The Raw Food Diet and Your Compromised Teeth

Tonya Zavasta
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Table of Contents

Introduction .......................................................5

Section 1
Dental Problems and Their Causes
Chapter 1: Your Dental Pros and Cons .........................11
Chapter 2: Basics of Tooth Decay ..............................13
Chapter 3: A Little Quicksilver with Your Silver Fillings .19
Chapter 4: Gum Disease ...........................................27
Chapter 5: What You Need to Know About Root Canals ..29
Chapter 6: Bone Loss and Its Effects ...........................33
Chapter 7: Is Extraction Your Best Answer? .................35
Chapter 8: Can Raw Foods “Cure” an Abscessed Tooth? .37
Chapter 9: Root Canal or Implant? ............................41

Section 2
Sweet News for Your Teeth
Chapter 10: Sugar and Your Teeth: The Bitter Truth .......49
Chapter 11: Eating Fruits: The Hybridization Factor ......55
Chapter 12: Fruits and Your Teeth .............................59
Chapter 13: Introducing Stevia .................................65
Chapter 14: Raw Food Recipes for “Rooted” Folk .........71
Section 3
Effective Hygienic Solutions for Compromised Teeth

Chapter 15: How Does Eating Raw Food
Affect Your Teeth? ........................................ 85

Chapter 16: Bleaching Your Teeth
Like There is No Tomorrow ................................. 91

Chapter 17: Dealing With Stained Teeth the Natural Way . 95

Chapter 18: Oil Pulling: An Ancient Practice Resurfaces . 99

Chapter 19: The Necessity of Chewing Exercises .......... 103

Chapter 20: Herbal Help for Dental Health .............. 107

Conclusion ..................................................... 113
Introduction

It happened in 2009…I was in a dentist’s office. The dentist, a handsome thirty-something man of Asian origin, told me cordially that he had to remove all seven of my root-canalled teeth, and just as a preventive measure two of my wisdom teeth should also be eliminated. He gave his reasons: There was a great deal of bone loss, he said, and the periodontal pockets around two of these teeth were between 7 and 8 mm deep. “Devastated” would aptly describe my feelings.

But true to my credo that every problem has a solution, I asked him to give me several months to take care of these problems. I’d be back for another checkup, I assured him, and the condition would improve dramatically. The bone would grow back, I told him, and my gums would heal. He shot me the kind of look most of us reserve for the terminally idiotic. Through a distinctly patronizing smile, he said, “Bone doesn’t grow back. And only surgery will take care of those gum tissue problems.”

At that moment my dentist was called to the phone. I had a few minutes to myself. I had no idea how I was going to fix my big problems. I just knew: Every problem has a solution. If I searched hard and thought “outside the box,” I’d find the answer. This had already happened several times with my hip doctors, when they tried to hand me a life sentence of limping and pain. I had won before, and I would win again. I was determined to keep my teeth.
Suddenly I was overcome by the bizarre feeling I was about to be kicked out of this nice dentist’s office. Clairvoyance? I wondered. Must be all those raw foods I’ve been eating. I brushed off the feeling as absurd. Minutes later my dentist came back. You guessed it: I should leave his office, he told me. He wasn’t, as he put it, “comfortable” treating me. I have unrealistic expectations, he said. And I’m too controlling.

I couldn’t believe my ears. I was assertive, for sure. Had to be—I’d been paying tenfold for my former complacency and my blind compliance with doctors’ advice. But to be kicked out of a dentist’s office! This was a bit too much. Another case when I was forced to start thinking for myself. How could this be happening to ME? I wondered. I’ve been 100 percent raw for so long. I don’t even look at processed food, let alone let it touch my teeth. How have I ended up in such a mess?

Then I put things into perspective. I had problems only in the places where root canals had been done. I had no new cavities. Russian dentists had done these root canals more than 25 years ago. My American endodontist, when he saw the work, exclaimed in horror: “They used arsenic paste for your root canal treatments!” Arsenic was once commonly used to devitalize inflamed pulp tissue before a root canal treatment. I’d experienced no symptoms because my immune system successfully fought the chronic infection. Small consolation…since here I was, staring at yet another seemingly insurmountable challenge.

I had no one to turn to. Dr. Weston A. Price was long dead. Even he would be at a loss at the magnitude of my dental problems. His main solution for dental problems was nutrition and, I reasoned, you can’t eat any better than I already do. Any dietary changes I could make would be relatively small. My diet was granting me great health and anti-
aging results *everywhere but* those “rooted” teeth worked on so many years ago. Unfaltering truth was staring into my face: I’d become the poster girl for Dr. Weston A. Price’s and Dr. Robert Gammal’s contentions about the evils of root canals. What was I to do? Have all seven teeth extracted? I wasn’t ready for that step and doubted I ever would be. I decided I would tackle one problem at a time.
Section 1

Dental Problems and Their Causes
The Raw Food Diet
and Your Compromised Teeth
The health of our teeth actually begins before we are born. What kind of prenatal nutrition your mother had, i.e., what she ate during pregnancy, plays a significant part. The quality of diet and dental hygiene you had as a child before your permanent teeth developed also affect your dental health as an adult.

Many dentists have told me heredity is a big issue. My mom had weak teeth to begin with. When mom was pregnant, she was a young factory worker lifting sugar bags, working her way up from laborer to, eventually, director of the chocolate factory. Her favorite food at the time she told me: caramel. At my present age, 51, Mom did not have a single natural tooth left and had to wear dentures. Heredity was not on my side.

I knew the fact that I was raised on chocolate and candy contributed greatly to the dire situation in which I found myself. Aside from being born with bilateral hip damage, I started out in life with severely compromised dental health as well.

If I hadn’t gone raw, dentures would have likely been my fate, too. Instead, I still have most of my natural teeth. All those I did lose, were lost before going raw. It dawned on me: Because of my raw foods lifestyle, my immune system
must have been super-strong if it had let me keep these troubled teeth for so long.

Sooner or later, we must abandon all hope of changing the past. We can’t change what our mothers ate, what we ate as children, or dental work already done. All we can do is move forward from where we are right now. I was determined to make the most of the situation. This is your assignment, should you choose to accept it. (Ignore that theme song from Mission Impossible trying to play in your head...)

At the end of every chapter, I’ll give you my own recommendations for things you can start to incorporate right now into your health regimen that will begin improving your dental health immediately and permanently, if you apply them.

We’ll use the acronym R.O.O.T. (Recommended Oral Optimization Tips). Don’t delay...begin today! Even if you don’t employ all of the ROOTs, everything you do consistently will make a difference. No matter where you are starting from, you can begin to move forward...and that’s something to smile about!

ROOT: Watch the video “Rooted” by Dr. Gammal at [www.rooted.tv](http://www.rooted.tv) Just remember that one of the main reasons for this ebook is to show that it is entirely possible to live a perfectly healthy life even after several root canals, and to show you how it can be done. I am doing it!
Tooth decay can be described as the situation when enough mineral content of a tooth has been dissolved to result in some sort of defect. These defects are commonly referred to as “cavities” or in dental literature as “caries,” which comes from the Latin word meaning to rot.

Teeth have soft nerve centers, but the bulk of the tooth is made of dentin, covered by a layer of enamel. The enamel is about 95% calcified mineral. Dentin is slightly softer and only about two thirds mineral. Most of this mineral is hydroxyapatite, which is rich in calcium. Tooth decay is, in reality, a form of demineralization, which starts with the presence of acids on a tooth’s surface.

These acids arise from bacteria—specifically Mutans streptococci and lactobacilli. These bacteria feed on sugars such as glucose, fructose, sucrose, and lactose. The waste products these bacteria leave are the acids that cause the demineralization. Every time you eat, especially if you eat any form of sugar, you also feed these bacteria which begin to produce acid and waste products within minutes.

Other factors besides sugar intake also play a role in acidifying our mouths, making it impossible for our salivary flow, which aids in removing the bacteria, to keep up. These include drinking acidic drinks (sodas, coffee), acid reflux dis-
ease, and dry mouth (a common side effect of antihista-
mines, antidepressants and other prescription drugs).

While everyone’s mouth harbors microorganisms by the
millions, what you want to do is keep the bacteria from
forming organized colonies. This is one reason why fastid-
ious dental hygiene matters. When bacteria form colonies,
they produce what we call plaque. Plaque not only houses
bacteria, but also secures them onto the tooth utilizing the
acids the bacteria produce.

Saliva contains minerals which buffer acidity and
replenish lost minerals. But often the rate of destruction
exceeds the rate of repair. When you eat, some acids get
buffered by saliva or washed down with food. But some get
trapped behind the plaque, and this plaque provides a pro-
tective layer over the acids. This layer prevents the acids
from becoming buffered or removed. As a result, saliva can
take two hours or more to penetrate the plaque and neu-
tralize the acids.

The amount of demineralization taking place has a lot to
do with how old the plaque is, its thickness, its chemical
composition, and what specific types of bacteria it houses.
Newer plaque will not do as much damage to tooth enamel
as will older plaque.

Cavities typically take months or even years to form
under certain conditions. Unfortunately, those “certain condi-
tions” occur all too easily. All that’s needed is the presence of
plaque and sugars. The good news is that, if conditions are
right, teeth can also undergo a remineralization.

When a tooth’s surface is clean and in a non-acidic envi-
ronment, a tooth can actually reincorporate minerals, pro-
vided those minerals are in your diet in the first place.
Sometimes this reincorporation can even reverse previous
damage. A diet high in minerals is necessary for this very
reason. Some of the most mineral-dense foods you can eat are leafy greens and seaweed.

