

grulla

My late wife had all of her original and fully functional 32 teeth, including the wisdoms, with only one minor amalgam filling. Being of Swiss/German and Serbian descent, and having a good sense of irreverent humor, she always accredited her perfect teeth to her Neanderthal ancestry, lol. My late MIL outlived my wife by 4 years, and since she passed away in 6/2015, I have become the primary care provider for my lifelong trauma induced, autistic SIL, the result of a playground accident at age 5. I have been making sure my SIL has periodic dental care inspection and cleaning every 6 months with a local dentist who was recommended to me by a former work colleague, and seems to have good integrity. That is when I learned that my SIL was no different in her tooth quality than my wife, also having all 32 of her original teeth, it must run in the family. However, apparently sometime many years ago, (back in AZ or Ohio ??? when my MIL was my SIL's primary care provider), she "had" to have 9 amalgam fillings done by another dentist. hmmm.

So just recently, I inquired to this new dentist in behalf of my SIL, about SAFELY eliminating the 9 amalgam fillings with a safe(r) resin, and he agreed. What we found out in the process was that 8 out of 9 of those amalgam fillings were just of minimal depth, and the 9th filling was not that much deeper. The consistent minimal depth of all those fillings leads me to believe that some unscrupulous dentist from the past had sold my MIL a "bill of goods", and convinced her that my SIL needed all those unnecessary amalgam fillings. And just like my late wife, my SIL's protective tooth enamel is impeccable. Also, it will be interesting to closely observe if there is any gradual improvement in my SIL's autism, from the removed toxic amalgam. She does not talk much, doesn't make eye contact, but seems to read somewhat and keeps busy in her favorite place, the kitchen, where I try to guide her in healthy(ier) and safe choices. Time will tell.

Posted On 12/04/2017

Guillermou

Hi Grulla. First congratulate you for your great heart and attention to your relatives. I do not have such good genetics, but I go to a holistic dentist. In the health of the teeth they have a cabinet of homeopathic doctors, acupuncturists and dieticians. Years ago I extracted the only mercury amalgam I had. The next day I performed a mercury blood test, which resulted in zero value. These links for the extraction of the amalgam in a holistic way:

Remove Deteriorating Metals From Your Mouth and Reinforce Cracked Teeth.

marylandholisticdentistry.com/safe-removal-of-amalgam-fillings

Holistic Dentistry Blog. How to detox mercury after amalgam filling removal. holisticdentistry.ie/blog-How-to-detox-mercury-after-amalgam-filling-r..

Dr. Tom's Message. Mercury Free, Mercury Safe, Holistic Dentists.

www.dentalwellness4u.com/.../message.html

Posted On 12/04/2017

grulla

Thanks "Gui" your 2nd link is especially of interest to me for my SIL, as I just now posted about chlorella for detoxing dental mercury on the #2 chlorella article.

Posted On 12/04/2017

mirandola

Lyme spirochetes can also embed under the gums. I read this on a biological dentist's website. So perhaps diet and brushing/flossing are important, but not Everything after all, when it comes to oral health? For the corkscrew-shaped Lyme spirochetes embedded under the gums, I would think that oil pulling may be one of the very few effective ways to go toward removing those critters. When I oil pull, I spit out the coconut oil into a plastic bag and discard. It would definitely gunk up pipes if spat into the sink or toilet, you can forget about that idea. And when on the ground it hardens and looks gross. Pretty toxic too. I just toss it out.

Posted On 12/04/2017

Guillermou

Hi Mirandola. Very interesting. This links to your knowledge. At the end there is a link for treatment. Some biological dentists have studied Dr. Price's work, including Dr. Andrew Landerman of Sebastopol, California. He finds that Lyme and many other chronic diseases are fed by the unique bacteria that develop in root canals and where teeth have been extracted. Dr. Landerman gave an interview to Dr. Mercola Lyme Disease Often Resides in the Mouth.

www.arizonaadvancedmedicine.com/Articles/2013/June/Lyme-disease-often-.. .

Dr. Klinghardt successfully uses ozone and a variety of novel approaches to treat the simplest presentation of Lyme disease, the orthopedic forms, which typically affect the larger joints Why is Lyme Disease Not JUST a Tick-Borne Disease Any More?.

articles.mercola.com/sites/articles/archive/2012/02/05/dr-dietrich-kli.. .

