

Tooth Truth David Christopher, M.H.

I am often asked if there are natural alternatives to dentistry. I usually reply in the affirmative and start teaching about a proper diet. I like to begin with the admonition to eat an apple a day for it will keep the doctor away. This applies equally to dental doctors. A person could eat an apple every day of their life and it would help strengthen their teeth as well as contribute to general good health. However, just the simple processing of drying that apple renders this food dangerous with the possibility to rot your teeth. Even though drying food preserves more nutrients than cooking food and drying food does not destroy enzymes as does cooking food, drying food inactivates the enzymes, which need a watery environment to function. So you eat this now sticky dried fruit which lodges between your teeth and cannot break down, because the enzymes are inactive, bacteria then enter this area between your teeth to break down this dried fruit. After completing its task, the bacteria starts breaking down the enamel on your teeth. The fresh apple, however, is watery and the inherent enzymes break it down as designed by nature.

Tooth problems begin with a poor diet, one made up of processed foods, which are totally lacking in enzymes. If one eats fresh raw



organic foods, which contain all the minerals and nutrients necessary for good health, that person will not suffer tooth decay and the myriad of problems treated by dentists.

In reality, hardly anyone eats that way which renders the rest of us subject to dental concerns. When bacteria set in and we are writhing in pain, let us first remember that pain is a signal that something is wrong. Besides a poor diet the immediate concern is the destructive bacteria. We must make ridding ourselves of the bacteria a top priority. By doing this we may not need pain killers. First stop eating, fasting will help relieve pain. Second, destroy the bacteria with plain old H₂O₂ (hydrogen peroxide). Chew Xylitol gum to exercise the jaw and release saliva to help destroy the bacteria. Oil pulling with coconut oil is also very beneficial but time consuming. Then start the repair process with known herbal remedies. Dr. Christopher has a wonderful tooth powder to use instead of toothpaste. Start remineralizing with Dr. Christopher's Calc Tea,

Complete Tissue and Bone, and his X-ceptic formulas. These teas should be swished and swallowed constantly through the day. Use his Sen Sei Menthol Rub externally under the Jaw and massage down towards the collar bone, which will aid the gland in that area. The Sen Sei can also be used on the surrounding gum and on the tooth. Next replace the fast with a raw food diet. Get prudent exposure to the sun. If the sun is not available eat wild caught salmon or take Vitamin D to stimulate bone and enamel growth.

With due diligence teeth can be repaired naturally.

David Christopher *is a Master Herbalist and the director of The School of Natural Healing. He also co-hosts the popular radio show "A Healthier You" and is a popular international teacher and lecturer.*