You're doing your health a tremendous favor when you adopt the raw food diet. What's more, you're boosting your dental health in particular. That said, I must warn you against the most common mistake raw foodists make. Most people following the raw food diet have no need for doctors' visits. Naturally, they want to forget their dentists as well. If you come to raw foods with healthy teeth, you might be able to do this quite successfully. But if you have compromised teeth, your situation is dramatically different. Do not cancel your yearly checkup!

Now, please, reread the paragraphs above. Didn’t I just say that the raw food diet high in greens will re-mineralize your teeth and even reverse some previous damage? Yes, but this applies only to very small cavities. It doesn’t apply to teeth with fillings.

If you think your fillings will fall out and the cavities will close in, it's not going to happen. Bad fillings will, however, fall out. As you're getting healthier, the composition of your teeth changes. If the bond between your natural teeth and the filling is not strong enough or compromised in any way, it will loosen even more. Is this a negative side effect of adopting the raw food diet? No, it's the payback for not taking care of your body and teeth in the past.

Bad news: old fillings will have to be replaced. Consolation: your body has just let you know about a potential problem. Had the replacement been postponed, these particular fillings could likely have led to some hidden damage, only to give you other troubles in the near future. So the fact that they are loosening or falling out—if you read the signs and act—is a good preventive measure. Good news: it’s also a sign your body and your teeth are getting healthier.
Because you have foreign materials in your teeth, once you go raw you must still make regular visits to your dentist. Certainly this will be true early on because most likely some fillings will have to be replaced. If you've heard about dental problems from raw foodists, this is probably where they began.

After embracing the raw food diet, many experience almost miraculous results in their bodies, so they believe their teeth will heal on their own, just as the rest of the body did. Consequently, they neglect going to the dentist. Don’t chalk up a failure for raw foods simply because some fillings need replacement. Rather, this would be a failure to realize that teeth with fillings have been traumatized beyond the point where spontaneous rejuvenation is possible. It is like expecting my titanium hips to re-grow. Don’t expect this of your teeth.

Yes, I have heard those stories about growing a new set of teeth. Oh, how much I wish I could do it. I’m speaking from experience. I've never had a single cavity heal by closing up on its own. This wasn’t, be assured, for lack of visualization or dedication to the diet. I know of many people who were waiting for re-growth to happen but ended up with so much tooth damage they needed a root canal.

Disappointed? Don’t be. On raw foods, your overall dental health will improve dramatically. If you add enough greens to your raw food diet and incorporate the advanced dental hygiene that we will discuss later in the book, most likely you’ll never have another new cavity.

**ROOT:** Be sure to chew your food thoroughly: Proper chewing increases the flow of saliva, and your teeth will benefit from this increase. Chew each mouthful of raw foods thoroughly between 25 and 30 times. Even when you are drinking veggie (but not fruit) juices make an
Basics of Tooth Decay

effort to chew each sip at least a few times to stimulate saliva production.
Chapter 3

A Little Quicksilver with Your Silver Fillings

Chronic mercury toxicity from ‘silver’ mercury amalgam dental fillings is the most important, unrecognized health problem of our time.
—The Mercury in Your Mouth

For some 150 years, since the early 19th century, mercury amalgam has been used as the dentist’s preferred tooth-filling material. Dentists use mercury to bind the alloy particles together into a durable filling. The result is a filling composed of 50% to 60% mercury and 40% to 50% silver, though sometimes tin or copper is used. Mercury amalgam’s durability, low cost and relative inertness have resulted in its common use throughout the world, with the notable exceptions of Sweden, Norway and Denmark, which have banned their use.

There are several different chemical forms of mercury: elemental mercury, inorganic mercury, and methyl mercury. The form of mercury associated with dental amalgam is elemental mercury, which releases mercury vapor, mainly absorbed by the lungs. In contrast, the mercury found in fish
is methyl mercury, a type of organic mercury mainly absorbed through the digestive tract.

But all kinds of mercury are highly toxic. Elemental mercury has been associated with nervous, circulatory and respiratory systems disorders, including multiple sclerosis, lupus, thyroiditis and eczema. Lower level exposure to mercury has led to symptoms varying from chronic fatigue, headaches, allergies and irritability, to chronic muscle and joint pain, eyesight problems and various mental problems. Given mercury’s toxicity, it is not surprising that your dentist likely calls these fillings “silver” as opposed to “mercury amalgams.”

So how does the mercury get into your body? The main source of exposure to mercury from amalgam comes from inhaling the vapors released during normal activities such as chewing or brushing teeth. These vapors also get dispersed in the saliva and are swallowed. Once mercury is absorbed by the lungs, it disperses throughout the body, concentrating in certain areas such as the brain, only later to be slowly, very slowly, excreted.

The American Dental Association (ADA), the world’s oldest and largest dental association, claims to be “committed to both the public and the dental profession.” Since its founding in 1859, the ADA has claimed that mercury amalgams are safe. Yet the debate over whether amalgam fillings are safe has been raging through the medical and dental communities since before the ADA’s founding. The American Society of Dental Surgeons required pledges of its members not to use amalgams since 1845. Unfortunately, due to the unpopularity of that viewpoint, the ASDS disbanded and the ADA took its place.

In stark contrast to the ASDS, the ADA actually forbids any of its member dentists from even suggesting mercury removal, under threat of license suspension. In essence, the ADA has been imposing a perpetual gag order on its
member dentists, prohibiting them from even discussing their position on amalgams. To give you some idea of the ADA’s reach, consider that state dental associations and boards often belong to the ADA and generally adopt the ADA’s stances as their own. Consequently, dentists who are openly “anti-amalgam” have been sanctioned, even to the point of having their licenses stripped by state organizations in various states.

The U.S. Food and Drug Administration (FDA) has consistently defended amalgam use. As recently as 1991, the FDA stated that “none of the data presented show a direct hazard to humans from dental amalgams.”

While numerous studies have been conducted into the health effects of amalgams, they have often been contradictory. As is often the case, studies funded by those in favor of the status quo seem never to show any link between mercury toxicity and amalgams, while anti-amalgamist studies show the exact opposite.

Another reason for these discrepancies is the extreme difficulty of measuring mercury levels in the body. As mercury seeps into the body, it oxidizes and tightly joins with protein residues in the tissues, making it difficult to measure. The timing for measuring mercury content also makes a great difference: Recent studies have shown that more mercury leaches out during the first few months of placing amalgam fillings than later.

Moreover, many of the symptoms of mercury toxicity, such as chronic fatigue, headaches, sinusitis, bleeding gums, memory problems and depression, can be tied to many other causes as well. The evidence is therefore ambiguous.

What everyone finally agrees on now is that mercury does seep out of fillings, a fact that the ADA tried to disclaim for decades but has had to finally concede. The disagree-
ment is now on how much seeps out. Some studies have shown that when amalgams are taken out 5 to 10 years after they have been placed, their weight has diminished anywhere from 10% to 50%. That mercury has to have gone somewhere. Other studies, however, suggest the amount that seeps out is much smaller.

At one recent historic moment, it seemed the controversy would finally end. In 2001, the results of the U.S. National Health and Nutrition Examination Survey were released. The survey, led by the National Center for Health Statistics, a division of the U.S. Center for Disease Control and Prevention, was conducted over a period of seven years (1988-1994), and used a very large sample size—31,000 American adults. This sample is large enough to be considered statistically valid for all 180 million American adults.

The study found that the number of dental fillings is significantly correlated to the rate of—get ready for a big list—cancer, thyroid problems, mental disease, nervous system disorders (including MS), diseases of the respiratory and genito-urinary systems, disorders of the eye, and the circulatory and respiratory systems.

So, of course, now mercury fillings are banned in the U.S.—aren’t they? Not so fast! Never underestimate the power of a large group of professionals facing the loss of their livelihood. The ADA got their lawyers and lobbyists going. As a result, all lawsuits attempting to compensate victims of amalgams have so far been dismissed, generally for the stated reason that “correlation does not sufficiently demonstrate causation.” The ADA still adamantly denies any harm caused by mercury fillings, and all their experts form a united front, undoubtedly realizing the possibilities of crippling litigation awards.

The FDA in 2008 did issue an advisory warning pregnant women and children about dental amalgams containing mer-
cury. The FDA posted this warning on its website, but still stating that there is “limited clinical information about the potential effects of dental amalgam fillings on pregnant women and their developing fetuses.” Finally, in July 2009, the FDA reclassified the mercury component of dental amalgam from Class I (low risk) to Class II (moderate risk).

The FDA has also recommended new labeling, including a warning against using amalgams in patients with mercury allergy, a warning for dentists to use adequate ventilation, and a statement discussing the benefits and risks of dental amalgams, including the risks of inhaled mercury vapor. But note that this is only a recommendation. If you peruse the FDA’s website, you will notice that at every turn the FDA tries to convince you that amalgams are safe.

This email recently came to me:
I have several fillings and as far as I know they are all the standard silver amalgam, which I assume have some level of mercury in them. All the years I was getting them I never paid any attention, and now, I wish I had. I can’t imagine getting them removed. Not only financially, but the thought of having a drill within ten feet of my head ever again…well, you know quite well the severity of the dread, I’m sure!