Dr. Klinghardt's Treatment Protocol for Lyme Disease.

articles.mercola.com/sites/articles/archive/2014/07/26/under-our-skin-..

Posted On 12/04/2017

mirandola

Thank you Guillermou, for your dedicated time and research! Lots of good info. For anybody who is interested, here is a Powerful!!! book about root canals. The dentist/author shows a photo under a microscope, of infections in the dental tubules of the teeth, that he says he never once saw in dental school training nor in decades of clinical practicing. Before/after images of extracted and infected teeth, planted under the skin of rabbits, who contract the same exact illness as the human host within a matter of weeks after implanting! Cruel, but something for us all to learn from. Infected teeth are a real issue! Root canal teeth test sterile, writes the author, because the infections live inside the dental tubules (tunnels of microscopic size in the teeth) and thereby escape detection by the test. They become even more virulent and secrete noxious toxins after root canal therapy, because they become anaerobic, ie requiring no oxygen to survive, an adaptive feature, writes the author. The toxins leach out through the enamel layers of the teeth and affect the human host, writes the dentist/author. See more in the book www.amazon.com/.../0916764095

Posted On 12/04/2017

Guillermou

Thanks to you, your information is very interesting. I have been interested in what you are exposing and I complement your great comment. Dr. Robert Kulacz, interviewed by Dr. Mercola says that teeth with endodontics are chronically infected, can contribute to health problems, including cardiovascular diseases. While the ADA contends that the bacteria in the teeth of the root canal can not travel to distant places in their bodies, Dr. Kulacz disagrees, and explains that

In the line that you comment, the root canal of the teeth no longer has a blood supply, therefore the bacteria inside the root canal of the teeth, can not be attacked by the immune system. He says that The pathogenic bacteria of the infected root canals that infect the inhibition of the surrounding jaw destroy or kill the white blood cells designed to eliminate them, which is why the root canal of the teeth is a source of infection. chronicle". Dr. Robert Kulacz suggests considering ozone therapy before endodontics or tooth extraction. Other alternatives in the link:

articles.mercola.com/sites/articles/archive/2015/05/31/root-canal-teet..

He also wrote a book about his findings: "The Toxic Tooth: How an endodontics could be making him sick". Dr. Robert Kulacz www.amazon.com/Toxic-Tooth-canal-could-making/dp/0983772827/ref=sr_1_1..

Posted On 12/04/2017

19beets

I alternately brush with a dab of baking soda or calcium bentonite clay. I've been doing this for 7+ years. My dentist tells me my enamel has not been affected. One warning about oil pulling, especially with coconut oil: If you have caps, it will loosen them! Coconut oil is great to use if you have adhesion issues with any type of glue. I recall reading a story about a child who got his finger stuck to a chair with Superglue. Before the ambulance arrived, the mother had released it with coconut oil.

Posted On 12/04/2017

realfoody

Krofter- Last year while flipping through the tube looking for something to watch, I came across The 33 (the movie about the 33 miners caught in a Chilean mine for 2 months back in 2010), which was fairly interesting way to pass my time. BUT, my favorite part of the entire movie (as a Weston Price junkie) was the end. Holy Cow!! At the end of the movie, they showed all of the actual miners today, in one-by-one shots, and I was blown away. Almost all of them had beautiful teeth, white, straight, with beautiful arches and no crowding. It fascinated me so much, I had to back the movie up and watch the end all over again. Here's a clip of the end of the movie. Start it about the 1:24 mark.

www.youtube.com/watch Enjoy!

Posted On 12/04/2017

restoreyou

I recently started going to a holistic dentist and it has been a fascinating experience. They took a sample from my mouth, put it on a slide under a microscope, and showed me the bacteria living in my mouth! They also tested the acidity of my mouth. It has been quite an educational experience and I am learning so much about the importance of my dental care. This was not my previous experience with my traditional dentist. I am grateful to Dr. Mercola for his suggestion to find a biological dentist!

