8 , or green powders( Moringa , crushed Clorella, Green Tea, all sweetened with Stevia drops , .... as my main beverage ( all used to take nighttime supplements , seems to do a good job with the teeth pretty good.

Posted On 06/20/2021

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I had 8 root canals and was told by someone who was running a Quantum machine that they were all of my health problems. I had been feeling sick one day and then fine the next for a couple of years. I went to a holistic dentist and he removed them all and cavitated the gums. they all had low grade infections. It took about 6 months all together before I really started to feel better and that was 19 years ago and now I am 82. Best thing I ever did for myself. It was expensive but worth it.

Posted On 06/20/2021

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## **katygot**

I have allowed my dentist to do deep cleanings on my gums and extra fluoride treatments while watching my gums continue to suffer. Stopped it! I told my hygienist "only regular cleanings, no probing and no fluoride.

I read Dr. Levy's article via Dr. Mercola and started using 3% food grade hydrogen peroxide (along with water) in my water pick. So I floss, brush and waterpik. One month later the receding of my gums on my bottom front teeth has almost disappeared and my gums are healthy and pink. I look forward to explaining this rapid improvement to the hygienist in August. Thank you Drs Levy and Mercola. Also a big thanks to the very intelligent commenters here who provide a wealth of information.

Posted On 06/20/2021

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## **Retsbew**

We have fluoride in the water on the presumption it's so important to make teeth strong. Then they painted children's teeth with fluoride - I don't know if they still do that; in my opinion that shouldn't be allowed. Fluoride attaches to the pineal gland and can cause calcification. Is this why we have so many cases of Alzheimers' disease today?

What I do know for sure is that Colloidal Silver can stop infection in and around teeth in a relatively short period of time. Rinsing with peroxide can also help.

Posted On 06/20/2021

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## Martix

You can also use MMS !!! very good

Posted On 06/20/2021

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## harvelicious

This article is an important revelation into the failings of "modern medicine", for which, I refer to as the big pharma "model medicine". Most medical doctors pay little to no attention to oral health & treat it almost like that's not their job. Furthermore, many dentists, periodontists, orthodontists, dental assistants, etc., lack this level of understanding & knowledge, as well, since the dental industry is more focused & vested in the sickness & aesthetics profit model that parallels the medical profession. As Dr. M illustrates, in his health advocacy articles, just how neglected we've become by the medical/dental profession run by big pharma. When half, or more, of a governments budget goes to "healthcare", that's got to ring the alarm bells, doesn't it?

Since it is likely that people who suffer from chronic infection, likely have, at least, low level chronic inflammation, as well. Anyone living with either, or, both types of these very serious chronic diseases, will have overactive/overworked immune systems, for which, in turn, becomes a vicious cycle, as one can exacerbate the other, & can cause a plethora of health problems/disease. Also, it can never be overlooked just how significantly poor diet & nutrition factors into all of these serious afflictions.

Holistic integrated health care is essential for optimal health & homeostasis. It is imperative to be diligent about finding quality alternative health practitioners, also, as there are many that lack the necessary comprehensive knowledge, &/or, have an aggressive profit model selling potions, concoctions & supplements that may not benefit you, or, perhaps, even have a negative effect.

As a side note, it is interesting, but, not surprising to hear from health food store owners/workers that say how they have to watch the Dr. Oz show to know what to stock up on because they always get high demand for products he talks about on his latest shows, for which, is an indictment of "modern medicine".

Posted On 06/20/2021

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**lor4363**

He talks about Vit C being important..Does anyone know the the Doctor's protocol with the Vit C? Type of Vit C, Potency and daily dosage? Thx

Posted On 06/20/2021

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**jqu3646**

I've read a few books on living over 100 and they always focus on the oral condition as well. Using Sunflower oil as mouth wash expels toxins too

Posted On 06/20/2021

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**joero\_**

Also, coconut oil and castor oil.