I understand this reluctance all too well. My son had four mercury amalgams put in when we first came to the United States. He was only 11 at the time. The dentist offered no other options. He simply pointed out that my son had cavities, and that they needed to be filled. The doctor did not ask my permission to place amalgam fillings. He just put in “silver fillings.” I never would have agreed even on silver, if he had asked me. To my horror, I learned only much later what the filling material really was.
Starting about five years after he had the fillings put in, Nick started experiencing sharp tingling in these four teeth whenever he ate pineapples or citrus fruits, such as oranges, and especially if he ate grapefruits or lemons. He also began to notice that whenever he played sports and really worked up a sweat, he would feel intense jolts in these same four teeth.

Finally, in 2005, having read about the dangers of amalgam fillings, he went to a mercury-free dentist who removed these amalgams and replaced them with composites. At first, he still felt all the same symptoms. But about six months later, they completely disappeared. I encouraged my son to replace these fillings, and now we are both glad he did.

What should you do if you already have mercury in your mouth? You will have to make your own decision. Removal of amalgam fillings, especially if not done properly, can expose a patient to higher levels of mercury than leaving them in. But the long-term benefits must be weighed by the individual. If removal is what you desire, know that there are safe and desirable alternatives these days. Many who have had the process done report increased health benefits.

Alternative materials for dental fillings have been used quite successfully for the last 30 years, particularly in Europe, with improvements being made all the time. Do consider porcelain or composite resins. These come in colors to match the tooth (instead of the black look that amalgams develop) and don’t carry the known risks of mercury. They also don’t tend to expand in the cavity as amalgam fillings do, contributing to later weakening and fracture of the tooth. Which alternative filling material you choose is a matter you should discuss with your dentist. Each material will have certain benefits and drawbacks, such
as costs and durability, which you should consider in light of your own situation.

You should also realize that the main exposure to both patients and dentists from mercury happens during filling placement or removal. If you do decide to replace your amalgams with mercury-free alternatives, don’t just go to any dentist and have them taken out. This would be akin to deciding that you want the old asbestos siding taken off your house, grabbing a crowbar and tearing away. Bad idea. Seek out a safe removal expert.

Kelli, my assistant, told me about a woman she knew who had amalgams replaced years ago and later suffered horrendous and extended nervous system damage. Obviously, it wasn’t done correctly. Consequently, ask your dentist about the safety procedures he or she will follow during the amalgam removal.

A dentist sensitive to the dangers of mercury will place a rubber “dam” in your mouth to prevent you from swallowing any mercury debris during the procedure and provide a nose piece with a rubber hosing so you can breathe clean air. Using a high-volume evacuator suction system during the procedure is also essential to minimizing your exposure to mercury.

Most mercury-free dentists will use an amalgam removal process called “chunking.” This involves less drilling, as the dentist will only drill enough to cut the filling into chunks which can then be removed by a hand held instrument. Another technique some dentists use to minimize mercury exposure is cooling the filling with water while drilling, which they say reduces the amount of mercury vapor released by the filling. Some dentists will go beyond these methods, providing damp gauze pads to protect the eyes and use additional air purification techniques.
After the procedure, you should consider looking into methods of removing any remaining mercury in your body. Some people consume charcoal tablets and believe this to be an effective method for cleaning up the remaining mercury in their bodies. Others have found that consuming quantities of fresh cilantro or wheatgrass juice can be helpful, due to the chelating properties of these plants, known to help escort heavy metals out of the body. Such information is beyond the scope of this book, but if do choose the cilantro method, be sure to start with a small amount. The mercury that is dislodged from your body by the cilantro’s chelating action will make itself known in some powerful detoxification effects within minutes of consumption, so you will want to start with very small amounts.

In summary, mercury in sufficient quantities is without a doubt extremely toxic to the nervous system. What those quantities are has never been adequately determined by scientific research, as there are too many variables. Amalgam fillings do “outgas” minute amounts of mercury which is inhaled or absorbed by the body. It is possible that this will result in health challenges or symptoms. Not putting that mercury into your mouth in the first place, if you still have that option, seems to be a great idea. If it’s too late for that, consider your options for replacement.

ROOT: Read the book It’s All In Your Head by Dr. Hal Huggins, DDS. Whether you make a decision to replace your amalgam fillings now or in the future, at least be informed about the dangers they pose.
Chapter 4

Gum Disease

The two main kinds of gum disease are gingivitis and periodontitis. Gingivitis is characterized by inflamed and tender gums, resulting from bacterial plaque coating teeth and gums and causing tenderness. If not removed properly, this plaque turns into tartar—a hard mineral shell that can eventually turn serious and erode gum tissue as well. The longer you ignore the situation, the harder it becomes to treat, until it inevitably reaches the last stages of gum disease—periodontitis. Periodontitis infects gums, bones, even the ligaments that hold the teeth in the jaw and also affects the immune system.

This is the stage where the gums will recede and deep pockets that harbor oral bacteria eventually shroud the gums and areas of the teeth. In severe cases, these bacteria are capable of eating away at the bone.

When your dentist inserts a periodontal probe (a sharp instrument with millimeter markings) between the gums and the tooth, that space in between should be no more than 4 mm deep. When the “periodontal pocket” extends 7 mm or more in depth, the gums will bleed even with gentle probing. Since deep pockets are difficult or impossible to clean adequately, bacteria building up under the gum line in the pockets infect the gum tissue, leading to a slow deterioration of the bone supporting the tooth. If
enough of that supporting bone deteriorates, the tooth will fall out.

During pocket reduction surgery (also called periodontal osseous surgery) deep pockets are reduced by removing the infected gum, and any diseased-bone defects that will inhibit reducing the gum pockets are reshaped. The big problem with this procedure—beside its high cost—is that you will have less gum to cover your teeth base, and some roots will be left exposed, creating another set of problems. Now you have chronic sensitivity.

The primary causes of gum disease are poor or irregular oral hygiene and diets high in sugar that will feed bacteria that cause plaque.

**ROOT:** If your oral hygiene habits are slack, begin today to step up your efforts at being diligent. Get a ShowerBreeze – Oral Irrigator w/3 ft hose. It costs about $24.00 and you can find it on the Internet. Begin using it every time you take a shower.
Chapter 5

What You Need to Know about Root Canals

The recent Australian documentary entitled *Rooted*, by Dr. Robert Gammal reveals a wealth of well-researched information on the subject of root canals. Fascinating stuff. And disturbing.

Root Canal Therapy (also called RCT) has been around for some 300 years. RCT is a widely practiced means of keeping teeth that would otherwise be extracted. RCT’s aim is to remove the dead or infected part of the tooth (the pulp), sterilize the tooth, fill the canal to within 1mm of the root end, then cap the tooth so it appears normal again. This restores it to its original function, even though it is pulpless—essentially dead. The film *Rooted* advises us that “the belief that these objectives can be achieved is one of the greatest fantasies in dentistry and medicine.” Any material which a dentist places within a tooth, the documentary reminds us, “can be transported throughout the body within minutes. The vast blood supply of the surrounding bone carries toxins to all parts of the body, including the brain.”

Among the concerns about RCT’s safety and effectiveness is the fact that teeth cannot be sterilized, as proven by Dr. Weston Price in the 1920s. Despite the dentist’s best efforts, bacteria still lurk in the part of the tooth known as
dentine, which is what makes up the bulk of the tooth. All of the dentine tubules in the root communicate with surrounding tissues. Anything remaining in the dentine tubules will ultimately leach out to the rest of the body.

Dead tissue will break down and release powerful toxins called thioethers. Bacteria not completely removed can release their own brand of poisons called endotoxins. If that’s not enough, chemicals used to “sterilize” or fill the tooth come in your choice of flavors: cytotoxic, neurotoxic, or mutagenic. They also contain, among other substances, mercury and formaldehyde. Gutta-percha points, for example, which are used to fill the canal, have been found to be cytotoxic.

As you may have guessed, these bacteria, toxins and chemicals have been shown to cause a wide range of symptoms and diseases, too numerous to enumerate here. Among the more common: autoimmune disorders, cancer, nervous system damage, even multiple sclerosis. Along with the research done by Dr. Price on the diseases associated with dead teeth, Dr. George Meinig also published a book exposing the dangers of RCT, terming it “the story of how a cast of millions [of bacteria] become entrenched inside the structure of teeth and end up causing the largest number of diseases ever traced to a single source.” Avoiding root canal therapy in the first place can help reduce the risk for some of these illnesses and diseases.

If you are fortunate enough to have avoided RCT thus far, remember that prevention is the key.

ROOT: Many raw foodists avoid going to doctors, and I’m one of them. In our desire to stay away from medical practitioners we stop visiting our dentist’s office even for regular cleaning. For those of us with compromised teeth, this may turn out to be a big mistake. If you have gum issues, especially around root-canalled teeth, professional
cleaning can be very helpful. I don’t think any of you reading this book can match my reluctance to go to a dentist’s office. But you and I must go in for cleanings—if we want to keep our compromised teeth.
The Raw Food Diet
and Your Compromised Teeth
Dental bone loss means the loss of jaw bone around the teeth or their roots. Don’t confuse this with osteoporosis, a condition of decreased bone density. Osteoporosis is never a major cause of bone loss in the jaws. There are many causes of bone loss, broadly speaking. Since this book is for people who are on the raw food diet, I will assume you are relatively healthy and take no medications. If you do have non-dental health issues to resolve, I suggest you read my earlier books (available on www.beautifulonraw.com) and get on the raw food wagon as soon as possible.

Accordingly, I’ll focus here on the most common reason for bone loss in the jaw. It’s a cause that will not spare even raw foodists: gum infection. Usually dental bone loss occurs at the site of gum infections. Typically and unfortunately, gum infections are silent and can develop for months or even years before you notice any bleeding or pain.