Posted On 12/04/2017

Chimonger

Thanks for the Good article! For Oil Pulling: If I'd known then, what I learned years later, there'd probably still be more teeth in my mouth now! What I learned late: Oil Pulling can be done effectively using only 1 TEAspoon of oil, and only swishing it for a minimum 5 minutes. [[Not the 1 Tablespoon in the old directions---who can fit that huge a wad of anything in their mouth, and still chew or swish?!?]]...And, IF you manage to swish for longer than 5 minutes--great! IF the mouth starts to feel raw from the swishing/pulling, you "need an oil change" in order to continue that session.....too much spit has mixed with the oil, and it's abrasive to the mucus membrane of the mouth...spit-out the old used oil, get another teaspoon of oil to continue the pulling session.....that trick has stopped the mouth feeling raw, in our household. Fluoride? Just say "No!". It's toxic, and you might not even know how bad, until years later....too late to fix.

Chemical dosing of Muni water supplies are mechanized, metered dosing of chlorine/bromine/etc., or fluoride into the water supplies, as they leave the treatment facility. Machines that dose those chemicals are erratic....sometimes dump too much, sometimes too little, per their guidelines...and officials lie about it, often. One here keeps repeating: "the water will smell like it's got too much chlorine in it, if there's too little". [and I fell off the proverbial tomato truck yesterday?!?] Imho, any is too much! What if instead of dumping industrial waste into our drinking water, we mandated filtration at user end-points? There'd need to be much better and easier filters available, to make it a really easy "no brainer" to change them, or back-flush them.

Posted On 11/30/2017

Julia Vassilevskaia

Be careful with oil pooling when you just had dental crowns or bridge done. It can displace those. Regular tea leaves, especially green tea applied to the gum overnight or after the meal would help to reduce acidity. The best herb grown in North America for teeth is Prickly Ash. It was used by natives and is very very effective.

Posted On 12/04/2017

Guillermou

Hi seaweedlady Probably its beneficial action is due to improve the normal circulation of blood in its vessels, due to its stimulating effect. As a result, it is often used as a support aid when more blood is needed in a certain area, such as teeth. It also has properties for Immune system, joint, muscle health and lymphatic Function

www.gaiaherbs.com/.../Prickly-Ash

www.botanical.com/.../ashpr077.html

www.uofmhealth.org/.../hn-2149006

Posted On 12/04/2017

mar6915

According to Heinerman's encyclopedia of fruits, vegetables, and herbs by John Heinerman..the root or slim stem of a species of Prickly Ash is used like a toothbrush sort of. The Africans chew it then the fibrous end gets used as a tooth brush. Chewing sticks used during the day.

Posted On 12/04/2017

interestedone

Dr Price's book Nutrition and Physical Degeneration he notes that a common feature of most of the cultures he visited with healthy teeth was an active spiritual practice (in Switzerland they lit a lamp and showed gratitude), yes its definitely NOT the only factor in their health but he does mention it "From Dr. Siegen, I learned much about the life and customs of these people. He told me that they recognize the presence of Divinity in the life-giving qualities of the butter made in June when the cows have arrived for pasturage near the glaciers. He gathers the people together to thank the kind Father for the evidence of his Being in the life-giving qualities of butter and cheese made when the cows eat the grass near the snow line. This worshipful program includes the lighting of a wick in a bowl of the first butter made after the cows have reached the luscious summer pasturage"

Posted On 12/04/2017

mar6915

I would love to eat some of that butter in June in Switzerland. I would be so grateful. Pasture , near the glaciers . and a snow line. Beautiful thoughts.

Posted On 12/04/2017

iphoenix

Took care of my teeth as well as anyone, but kept having cavities. Had chronic fatigue and chronic sleep deprivation since I could remember. Finally had all amalgam taken out, but the dentist did it without the prescribed protections as well as not telling me he was actually doing it. I was led to believe he was going to do it at a separate sitting. I remember swallowing several times and was horrified when thus informed! The dentist seemed nonchalant and I never went back. I knew him from church and was extremely disappointed to say the least! Now at age 66 I have discovered that I have Sjogren's syndrome and no one ever bothered to ever address this possibility, even though I had asthma, allergies, sinus, bronchial, and other autoimmune diseases. Now I am having to seriously consider getting the rest of my teeth pulled and getting dentures. What a poor excuse for a healthcare system that only wants to operate like a Ponzi scheme instead of actually helping prevent problems! So much for their Hippocratic oath!

Posted On 03/20/2018

cdj123

I am so sad to hear Dr. Osmunson and Dr. Mercola provide incomplete information to mothers about feeding their babies. And so easy for these men to say "don't nurse your new baby at night when they wake up". They should try that approach themselves with a new baby when the baby is waking up every 2 hours for many months ;-)

Nursing your baby does not cause caries. A baby with a healthy mouth (meaning populated with healthy bacteria) will not get cavities from nursing. However, if a baby has a mouth heavily populated with bad bacteria, they will likely get early childhood caries.