Posted On 06/20/2021

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**mky32022**

Isn't sunflower oil one of those oils that we should avoid using, as it goes rancid quickly??

Posted On 06/20/2021

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**cwc0000**

... radiation, radiation, radiation.

Posted On 06/20/2021

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**"Stealth Oral Infections Are Amazingly Common"**

That's not supposed to happen. Dentists assure us that fluoride in drinking water and dental products protects our teeth from cavities. Because of the prevalence of fluoride, dental disease should be exceedingly rare. Nevertheless, a homemade mouthwash made by mixing erythritol crystals in water will dissolve tartar and kill streptococcus mutans, the bacteria whose waste leads to periodontal disease (there are several brands of mouthwash and toothpaste that contain erythritol and/or xylitol). Erythritol kills SM because they eat it but cannot digest it, so they die. They love sugar, though, and eating it causes them to excrete large amounts of waste, which clings to teeth and ultimately changes into tartar, the basic cause of dental disease. Erythritol's ability to dissolve tartar isn't reported anywhere that I've seen, although it is said to be generally good for dental health. All the DIY alleged remedies and preventives, such as salt and baking soda, etc., are distractions that keep the faithful busily taking care of their teeth, but ultimately lead to the need for more dental repairs. The fluoride issue has the characteristics of a "psyop" because it instills a false sense of protection while dental disease stealthily maintains the need for dental intervention, sooner or later.

Posted On 06/20/2021

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**magickey**

Several things that can be done to promote healthy teeth and gums: 1. Oil pulling for 10 minutes with coconut oil. Does wonders to stop infections. 2. Brush with soda. Rinse with H2O2. 3. Eat at least one raw egg with shell a week. Put in blender and liquify for smoothies, or on cereals. If an abscess or loose tooth, eat the raw egg/shell daily for 2 weeks. Teeth will heal naturally. 4. Use a water pick.

Posted On 06/20/2021

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**tallulah3**

I need to get to the dentist right away. I just ordered a waterpik

Posted On 06/20/2021

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**jjo7068**

I tried Steel Bite Pro and it works. Its amazing ! All natural.

Posted On 06/20/2021

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**chrisphillips**

waterpik is my go to after anything i eat. i wish i had discovered this as a young person.

Posted On 06/20/2021

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**que1888**

Absolutely love Dr. Levy interviews. His books and recommendations have turned my world upside down along with Dr. Mercola's site. His peroxide protocols have amazing results. Thank you so much Dr. Mercola for these wonderful free interviews.

Posted On 06/20/2021

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**ironpuppy92765**

I suffered from periodontal disease for 35 years. While strict dental hygiene kept it from getting worse, I found that eating raw fermented vegetables healed up my gum pockets significantly.

Posted On 06/20/2021

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**ros52531**

Is there a website where you can find a biological dentist? The one my boyfriend was seeing here in Atlanta was amazing, but he died last year. My boyfriend is in serious need of finding a new dentist quickly as he has many teeth with root canals and has serious health problems including triple bypass surgery as well as diabetes. If you have a dentist you can recommend, I would appreciate that also.

Posted On 06/20/2021

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**skupe59**

Just look up the following: Biological dentist near me. Also read the comment I made to BeatriceW with some books to read. Oh, you and BeatriceW should also try some butter oil along with your daily cod liver oil. I had forgotten about it but I just ordered it on perfectsupplements.com.

Posted On 06/20/2021

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**que1888**

The IAOMT has a website where they list bio dentists for each state. But you then need to research the dentist. Some say they are bio dentists on their websites but don't follow many of the protocols outlined by the IAOMT. Become familiar with the recommended procedures outlined by Dr. Huggins and the IAOMT and it is easy to spot the best bio dentists.

Posted On 06/20/2021

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**CocoaCin**

Directory of Biological Dentist <https://iabdm.org/location/>

Posted On 07/04/2021

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