Some people on the raw food diet tell me they won’t go see a dentist because they are hoping cavities will heal themselves on their raw food regimen. Let’s be perfectly honest: Most likely they won’t unless the damage is so small that a dentist is not even recommending a filling yet. I have heard about cavities healing themselves, but only with young children and even then only rarely. Instead, what will most
likely happen is that the infection in the tooth cavity will spread to the nerve in the tooth root, then to the jaw bone, in the area around the tip of the root. Bone loss will be happening while you are waiting for the cavity to close.

The raw food diet is capable of amazing things, but compromised dental health is a challenge even for this lifestyle. If enough bone is destroyed, bone loss will become visible as a dark area on a dental x-ray scan. Dark areas on the X-ray show the absence of bone and the presence of infected tissue (known as granuloma) which has taken its place.

The bottom line: if you develop a cavity, get it treated as soon as possible.

Extraction of teeth is another cause of dental bone loss. The dental jaw bone around the roots of teeth is called the alveolar bone. Every tooth is needed to provide the physiological stimulation required to maintain alveolar bone around the teeth. If a tooth has been extracted, the alveolar bone at that site will slowly deteriorate, even if there is no pre-existing dental infection at the site.

After the healing following an extraction is complete, you'll notice your jawbone is not as high as it used to be before the removal of the tooth. Gum tissue is also gradually lost around crowns and bridges, possibly because of irritation caused by the edges of the crown.

ROOT: If you have compromised teeth, at some point your dentist will want to take an X-ray. Despite assurances from dental professionals that X-ray procedures have been deemed perfectly safe, always insist on wearing a protective vest before having any type of X-ray procedure. You may have to be assertive, but it's in your own best interest to protect yourself, especially considering how much EMF pollution and other technological side effects we are assailed with on a daily basis.
Chapter 7

Is Extraction Your Best Answer?

Several years ago, I had a friend who read about the dangers of root canal treated teeth and decided that removal of all offending teeth was the best solution for good health. She was serious about her health and felt willing to do whatever was necessary to ensure optimal results. She had her problematic teeth, which happened to be all of her remaining teeth, pulled and had dentures made. The unfortunate result was that her face sunk in and she immediately aged and began to look much, much older than her age. She may have improved her overall health, but I can assure you she was not at all happy with these other consequences.

If you have read any of my other books or visited my website you know that beauty is an important focus of my writing. So it should come as no surprise when I say that removing your teeth is not the answer! It is very important to maintain a well balanced bite, also called an occlusion. Removing teeth disrupts this balance in several ways.

When you lose a tooth, your bite may change and your teeth will begin to shift position. Moreover, when a tooth is gone, the surrounding bone begins to shrink (atrophy), giving your face that “sunken” look. This is one reason it is important to have missing teeth replaced if you cannot avoid an extraction or if you lost a tooth due to an accident.
Bones are piezoelectric, giving off an electric current when they are mechanically stressed. If you take a bone, tooth or otherwise, and apply pressure to it, it will actually produce an electric charge. In your body, this electric charge attracts necessary minerals to the stress location, where they add to bone mass density, essentially building bigger and stronger bones. So you know to exercise your body, but how about the frame for your face, in particular your jawbone?

If no pressure is applied to the bone, it will be re-absorbed so that the priceless calcium can be deposited elsewhere. The jawbone begins to dissolve, resulting in concave surfaces, causing that “sunken mouth” look. This sunken appearance to the lower face makes us look older than we actually are. If that’s not enough, bone loss also contributes to deep wrinkling, a pointed chin and jowls, and reduction in bite strength.

We can conclude that the lack of hard chewing because of missing teeth, crowns or other dental work adversely affects the growth and development of the jaw. Only the jawbone that chews hard and often will retain its shape and form. Here is another reason to eat your salad: Chewing your raw greens, vegetables and roots is very good for your beauty, not to mention your overall health.

ROOT: Should an extraction become necessary, go to an implant specialist. He or she may be able to remove the tooth and install an implant at the same time. Be sure your restorative dentist and the implant specialist work together when deciding on the implant’s ideal positioning. If they don’t, the implant might end up misaligned with your other teeth and compromise the final prosthesis.
Chapter 8

Can Raw Foods “Cure” an Abscessed Tooth?

People often ask: Why is it that the raw food diet cannot cure an abscessed tooth? Question from a reader: I was hoping that after I’d taken my antibiotics and killed the infection, I could rebuild the bone by drinking green juices as you did, Tonya, after the operations on your hips. And because the body can rebuild itself on raw foods, I was hoping it could clear the dead bacteria left over after taking antibiotics. I hope I don’t sound mad, but do you think my plan makes sense? My thinking: If people successfully overcome cancer on raw foods, could the same method possibly save a tooth?

Let me tell you what happened to me. I had a tooth with a metal post that didn’t go into the root as it was supposed to, but in between the two roots into the bone instead. The problem would never show up in an X-ray. This is the tooth that became abscessed that I wrote about in the book, Quantum Eating. With a simple 24-hour dry fast, the swelling was gone. But fasting could not resolve the underlying structural problem.

Apparently, my body fought and fought this potential trouble area for twenty-some-odd years. When the dentist was removing this tooth he couldn’t believe my immune
system was able to cope with such an assault for such a long time. But it could never win this losing battle. Bone loss had occurred. The tooth was hopeless, and it had to go.

Let's consider what an abscess is. Pus formed where infection had destroyed the bone. Sometimes, this pus will find a way out to the side of the jaw next to the infected tooth. If this happens, pain and swelling will be reduced. This is what happened to me. Many people (formerly including yours truly) erroneously think that the reduced pain and swelling means the infection is also gone. Big mistake!

Cancer is life threatening, so our immune system will fight it with all its might. But teeth are different. Antibiotics will not cure an abscessed tooth. They will only control the infection. Many of you may eventually face the reality of an abscessed tooth. Since antibiotics cannot kill the infection in the root canal, you'll have to decide what to do...try to eliminate inflammation by natural means like fasting and possibly herbs, and if this doesn't help, choose between the lesser of two evils—root canal or tooth removal.

Assuming you've determined to have a tooth removed (see the next chapter for discussion of the root canal option), for reasons I outlined in Chapter 6, you will not want to merely leave it that way. You will need a bridge or an implant. There will be a loss of bone in the first case and, in the second, a chunk of metal sitting in your jawbone. Neither is ideal. Be prepared to choose the lesser evil, which may differ from one person to the next. What if you have no choice but to lose one or more teeth? If the dental implant process is begun as soon as possible after the tooth loss, the alveolar bone will often remain around the implant, and bone loss will be minimized.

While this sounds like a good result, I should still bring to your awareness Dr. Gammal's warning about titanium. On
his website, he explains the ways titanium implants are harmful to your general health. And here I am, with not only a titanium post anchored to my jawbone, but two titanium hips to boot! What should I do? Remove them and spend the rest of my life in a wheelchair? Not an option! My experience and research lead me to conclude that titanium is not to be feared as much as some health sites suggest, especially if you are taking care of your overall health with a raw foods diet.

Titanium is the material often used for many dental and medical implants. Titanium has a biologically inert surface, which makes it biocompatible. This metal does not trigger an unwanted reaction from the immune system. The use of various coating materials for the implants leads to success in initiating new bone and blood vessel growth around the implant. Here, of course, I am only giving you the positive information. What is the point of scaring you if your alternatives are so strictly limited. The reality is many people are satisfied with their implants.

So you’ve had your tooth removed and are planning to follow that up with a dental implant. Well, you may not be quite out of the woods yet. Where there is a long-standing infection which resulted in bone loss, a bone graft will be needed. We cannot avoid a bone graft since an implant requires supporting bone beneath it for support, and without a bone graft the implant will not properly incorporate into the mouth. Yes, this is surgery. But it sounds worse than it is. I went to an implant specialist and the graft was done at the same time this tooth was being removed. I was concerned about this procedure, of course, but it went well.

Consuming raw greens helped this bone graft heal very nicely. Four months later, I had an implant put in. I was less than thrilled about more titanium going into my body, but this is one of those cases when we just “gotta do what we
gotta do.” Greens will definitely help, but eating greens will
not add bone where it is completely lost, just as eating
greens will not build muscle. Exercising builds muscle and
strengthens bone, and it may even stimulate new bone
growth. So, with a sound raw foods diet including lots of
greens, and a good exercise program, such as the one found
in Chapter 16, you might avoid a bone graft, and might even
avoid losing a tooth as well.

ROOT: If you do end up developing an abscessed tooth,
be aware that juice fasting, water fasting or even dry
fasting can remove outside inflammation, but it will not
remove the “root” of the problem. I suggest you go
straight to an endodontist and consider your options. You
need to determine what has caused your abscess in the
first place.
Chapter 9

Root Canal or Implant?

On one extreme, endodontists claim that, without a doubt, root canals are perfectly safe and work just fine. On the other hand, the well researched documentary Rooted links Root Canal Therapy (RCT) to just about every malady known to humankind (see Chapter 5 for additional discussion of the dangers of root canals). I believe the truth lies somewhere in between. Having root canals does not necessarily mean you will succumb to any of these dreadful consequences, just as driving fast will not guarantee your having a car accident—it just makes one all the more likely.

Breastcancer.org claims cancer begins in your mouth! It is true that root canals have been discovered to be a link to many health problems, but they are not always a direct link. I once visited a dental hygienist who had the most beautiful, natural, healthy teeth I have ever seen. Imagine my surprise when I learned that she was a breast cancer survivor. In the same way, some people are surprised to learn that, as healthy as I am, I have had several root canals and walk around with a pair of titanium hips. These facts are all just pieces of the larger, more complex puzzle of human health.