The most important thing for new parents to know is that the health of their mouth is what impacts the health of their baby/child's mouth. As parents, we pass our mouth bacteria to our children. So if you have a mouth populated with healthy bacteria, your child is likely to have the same; if your mouth is heavily populated with cavity-causing bad bacteria, that is what you will be passing onto your children. It's the bad bacteria that cause cavities...not the milk. The sugars in milk (or any other carbohydrate) feed the bad bacteria in the mouth, which in turn produce the acids that will cause the cavity.

So instead, focus on ways to nurture the good bacteria in your and your baby's mouth, and do all you can to keep the bad bacteria at bay. But please, don't stop nursing your child at night. That is just ridiculous.

Posted On 12/05/2017

Guillermou

Chewing Neem leaves or seeds destroys bacteria that cause cavities. The powerful oil of this plant acts as a powerful remedy for oral infections, cavities and to prevent bleeding and sore gums. Across India, neem sticks are used as chew sticks to reduce oral bacteria and naturally clean, whiten and brighten teeth and even fight bad breath. Green tea also eliminates harmful bacteria inside the mouth. Green tea contains natural fluoride, which protects our teeth and mouth and prevents cavities. Green tea can also be used as a mouthwash. Green tea also helps eliminate bad bacteria from the intestine, facilitating digestion.

. Licorice root is an important herb that helps curb cavities and gum disease. Chewing licorice root protects against bacteria as it has antimicrobial properties. However, it is important to remember that licorice is not the same as licorice candy. Licorice is available at local pharmacies and is best known for its properties in fighting toxicity, treating cavities, and gum disease. Onion, when consumed raw, can cause bad breath, but at the same time it is very good at killing bacteria in the mouth.

Onions have antimicrobial properties that prevent gum disease and prevent cavities and plaque. Another important component to relieve toothache and dental problems is garlic. Garlic contains allicin. Allicin is an antibacterial agent that helps relieve tooth pain. More remedies in the links. theelitedental.com/herbs-spices-good-for-teeth-2 .---- kanatahighlandsdental.ca/news/advantages-of-the-herbal-remedies-for-de..

Posted On 02/19/2024

www.smilecraftdental.com/which-herbs-and-spices-are-good-for-teeth/ .---

DocTwinkle

Great suggestions! I used licorice root medicinally for years until my liver was damaged by a parasite cleanse and now even supplements containing DGL can induce a repolarization heart arrhythmia in me that is potentially fatal. So I am sensitive to the fact that there are others out there who should proceed with caution when using licorice root. Dentist Jessica Funk posted a substack article recently on using xylitol to thwart tooth decay: jessicabfunk.substack.com/.../the-most-common-chronic-disease I have also read that oral probiotics can be more effective at stopping tooth decay than anything else.

After all, the mouth is MEANT to be full of bacteria! But you just want the RIGHT bacteria in there: this speaker* advocated using lactobacillus salivarius -- open the capsule and just smear it around in the mouth. And DON'T use toxic toothpastes in the mouth! (obviously, you'd want to brush to remove food particulates prior to using the probiotic) *Source: twitter.com/.../1745870690438496674

Posted On 02/19/2024

Ronald_H

Guillermou, Regarding: "Chewing Neem leaves or seeds destroys bacteria that cause cavities. The powerful oil of this plant acts as a powerful remedy for oral infections, cavities and to prevent bleeding and sore gums." I was just about to purchase powdered Galla chinensis, but thinking about all of this, perhaps I should instead purchase neem oil and use it with coconut oil in oil pulling. My mouth is healthy, but I want to do all of my part to have them serve me well for well over a hundred years more because I sure don't want dental challenges to add to the harsh times to come and after I find the special one for me and start a family as I want to be around and healthy to give guidance advantages to my future grandchildren, so will refined neem oil give me all of the dental advantages I seek from this article? I tend to avoid what can get under a couple of tooth implants, so after brushing and oil pulling, I don't want a powder to get into difficult places.