If you have a dead or abscessed tooth and it appears RCT is the only option besides extraction, you can take steps to lessen the dangers. As we discussed in Chapter 5, true sterilization of the canal is unrealistic. There is some hope with a
new technique called laser-assisted endodontics, which comes closer to actual sterilization and greatly improves the long-term future for your laser-treated teeth and the rest of your body. Ask whether your dentist is trained in laser-assisted endodontics and request this method of sterilization.

I have a high tolerance for pain, perhaps because throughout my life I’ve endured a lot of it. But I also have every reason to believe the raw food lifestyle raises your pain threshold even higher. Let’s say you go for a root canal or an implant for which your dentist will want to use anesthesia. Be sure to tell him or her that you might be allergic to several kinds of medicine, and ask to use as little as possible. Be sure your dentist truly hears your message. If antibiotics are necessary…my choice is penicillin—yes it’s old but it’s also been tried and tested. Personally, I have never had any reaction to it. However, you’ll have to make your own decision.

I found a laser endodonist to re-treat all those teeth where I’d had root canals. Every one of these procedures was done under anesthesia. The procedures actually went smoothly. I experienced no adverse reactions. After each treatment, I would fast for a full day to expedite removing the anesthesia toxins from my body. As mentioned before, gutta-percha points are cytotoxic and may cause allergic reactions. An alternative approach is to ask your dentist to use Biocalyx instead of gutta-percha.

Biocalyx appears to reduce the bacterial load because it creates a highly alkaline environment as it diffuses into the dentinal tubules. Neither aerobic nor anaerobic bacteria can live in this alkaline environment. However, remember that while the bacterial load is reduced, toxicity will not be completely eliminated.
If you have a health issue directly related to a diseased tooth, by all means have it removed instead of having a root canal. Because dentists are becoming aware of the dangers of RCT, some are recommending extraction of teeth with thorough socket debridement (removal of infected tissue) to avoid cavity formations. There is some evidence that this procedure will completely eliminate the toxic load. Be sure to ask your dentist about this procedure if you decide to go the extraction route.

If you must have a tooth extracted, what is a good way to replace it? There may be a promising development in the near future in the area of ceramic implants. These are much better than a bridge at preventing bone loss and are already being used commonly in Europe. Ceramic implants are useful for patients with soft thin tissue or for those allergic to common implants. Since ceramic implants are designed to fuse with bone, they become permanent. Unlike bridges or dentures, they function like your own teeth and thus help prevent bone loss and deterioration. If you must get (or already have had) teeth extracted, this could be a better tooth replacement alternative. Since I was not able to find a specialist in the U.S. who works with ceramic implants, I had to have a titanium one. But things can change by the time you read this book.

There is a very important phenomenon I must make sure you are aware of...Suppose you have a compromised tooth. A root canal specialist (endodontist) will most likely want to “save” it by performing a root canal treatment. Keep in mind: A root canal can be performed on any tooth, even one hopelessly nonfunctional. And that is exactly what every endodontist will want to do in order to “save” it.

On the other hand, if you consult an implant specialist, he’ll want to extract all your compromised teeth and
replace them with implants. From my experience, even if both are honest and well-meaning doctors—as surely most are—neither one is (or can be) truly objective. It is the training they have received which has made each of them partial, in his or her own way, not to mention the fact that the need to earn a living and acquire new patients may color their viewpoint.

I believe the best person to ask what to do with such teeth (after you have received these specialists’ opinions) is the dentist who will be restoring your final teeth. Since the work to be done is similar in either case for him, this dentist will likely be the most objective.

I also suggest you locate a biological dentist. Such dentists recognize the connection between your dental health and such areas as nutrition, body structure and the immune system. The combination of proper dental treatment by a biologically trained dentist, together with improved oral hygiene due to seeing a dental hygienist who is motivated by holistic perspectives, can save you a lot of pain and grief down the line.

There are a couple of good places to locate biologically trained dentists and hygienists. One is the website of the International Academy of Oral Medicine and Toxicology (IAOMT): www.iaomt.org. Another is the Holistic Dental Association (HDA): www.holisticdental.org. Dentists who are members of these organizations consider dental care from a whole-body perspective, which will greatly benefit you—certainly more so than will the traditional dental approach, which often ignores the impact of dental treatment on the rest of your body.

There is a catch, however. Holistic doctors are likely to recommend extracting a tooth instead of RCT. But remember, it must always be you who makes the ultimate
decision! This book is rooted in the premise that we must take responsibility for our own health.

ROOT: If necessary, refer to the associations listed above to assist you in finding a holistic dental professional who will be able to work with your particular needs and lifestyle.
Section 2

Sweet News for Your Teeth
Chapter 10
Sugar and Your Teeth: The Bitter Truth

In her book *Reversing Gum Disease Naturally: A Holistic Home Care Program*, Sandra Senzon R.D.H., a dental hygiene professional with 26 years of experience, states: “Ninety percent of the cure for gum disease entails not only patient education, but motivation in terms of dental hygiene home care.” I suspected as much, but was still shocked to learn that “gum disease is the most commonly diagnosed health problem among today’s Americans.” Though she names stress, fear and pain to be among the major causes of gum disease, I believe it is, first and foremost, sugar.

In the summer of 2009, when I was giving a presentation in Washington, I met a woman with an especially beautiful smile. She was 34, I learned, and hadn’t had a single cavity in her life. But then I learned that earlier she had suffered from a serious hormone imbalance which made her experience all the symptoms of menopause in her twenties. When I met her, she had recently switched to the raw food diet, which helped resolve her hormone imbalance problem. What impressed me most was that, even while she was sick all these years, she still never had any dental problems. In my case, by age 33 (my age when we came to the U.S.), I had a filling in nearly every tooth.
I quizzed her. Did her parents have especially good teeth? No. Did she eat a special diet in her twenties? Nothing special there, either. She ate cooked foods, as most Americans do. Neither did she follow a particularly rigorous dental hygiene regimen. Then, finally, I asked her a question about her consumption of sugar. Bingo!

She told me that she simply never liked eating sweets, even as a child. I’d never before met a woman who said that she didn’t like eating sweets, nor have I heard of any who have never had a cavity. So here we have a woman who clearly was not particularly healthy and did not follow a healthy diet, except that she avoided eating sugar-laden products altogether. The result: she was blessed with amazing teeth! I don’t think we can ignore this woman’s story, as it suggests that sweet fruits, while giving us many health benefits, may be destroying our teeth if their innate sugar is not promptly and thoroughly cleaned off.

If you only take one piece of information from this ebook, let it be the fact that sugars in any form left on the teeth after eating prepares the conditions for decay. But let’s count on the fact that you will definitely be taking away far more than one piece of information. I want you to be armed and dangerous when it comes to dental degeneration in any and all forms, whether it’s decay, bone loss, tooth loss or money lost because of endless procedures.

Sugar…it’s sweet…and it’s deadly. Most of us are familiar with the fact that, yes, sugar causes tooth decay. If you haven’t already guessed by looking around at our affluent and highly sweetened society, you more than likely know that it also plays a powerful role in obesity. Adult-onset diabetes is now epidemic, even in children. If you are following the raw food diet, you probably already know the most obvious health hazards associated with refined sweeteners, and don’t partake of them anyway. A raw food eater’s chal-
lenge will lie more in the area of dried fruits, honey and other concentrated “natural” sweeteners.

Beyond the obvious dental hazard of consuming excess sugar in any form, even fruits, there is also much research that shows sugar also contributes to accelerated aging. In a 1998 Israeli study, researchers showed that rats fed fructose, yes the sugar that comes from fruits, for a year showed far greater age-related degeneration in their skin and bone collagen than the control group.

Fructose also affects skin collagen crosslinking by increasing the amount of stable chemical bonds both within (intra) and between (inter) collagen molecules which in turn may reduce skin’s elasticity and softness, the hallmarks of youthful skin...Too much crosslinking reduces elasticity and makes the skin stiff and rigid, and these are the conditions that encourage wrinkled skin,” explains researcher Moshe Werman. You can find the study described at [this link](#).

Over time, excess sugar consumption in any form can lead to glycation, which in short means that a sugar molecule damages a protein molecule by sticking to it. This results in the formation of what is known as advanced glycation end-products (AGEs). AGEs cause damage to skin collagen, cartilage, and ligaments, and greatly promote loss of elasticity. Result: premature aging.

It is already well established—virtually irrefutably, indeed—that reducing calorie intake can extend lifespan. Fortunately, this knowledge is gaining ever more widespread recognition by physicians and researchers alike. Recently, a study done at l’Université de Montreal has shown that it’s not only reducing the sugar itself that helps anti-aging, but even the cells’ ability to sense the presence of sugar that has an impact.
When researchers removed the gene that gives yeast cells the ability to sense the presence of glucose, the cells began to live longer. Now the scientists believe they found a way to mimic the life-extending effect of a glucose-restricted diet. Don’t plan to binge on sugar yet, however—these results have not been successfully duplicated in human studies, and let’s not forget the unintended side effects that seem to always creep in when drugs and gene manipulation get involved.

Still, there is a lesson to learn here. One researcher stated: “Thanks to this study, the link between the rise in age-related diseases and the over-consumption of sugar in today’s diet is clearer. Our research opens a door to new therapeutic strategies for fighting age-related diseases.” We will leave these ‘therapeutic strategies’ to our dear researchers and leave our cells and genes intact, while taking away one simple, powerful lesson: Cells live longer with less sugar.

Cutting sugar makes reducing caloric intake easy since sweet foods are so rich in calories. Regulate sugar intake carefully, and you’ll inevitably realize health-enhancing, anti-aging benefits. For more information on fighting aging with caloric restriction, be sure to read my book, *Quantum Eating: The Ultimate Elixir of Youth*, which addresses this subject in detail.

Another interesting tip…After eating, the PH in the mouth drops to a more acid state. It takes 1–2 hours for it to go up. If you are snacking often, the PH in the mouth will stay acid. This environment encourages bacteria to proliferate and produce even more acids that will create tooth decay. Since frequent eating can be the greatest enemy of our teeth, increase the time between meals. This way, you create more opportunity for acid to be neutralized, more time for damage to be repaired. You will give your saliva more time to do its alkalizing and remineralizing job.
Avoiding frequent snacking is a good health practice in general (since you are giving your digestive system a needed break, letting your stomach shrink and allowing your weight to stabilize). But this will also keep you from constantly providing opportunity for acid to form, with no downtime to let the saliva work the way it is supposed to.

Studies also indicate that, as we grow older, the body’s ability to regulate glucose diminishes, and higher glucose levels can contribute to impaired cognitive abilities and overall brain performance. Read more about this study here.

So this adds yet another important facet to the sugar dilemma…Older people need to keep sugar levels down simply because their bodies lose the ability to regulate glucose levels as they age or quite literally risk the onset of dementia. Caloric restriction may be optional when we’re young, but the more years we tick off behind us, the more imperative it becomes. As I already mentioned, cutting sugar makes caloric restriction much easier. If you avoid sweet treats, the low sugar raw foods you will consume are all inevitably high in nutrients and low in calories—a perfect combination for anti-aging and dental health.

In many dentists’ offices, it is considered perfectly normal to have coffee with cream and sugar, soft drinks and even chocolates and candies for patients to sample. On one occasion after the implant surgery, the surgeon told me, “Go and eat some ice-cream.” Knowing as well as I do, that it was sugar that got me to his office in the first place, I looked at him with horror. He thought I was in pain and offered me a pill.

ROOT: Tip the scales in your favor: Promote an alkalized environment in your mouth by reducing sugar intake and consuming mineral-rich greens whenever you eat fruit of
any kind. The best way to do this? Begin consuming your sweet fruits in green smoothies only. The greens will help buffer the acidity and provide necessary minerals. Be sure to read Victoria Boutenko’s books *Green for Life* and *Green Smoothie Revolution*, available on [www.beautifulonraw.com](http://www.beautifulonraw.com).
I visited the grocery store the other day and saw a display of grapes. A sign proudly proclaimed their grapes As sweet as Nature allows... The whole point of the campaign: that they specifically bred their grapes to be the sweetest on the market.

Hybridization, I knew, was part of the game. But what’s that? Hybridization is the intentional breeding (or crossing) of one species of plant or animal with another, in an attempt to come up with a new breed bearing the most desirable characteristics of both. For instance, you can buy a fruit known as a “tangelo” in the supermarket—a hybrid between a tangerine and a pomelo. Hybridization is common in agriculture as agri-scientists try to make stronger and healthier plants with more desirable characteristics than nature herself offers. Hybrid foods will not grow naturally without human intervention, propagation and protection.

These days, we have all heard of the dangers of genetically modified organism (“GMO”) foods, but this is not necessarily the same thing as hybridization. Let me explain the difference between hybrids and GMO foods. This quote from an article at About.com explains hybridization:
Plant breeders cross breed compatible types of plants...to create a plant with the best features of both parents. Many of our modern plants are the results of these crosses.

While plants can cross-pollinate in nature, and hybrids repeatedly selected and grown may eventually stabilize, many hybrid seeds are relatively new crosses, and seed from these hybrids will not produce plants with identical qualities.

GMOs, on the other hand are plants that have been genetically altered using molecular genetics techniques such as protein engineering and gene cloning.

Don’t be fooled, either, by thinking that the label “all natural” means there hasn’t been any GMO hanky-panky going on. Consider...Some strains of corn have been genetically engineered to contain the pesticide Bt—itself a naturally occurring substance. But Bt wouldn’t be occurring in corn at all were it not for this re-engineering.

Here is David Wolfe’s take on hybridized foods:

_They are unnaturally high in sugar and off in the mineral ratios. Hybrid foods are devoid of [the] proper mineral balance that all wild foods contain. So when we eat a lot of hybrid fruit, that leads to mineral deficiencies in our bodies. Not only are hybrid fruits and sweet, starchy vegetables unbalanced in minerals,...eating too much...hybrid sweet fruit and sweet[,]starchy vegetables...causes the body to bring heavy minerals from the bones into the blood to buffer the hybrid sugar._

David Wolfe aptly decries the practice of hybridizing for purely commercial reasons—seedless fruits, for example. In pursuing qualities the market wants, we’ve added attributes we don’t (or shouldn’t) want—inferior nutritional value, for example.
Some of the more common fruits known to be hybridized are bananas, medjool dates, seedless melons and pineapples, seedless oranges and seedless grapes. These are the very foods, among all fruits, which if left on your teeth will hurt them the most. Stay away from them if you have “rooted” teeth. These are weak teeth that cannot withstand the assault.

Hybrid foods are more prone to attack by fungus and bacteria, and more easily feed the candida condition in the body, while the wild forms of such foods usually do not.

To downplay the excess sugar and lack of minerals that usually accommodate eating large amounts of hybrid and oversweet fruits, there are some things you should do. Eat local and seasonal fruit, first of all. Fruit that does not have to travel so far will require fewer preservatives and was likely picked at the peak of freshness. Seasonal fruits also have the highest nutritional content. Minimize your consumption of hybrid fruits while searching for ways to eliminate them from your diet altogether. When you must consume hybrids, eat them with green leafy vegetables, avocados, or nuts to slow the glycemic response.

Newcomers to raw foods, be particularly wary! It’s easy to think, when you’re no longer shopping in the meat, canned goods, and cereals sections that whatever you buy in the produce department is bound to be good. Better than a frozen TV dinner—sure. But in raw foods as in anything else, it’s the informed consumer who wins over the long haul.

**ROOT:** Minimize your consumption of hybrid fruits while finding alternatives, as well as combining fruits with greens. Drink your green smoothies through a straw. This way, less sugar comes in contact with your teeth. If you really want to get serious about using a straw for drinking, you can buy inexpensive glass straws that will help eliminate your exposure to plastics as well as cut
down on waste. For more info and a fun assortment of glass drinking straws to choose from you can visit: http://www.strawesome.com/
Chapter 12

Fruits and Your Teeth

Although I’ve been following a 100 percent raw foods lifestyle for twelve years, I now practice a restricted calorie raw food diet. My belief, based on that experience: You can get enough calories eating mostly fruits. My concern, however, is different. Getting enough calories entails consuming an abundance of fruits, especially as you transition to raw foods at which time you are still accustomed to eating a lot of food. If you eat mostly fruits—here I mean sweet fruits, such as mangos, bananas, and peaches—you may find yourself feeling a certain internal lightness as well as a desire to eat more and more fruits.

Many people I’ve spoken with who are transitioning to raw foods tell me they eat fruit as often as hourly. It’s easy to understand why—fruits taste good. What’s more, their taste is intense. For those transitioning from a SAD diet, especially those accustomed to stronger flavors, eating sweet fruits is easier, more familiar, than chowing down on some kale or broccoli.

We have all been trained to brush our teeth after meals. But often we don’t think of an apple or a few berries as a meal, so we don’t brush or rinse our teeth, even as we nip on fruit throughout the day. Sugar is the culprit here. Sugar, even natural fruit sugar, becomes vicious if left on your teeth.
We can’t overlook the genetic factor. Thousands of years ago, some of our ancestors thrived on sweet fruits as a main constituent in their diets without ever brushing their teeth. We can’t be so carefree. Almost all of us have a family tree indicating generation after generation of poor eating choices which have left us with a predisposition to a smorgasbord of dental problems.

There are exceptions to every rule. I had the opportunity to meet an exceptionally healthy fruitarian years ago, whom I wrote about in my book *Quantum Eating*. The story bears repeating here for the point that I wish to make…This gentleman visited our raw food support group in Memphis. He said he was 54. He looked super-fit. His silver-touched black hair was braided in long, thick strands and the whites of his eyes were dazzling. His dark olive complexion was glowing. With such radiance, I was sure the guy could read books at night without a lamp. I went on a fishing expedition to find out what was responsible for such a picture of health.

To my surprise, he told us he had been a fruitarian for 35 years! He even related his theory of why only two types of nuts (pine nuts and black walnuts) qualify for the fruitarian lifestyle. Members of our support group had learned from raw food books, and particularly from me, that eating greens was utterly essential on the raw food lifestyle. They started to rebuke him, suggesting that all his teeth were going to fall out if he did not start eating greens. He gave us his dazzling smile, revealing all thirty-two teeth intact—and he never came back! He certainly left many questions in his wake, and I wish I’d had the chance to learn more from him.

I believe he was gifted with good genes. His case is unusual, since we all heard about the link between fruitarians and dental problems. Eating a lot of fruits requires fastidious dental hygiene—and more than likely some
hereditary factors in your favor. For those of you who didn’t pull the ‘exception to the rule’ ticket in life’s lottery, read on.