Posted On 02/19/2024

Guillermou

DocTwinkle. science is with you. Xylitol can also bind with calcium ions, leading to remineralization of tooth enamel; It is also capable of preventing osteoporosis. This polyol has an important antiplaque effect on the surface of the teeth and can reduce gingival inflammation; It is being used as a preventive agent for dental caries due to decreased growth levels of pathogens Streptococcus mutans and Streptococcus sanguinen in the early stages This polyol can treat diseases of the respiratory tract and middle ear due to its antibacterial and anti-inflammatory potential and prevent some diseases that cannot be cured with antibiotics or surgery. Xylitol can reduce constipation, diabetes, obesity and other body syndromes or diseases; It has also revealed its stimulating effect on digestion and the immune system. link.springer.com/.../s00253-020-10708-7 (2020)

Posted On 02/19/2024

Guillermou

Thanks Ronald_H, interesting points, Also: 6 BRILLIANT WAYS TO MAKE NEEM YOUR ULTIMATE DENTAL CARE PANACEA! www.oral-b.co.in/en-in/oral-b-institute/teeth-problems-and-solutions/n..
NEEM OIL FOR TEETH + GUMS www.drbrite.com/blogs/be-natural-health-tips-clean-beauty-care/neem-oi..

Posted On 02/19/2024

cedricpermaculture

Hi Gui and everybody, It is good to remember that dental caries is systemic disease connected to dentinal fluid flow reversal. Tanins/gall have sugar stabilising effect. Rhus lemonade en.wikipedia.org/.../Sumac en.wikipedia.org/.../Rhus_chinensis Galls [...] are a source of gallotannins,[5][6] molecules of hydrolyzable tannins. Infestation of the tree by Chinese sumac aphids [...] may lead to production of a gall that is valued as a commercial product in China. Chinese galls are used in traditional Chinese medicine for coughs, diarrhea, night sweats, dysentery, and intestinal and uterine bleeding.[7] Some research has suggested that chemical compounds found in Rhus chinensis possess in vitro antiviral, antibacterial, anticancer, hepatoprotective, antidiarrheal, and antioxidant activities.[4] [...]The aqueous extracts of the gall also inhibit alpha-glucosidase activity in vitro.[8] en.wikipedia.org/.../%CE%91-Glucosidase Diabetes: Acarbose, an -glucosidase inhibitor, competitively and reversibly inhibits -glucosidase in the intestines.

This inhibition lowers the rate of glucose absorption through delayed carbohydrate digestion and extended digestion time.

Acarbose may be able to prevent the development of diabetic symptoms.[20] Hence, -glucosidase inhibitors (like acarbose) are used as anti-diabetic drugs in combination with other anti-diabetic drugs. Luteolin has been found to be a strong inhibitor of -glucosidase. The compound can inhibit the enzyme up to 36% with a concentration of 0.5 mg/ml.[21] As of 2016, this substance is being tested in rats, mice and cell culture. Flavonoid analogues have been demonstrated with inhibition activity.[22]

Posted On 02/21/2024

grulla

I floss after every (just 2 IF/TRE) meal, early morning and noon, and brush and water (or on rare occasions with H2O2), cleanse and 'pull' after breakfast with a quick and easy Monoject 412 dental syringe that gets out hidden food specks that brushing and flossing cannot usually reach. And it's those underlying hidden food specks that can cause unexpected tooth decay and abscesses. That dental syringe is quick and easy to use as opposed to my cumbersome backup electric Water Pik, that I might still consider using for more difficult dental problems. Those dental syringes can be found in some pharmacies singularly for just under \$1.00USD, or ordered in boxes of 50 online, where they can make for nice gifts or X-mas tee ornaments. :-) And one dental syringe can last for quite a few years.

ansondental.com/products/monoject-412-curved-tip-utility-irrigation-sy..

Posted On 02/19/2024

grulla

I might add that early last year, I developed an abscess above #s 4 & 5 teeth which started swelling towards my right eye. After no luck with the above described water, and even H2O2, cleansing, I started taking a 1/2 tspn of Vit C, sodium ascorbate powder every two hours, and by the end of the day, the swelling ceased to advance, and by the end of the next day, the swelling noticeably receded and disappeared a couple days later and did not return.