This email came:
*I wonder if you had any experience with stopping teeth from going transparent. I now drink everything through a straw, as my teeth have been going more and more transparent over the years since eating more raw and juicing. The dentist would like to blame it on all the juices, any fruit I eat and recommends a change of diet as well as fluoride toothpaste and mouthwash which I have obvious concerns about.*

If you have transparent teeth, you need to evaluate your mineral consumption and your body’s acidity. If you are too acidic and too low in minerals, you are likely to experience your teeth becoming transparent, among other problems. People who come to the raw food lifestyle already compromised in these areas are more likely to experience dental problems with excess fruit or sugar consumption.

Excess fruit consumption relative to consumption of greens can also result in a mineral deficit, due to the body’s using minerals for its metabolic processes, since fruits are not as high in minerals as greens. Another reason for developing the transparent teeth phenomenon is eating unripe fruits, which don’t have a sufficient mineral and nutrient content, contributing to the imbalance.

Some steps you can take:
• Eat minimal amounts of fruit, and be sure all the fruit you eat is completely ripe so the acid content is not too high. Have only two or three meals, no more. Give your mouth a rest!
Even better, stay away from “fruit only” smoothies. Sipping on fruit smoothies for prolonged periods of time throughout the day may contribute to this condition.

Do not use toothpaste containing glycerin. It leaves a film on the enamel which prevents re-enamelization from nutrients in the diet.

Chew leafy greens (this is called “wadding”) for their superior alkalizing and re-mineralizing effects.

I have read the testimonials of people who have eaten large quantities of pineapples, citrus and apples for several months and ended up with transparent teeth. Those who began consuming more greens, such as kale, wheatgrass, spinach, and green juices were able to reverse this condition.

**ROOT:** Avoid brushing immediately after consuming sweet fruits, especially citrus. The reason: Citrus makes the enamel on your teeth softer. I did some research and found that apparently the citric acid in fruit can temporarily weaken tooth enamel. As a result, brushing immediately after eating fruit can wear down the enamel on your teeth. Instead, swish your mouth with salt water (use Celtic sea salt) after you eat a fruit or drink a green smoothie. Then, wait about 30 minutes and brush your teeth. At that point the softening of the teeth has reversed itself with the help of the saliva in your mouth. Rinsing with salt water after meals can also kill certain kinds of bacteria that are responsible for decay and will help to neutralize acids in the mouth. Even better, eat a leaf of kale or a stalk of celery after every fruit meal.

Try brushing your teeth with coconut oil, which is super soothing for irritated gums. It is an antibacterial agent which will help keep your teeth and gums healthy. Coconut oil also offers amazing anti-fungal, anti-oxidant and anti-bacterial properties, thanks to the presence of
lauric and caprylic acid. Moreover, your mouth will develop a fresh feeling after brushing with coconut oil.

Here is the most effective method I discovered for brushing with coconut oil. Add some Celtic sea salt to coconut oil and brush your teeth with the mixture. This works even better than the soap and salt combination that I generally always recommended. But I learn something new every day.
The Raw Food Diet
and Your Compromised Teeth
Chapter 13

Introducing Stevia

In the book *Cure Tooth Decay* by Rami Nagel, I read this intriguing idea: “The metabolism of an individual who craves sugar is generally in a sugar burning, rather than fat burning mode to produce energy.”

An interesting thing happened to me…I was conducting an experiment which involved not eating any sweet fruits for an extended period; and in a few weeks, cravings for sweet things subsided. That craving had in fact left me after just two weeks. But what a difference in my gums and the overall feeling of my mouth!

In our efforts to avoid excess sugar or sweeteners in our daily diets, resorting to artificial sweeteners containing dangerous chemicals, such as Nutrasweet, Splenda et al is decidedly *not* the answer. But there *is* one natural sweetener which may interest some of you, depending on your preferences and tastes: Stevia! This can be very helpful for those who want or need the sweet flavor it provides as well as the dental benefits. Be sure to get only the purest form, with no additives or extra ingredients.

Stevia, the name by which this sweetening agent is marketed, is actually an herb with the scientific name *stevia rebaudiana*. It has been used for centuries in South America both for flavoring and as medicine. Stevia is sold in
powdered or extract form. A much better option: Make your own stevia powder by planting some of these plants in your herb garden. Simply harvest the leaves, dry them in your dehydrator or in the sun, and grind them into a powder.

Unlike sugar, stevia does not cause tooth decay. According to a study from the Department of Pediatric Dentistry at the University of Illinois, neither of stevia’s primary components, stevioside or rebaudioside, causes cavities. What’s more, stevia kills the bacteria *Streptococcus mutans*, a prime actor in creating dental plaque. Stevia has even been shown to inhibit the growth and reproduction of bacteria that cause gum disease and tooth decay.

People who use Stevia daily in any of its forms have experienced significant improvement in overall dental health, as well as a freshening of the breath. (Bad breath is often caused by bacterial colonies on the back of the tongue.) While all this makes stevia sound truly amazing, consider that it may not be so much the benefit of stevia itself that leads to improved dental health but the fact that you are avoiding the consumption of sugar.

A couple of years ago, while browsing the nursery during my yearly spring herb frenzy, I happened upon a stevia plant. Having used the powdered green form of this plant in the past, and knowing about its beneficial properties, I bought it. I brought home my pretty little plant and promptly transplanted it into its new home in the garden. The instructions that came with the plant said that *stevia rebaudiana* will usually grow in any warm climate with nothing more than the usual well-drained soil, occasional light fertilizer, and a fair bit of sun.

In tropical climates it is a perennial, meaning it comes back every year on its own. In more extreme climates, you must either replant it each year or overwinter in a green-
Introducing Stevia

house or garden window, then replant outside in spring, when frost danger has passed.

Stevia plants grow best from a shoot or cutting as distinct from seeds. They can grow up to three or four feet in height and are rather attractive. They’re also a low maintenance plant—perfect for those of us with brown thumbs. No fussing with finicky plants for me. Either they grow nicely, or they get replaced by something that will!

You can harvest stevia leaves a few at a time whenever you need them. They are at their best in the fall, just before they flower. This is when the quantity and quality of the main sweetening agent, stevioside, is at its best. If you wait too long after they flower, they may give you a bitter after-taste.

For occasional use, such as adding to smoothies or blended foods, just add a fresh leaf or two and blend away. If you prefer to dry them, you can harvest the leaves in the fall by cutting stems from the plant and stripping the leaves.

If you want your plant to keep growing, be sure to leave a third to half of the stem on the plant. Gently dry your leaves in a food dehydrator such as the Excalibur. Store in glass jars and either grind into a fine powder or crumble as needed into your recipes. Who knew that having your very own low-glycemic, health-enhancing and dental-friendly sweetener could be so easy, fun and, need I mention...cheap!

If you can’t find stevia plants at your local nursery, you may order them from a supplier such as Herbal Advantage, Inc. or Timpanogos Nursery. You may also obtain organically grown whole dried leaves from: HealthyVillage.com

For ultimate dental health, it is necessary in the long run to find recipes—specifically raw food recipes—low in sugar. The following recipes are low in sugar or sugar free and are loaded with alkalizing minerals which are good not only for improving dental health, but overall health as well. Feel free
to add a pinch or a few drops of stevia to impart a sweeter flavor if you feel a recipe needs it. That, of course, is always optional.

For several weeks I lived without any sweet fruits. What I noticed was a great improvement in the condition of my gums. I felt great throughout the rest of my body as well. But I did feel a little deprived, seeing all those sumptuous fruits in season. So I decided I was not quite ready for a fruit-free life. I chose the next best thing: always combining fruits with greens. Now, when I want fruits, I make a green pudding. It works wonderfully well for me. I rinse my mouth with salt water first, then brush my teeth 30 minutes later. This method seems to work great for my gums as well.

When experimenting with sugar-free recipes, I’ve found that, when in doubt, a few pinches of stevia will usually save the day. You can also easily adapt some of your favorite raw food recipes to accommodate stevia instead of agave nectar, honey or dates. At first, you might even want to start out using half stevia and half your current sweetener of choice until your taste buds adjust. Remember: Every little change you make counts!

Avoiding sugar is good for more than just dental health. Yes, a low-sugar diet is the best diet for your compromised teeth. But the rest of your body will thank you, too! A low-sugar diet can benefit everyone in one way or another. Eating low-sugar is also the best way to eat if you have had challenges with candida, and as mentioned before, if you are interested in anti-aging.

Don’t ever use those little yellow, pink or blue packets...They are poison. Start using real, honest to goodness stevia! You’ll be glad you did.

**ROOT:** Locate a good source of either natural stevia leaves or start growing some plants of your own.

If you decide to buy stevia powered, buy the smallest
package offered. It will last you for a long time. To avoid developing a distaste for stevia, use only a very small amount. I prefer growing my own plants and plucking the leaves when I need them. This way I never get “tired” of stevia. Begin using stevia as your preferred and later as your only sweetener. Use it instead of raw honey, raw agave, dates, raisins and so on. Once you adjust to using stevia most of the time, you will be astounded at how overly sweet some things begin to taste.
The Raw Food Diet
and Your Compromised Teeth
Chapter 14

Recipes: Raw Foods for “Rooted” Folk

Smoothies and Puddings
Smoothies don’t have to be made with lots of sugar in order to taste good. Enjoy these low sugar combinations in the morning or afternoon for a terrific way to get your greens.