Posted On 02/19/2024

badboy2

Your teeth have roots similar to that of a tree whereas your teeth get its nourishment from your blood. If your blood has too much sugar, the teeth will turn brown. The dental solution is to bleach your teeth to make them whiter. The problem with this is that the bleaching will weaken the enamel of your teeth. The solution is to give up process sugar and cut back on your sugar intake. Fruits in moderations and vegetable are a good natural sugar intake. This act will not only help your teeth, but also your overall health. Another benefit of giving up process sugar, in a fairly short time, your teeth will return to their natural whiteness.

Posted On 02/19/2024

leelee1010

Alice and Sophie, years ago when I was reading about oil-pulling, there were a number of posts where people were saying that since they started oil-pulling, their amalgam fillings were loosening and started to fall out. One explanation was that the oil-pulling was removing anything toxic in the body. I don't remember anyone mentioning composite fillings falling out, but not sure. So... it could save you a bit on dental fees if you were thinking of having them removed and replacing them with composite fillings, or if you learnt how to regrow your teeth (: But if you need to keep the amalgams, your might want to avoid oil-pulling.

Posted On 02/20/2024

bchristine

RELATED: Interesting topic today on Dr. Greger's site regarding tooth loss and cognitive decline:
nutritionfacts.org/video/dental-implant-overdentures-and-cognitive-fun..

Posted On 02/19/2024

Lee1959

About oil pulling, I would not want an oily feel in my mouth for hours, so it would not be for me. What I really have going for me is that I am a heavy salivator. It gets ridiculous at times. But at least it gets me to refrain from excessive talking (because I am afraid I might spray their face:). I brush and floss once a day, usually in the morning. I have not had a cavity since for 45+ years. My husband used to tease me, "Dear, I see bubbles on your teeth." Totally different scenario for my oldest married daughter [who has a very dry mouth] and you can see how it affects her gums.

I do want to refrain from using fluoridated toothpastes. Another thing we have going for us is water from our private well drinking it for 25 years. When I go to my youngest married daughter's house (municipal water), I cannot stomach that moldy, chlorinated taste. This same daughter told me a year back, "Mommy, you know what I miss most of all moving out? Your water." I have seriously become a water snob.

Posted On 02/19/2024

leelee1010

Lee, you brought a smile, a few smiles, actually, with "What I really have going for me is that I am a heavy salivator." 'Know thyself,' they say. So good to see someone who can revel in their unusual gifts.

Posted On 02/20/2024

DocTwinkle

A dental issue that is not mentioned much is the mandibular torus (or, several are called mandibular tori). These are bony growths off of the jaw and serve no obvious structural function. I assumed that growing up vitamin C and D deficient led to bones soft enough that daily pressures applied by the teeth caused the body to try to fortify the jaw bones by depositing more calcium there. I assumed that adopting a bone-healthy diet including vitamin K2 to remove calcium from places it shouldn't be might dissolve these bony growths. After at least five years (and wearing a nighttime bite guard), I note no reduction in my mandibular tori. My dentist says that they can only be removed surgically by cutting open the gum and scraping away the excess bone.

Seems like there must be a better way of dissolving them. If the body deposited them there, the body can remove them! My teeth and gums are otherwise very healthy and there is no fluoride in the water here where I have lived for the past 35 years. I have not used fluoride toothpastes for about as long. But maybe the first 23 years of my life (prior to where I live now) were to my detriment. Back then I ate Chiffon margarine for a number of years! Gaaah! I wish I had known then what I know now.... lucky are those who read Mercola and can make better decisions about their diet earlier in their life!

Posted On 02/19/2024

Guillermou

These articles are interesting, although I suppose you already know them. mavcure.com/torus-mandibularis/..... www.byte.com/community/resources/article/torus-mandibularis-bony-bumps..

Posted On 02/19/2024

DocTwinkle

Gui - thank you for the links. According to these articles, mandibular tori occur mainly in males of Asian descent who eat a lot of fish. Ha ha ha ha. So I guess being a Polish female who doesn't like fish (and rarely eats it) doesn't fit their model! Many manibular tori are symmetrical. Mine are only on the lower jaw, the largest on the outer left side, the next largest on the inner right side and a small nub on the outer right side of the jaw. They are only problematic when I have to bite on the shield that is used during x-rays of the teeth - the bumps get in the way. As I noticed them as an adult maybe 25 years ago, clearly they had been long developing and are likely due to nutritional deficiencies and my uneven bite.

My scoliosis (medically documented at age 15) is another sign of my early nutritional deficiencies. For about 8 years when I was young we lived maybe 2 miles from the Rohm & Haas chemical plant that made the air stink from their manufacturing of plastics - I can only imagine all the endocrine disruptors I was exposed to while we lived there. Fascinating and tragic to see the consequences of our ill-informed and polluted lives. Dental issues, including jaw deformities like these, attest to our overall poor health here in the U.S. and "modern society."

Posted On 02/19/2024

DebbyW

My daughter has four children. She does not give them sugary snacks, candy, or cakes--nothing with added sugar. Yet one of her children would get cavities. She researched all kinds of home treatments. Recently, she found hydroxyapatite toothpaste. She says it's making a difference. Hydroxyapatite remineralizes teeth. The brand she uses is Apagard. All the brands are expensive. Spit out after brushing, but do not rinse your mouth. Refrain from eating or drinking for at least an hour.... I checked out several brands. I think Jen's is good. After using up the Apagard my daughter gifted me, I bought Boka--a choice from the combination of % of hydroxyapatite, price and reviews. I bought from Amazon.

Posted On 02/19/2024

BicycleBoy

I checked the Hydroxyapatite toothpaste on Amazon per your comments and found the reviews for Boka seemed better and clearly the volume leader. Davis was a runner up because of the lower price and almost as many purchases. Remineralization due to my acidic diet, receding gums and deep pockets and of course whitening are factors that are important for me.

Posted On 02/19/2024

emj69036

Boka and others on the Amazon webpage use nano hydroxyapatite. It's recommended by some who have done the research on hydroxyapatite to choose non-nano, which is what I use: Orawellness.com and Wellnesse. I haven't done the research myself but I do tend to avoid nanoparticles in general. Orawellness.com sells hydroxyapatite in powder form for those who like to DIY. I just put some in my hand and dip my toothbrush in it periodically as I brush.

Posted On 02/19/2024

olivar89

I don't understand what happened, yesterday I posted two comments in Spanish and today I don't see them. I don't know if they only allow comments in English.

Posted On 02/20/2024

kurlikew

My dentist keeps trying to convince me that there are "different types" of fluoride, and that the kind he uses is "safe". Needless to say I'm not buying it!

Posted On 02/19/2024

herbsaregod

Hello, After flossing I like to use echinacea tincture to swish, rinse and push through my teeth for 5 minutes or so then spit out. I make it so I always have an abundant supply. Seems to work really well. It's numbing so if you have any pain that would certainly help. Echinacea root powdered has been used for tooth infection when packed in a tooth cavity. Also sage is amazing for any infection of the mouth. A strong infusion of sage tea swished around is definitely beneficial. 20 years ago I experienced dry sockets after wisdom teeth extraction which was very painful and the surgeon packed my sockets daily with a medication made from cloves. It was instant relief. Herbs are God's medicine!

Posted On 02/19/2024

ms.libby

Check out David's toothpaste, contains calcium carbonate. We buy a bag of calcium carbonate from purebulk.com and simply add to a natural toothpaste. Supposed to re-mineralize teeth over time.

Posted On 02/19/2024

bchristine

Calcium Carbonate is from rocks. I have heard not to ingest it as a calcium supplement, but maybe in toothpaste it's okay?

Posted On 02/19/2024

songlover

Is he saying we could use the Manuka honey instead of coconut oil for pulling? He doesn't explain how to use the Manuka honey. Anyone know?

Posted On 02/19/2024

DocTwinkle

It sounds like you would just eat a spoonful of Manuka Honey in lieu of using a mouthwash. Obviously you still need to brush your teeth to remove particulates and he doesn't say to use it like you would oil pulling -- yes, it's surprising since it is sugary. We healed the pressure ulcer on my stroke-disabled father's foot using Manuka honey on it twice a day, washing it in between. We used a silver-coated cloth over it which could be re-used and then wrapped his foot with wide gauze to hold the Silverlon cloth over the sticky Manuka honey. When we started, he had a weeping hole in the side of his foot.

It scabbed over and made a really really thick scab that eventually fell off. We have to repeat the treatment now and then to pull up still more stuff from deep below the thinner scabs that form. It's amazing stuff. So, logically, brush or water-pik your teeth to remove particulates and then take a spoonful of Manuka honey and let it do its thing in your mouth while you enjoy a sweet treat! I might do that with a morning brushing, but not sure I'd want to do that at night before bedtime!

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