Flippin’ Fig Pudding

Ingredients:
4 fresh figs
3–4 chunks of watermelon, (approximately 2 inches wide)
3 leaves of Swiss chard, stems removed

Blend these together in a Vita-Mix and enjoy as a pudding or thick smoothie. Serves 1
Something’s Yummy Smoothie

Ingredients:
Water from one young Thai coconut
1 Tbs. chia seeds, soaked in 1/4 cup water
½ cup almonds, soaked
2 cups strawberries
2 leaves Romaine lettuce
1 kale leaf, stem removed
dash of stevia

Blend until smooth in a Vita-Mix or other high powered blender. Serves 2

Granny’s Gum Builder

Ingredients:
2 Granny Smith apples
1 avocado
1 inch of vanilla bean (or 1 tsp. vanilla)
3 Swiss chard leaves, stems removed
dash of cinnamon (optional)
dash of stevia

Juice apples and then pour the juice into blender with remaining ingredients. Blend until smooth. Dust with cinnamon before serving. Serves 1
Keepin’ It Sane Smoothie

Ingredients:
1/2 small watermelon, removed from rind and cut into chunks
3 handfuls of fresh spinach
2 fresh figs (when in season) or 1 banana

Blend until light and smooth in blender. Pour into a frosty glass and serve. Serves 1

Tangy Lime Tongue Pleaser

Ingredients:
Meat and water from one young coconut
1 inch vanilla bean (or 1 tsp. alcohol-free vanilla)
1 banana
two leaves of curly kale

Blend until creamy and pour into glass or bowl. Serves 1
Saliva Slaw

Ingredients:
1 head Napa cabbage, shredded
2 cups chopped kale
1 cup chopped cilantro
¼ cup sesame seeds (you can use either whole or ground)
Juice of 1 lemon
1 Tbs. minced ginger
1 seeded and minced red chile pepper
1 clove garlic, minced
1 grated apple, preferably Granny Smith
Pinch of Celtic salt (optional)

Combine all ingredients well in a mixing bowl and toss thoroughly. Allow to sit for about an hour in the fridge before serving. Serves 2
Chewing Delight

Ingredients:
- 4 medium collard leaves
- Juice of 1 lemon
- 2 Tbs. raw tahini
- pinch of Celtic salt (optional)
- dash of cayenne pepper
- ½ cup fresh mung bean sprouts
- handful of raw pistachios, soaked
- handful of scallions, chopped

Stack collard leaves one on top of another, then roll up burrito style. Using a sharp knife, slice them from the end in strips, making thin ribbons that resemble pasta. Whisk remaining ingredients together except for the sprouts and nuts. Pour over your collard pasta and toss to coat thoroughly. Sprinkle in mung bean sprouts, nuts and scallions and toss again. Refrigerate until ready to serve, can be refrigerated overnight. Serve on colorful plates. Serves 2
Feed Your Roots
Salad Combo

Ingredients:
4 cups of mixed leafy greens (kale, Romaine, spinach, etc.)
2 kiwis, peeled and sliced into thin rounds
½ cup walnuts, soaked
1 medium cucumber, sliced thinly
handful of chopped scallions

Arrange all ingredients attractively on two salad plates. Using quartered cucumber slices make a border around the edge of the plates. Serves 2

Drizzle with a dressing made by blending the following ingredients until smooth and pourable:
1 carrot
½ avocado
1 red bell pepper, chopped
juice of _ lemon
curry and cumin powder to taste
dash of stevia
Celtic sea salt to taste
**East Indian Spinach**

**Ingredients:**
- 4 cups spinach leaves, chopped slightly
- 1 red bell pepper, chopped
- 1 cup walnuts, soaked
- 1 cup pine nuts or macadamia nuts, soaked
- Juice of ½ lemon
- ½ cup coconut water (from young Thai coconut)
- Celtic sea salt to taste
- 2 tsp. cumin
- 2 tsp. curry powder
- 2 Tbsp. chopped onion

Combine everything but spinach and red pepper in a food processor, blending until smooth. Add more coconut water if necessary for consistency. Add spinach and chopped red pepper and pulse gently to mix. Serve in a bowl. Serves 2
Enamel Builder Soup

Ingredients:

Juice of \( \frac{1}{2} \) lemon
1 medium zucchini, cubed
1 medium cucumber, cubed
1 avocado
2 tomatoes
2 scallions
1 carrot
1 cup spinach
1 cup basil
1 cup fresh young Thai coconut water
pinch Celtic sea salt (optional)
dash of stevia
handful of chopped red bell peppers

Blend all ingredients but red bell peppers in blender until smooth. Pour into two bowls, adjust seasonings to taste, and garnish with chopped bell peppers, along with some extra avocado and basil or parsley. Sprouts are also a good garnish. Serve with a leafy green salad and you’ll have a powerhouse meal. Serves 2
Endive with Salsa Filling

This is the only kind of filling you want in your mouth.

Ingredients:
Several leaves of Belgian endive, washed and separated
2 tomatoes
3 tomatillos
juice of 1/2 lemon
1 avocado, cubed
1 clove minced garlic
1/4 of a sweet white onion
kernels from one fresh ear of corn, scraped from the cob
handful of chopped fresh cilantro
1/2 red bell pepper, chopped
chili powder to taste
pinch of sea salt (optional)
dash of stevia

Wash and dry endive leaves and lay out flat. Pulse remaining ingredients together in food processor until chopped but still chunky. Spoon onto endive leaves and arrange on a serving platter. Serves 2
Don’t Decay Dip

Ingredients:
1 lemon, peeled
2 carrots
2 stalks celery
2 cups broccoli florets
1 medium cucumber
1 cup beet greens, stems removed
1 avocado
1 clove minced garlic
2 Tbs. pine nuts soaked
2 Tbs. dulse flakes
pinch sea salt, optional
dash of stevia

Juice lemon and carrots. Add to blender or food processor with remaining ingredients and process until almost smooth, but not quite. Adjust seasonings to taste. Pour into bowl and sprinkle with dulse flakes and extra pine nuts. Eat as a soup or use as a dip for veggies and snacks. Serves 2-4
Pearly Whites Pizza Salad

Ingredients:
2 cups arugula
2 cups Romaine lettuce
1 cup cherry tomatoes, halved
1 bulb fennel, sliced thinly
1 cup chopped fresh basil
1 cup chopped red pepper

Arrange greens on 2 salad plates and top with remaining ingredients. Serves 2.

Drizzle with a dressing made with:

juice of 1 lemon
1 Tbs. finely minced garlic
2 Tbs. raw tahini
dash of stevia

ROOT: Eliminate snacking between-meals. Since teeth should be rinsed with salt water after every single meal, especially if fruit or any type of sugar was eaten, be sure not to snack between meals so that your oral environment has a chance to recover. Don’t eat anything sweet if you know you won’t have an opportunity to rinse your mouth with salt water and brush your teeth shortly afterwards.
Section 3

Effective Hygienic Solutions for Compromised Teeth
The Raw Food Diet
and Your Compromised Teeth
Chapter 15

How Does Eating Raw Food Affect Your Teeth?

If a substantial proportion of your diet consists of raw foods, you already have something very powerful working in your favor—your own immune system.

I mentioned in Chapter 7 that years ago I had one tooth with an embedded metal post. The X-ray did not show that this post went *between* the roots instead of into one of the roots as it should have. Dentists were perplexed: How could I have had something like this in my mouth for 25 years? Only a super-strong immune system, they said, could fight such an inflammation for such a long time. Raw foods did the trick, I am confident. But this was a lost cause, even for my strong immune system. I *had* to lose this tooth. Ironically, the dentist had a hard time extracting it. That must be, he said, because I'm so healthy.

At this point in the book, we are well aware of how tooth decay forms and some of the ways we can prevent it. We see why and how dentists or endodontists perform root canals and the dangers inherent in this all too popular procedure. We have looked at why extracting problem teeth,
except in certain circumstances, will not give the desired results. As I mentioned at the outset, in this book I mainly focus on those of us who have already had dental problems and root canals and on how we can preserve our dental health in the best way.

I am happy to reveal some of ways that I have successfully dealt with my dental challenges and offer hope that you can benefit from this information as well. Tooth decay has internal as well as external factors. The documentary Rooted tells us that in the 1960s Dr. Ralph Steinman published research showing that tooth decay is related to the health of the whole body. He showed that a healthy body produces a flow of tissue fluid from the inside of the tooth right out through the enamel.

He found that if the fluid flow stayed healthy, there was no decay even when people did not brush their teeth. But when health was compromised, this fluid pressure reduced and there was a corresponding increase in the rate of decay. Dr. Steinman discovered that this tissue fluid rate was curtailed when diet was less than optimal, and stress played a large role as well. Sugar and white flour were among the worst culprits. Thus, the logical remedy is a sound nutritional program and freedom from stress. A balanced raw food diet and consistent oral hygiene are the tickets to a healthy body and teeth, from the inside out.

One analogy that I can offer for the situation of having compromised teeth is having a spear embedded in your flesh. Healing can never be complete if it continues to remain there, and it provides a constant challenge to your immune system, but it can be kept in check with diligent care. The challenge for you: You'll have to go to great lengths to care for your teeth. The good news: the result is great benefit to your overall health.

We want to focus on keeping those “dead” teeth in the best possible condition, preventing further deterioration and
keeping unwanted bacteria from gaining a foothold. If you have root canals, you may have to avoid sweet treats entirely! Don’t even look at dried fruits. Since eating even fresh fruits by themselves can cause troubles in teeth with root canals, try green smoothies instead. Adding greens helps alkalize the fruit and provides needed minerals as well.

But consuming lots of greens is only half the solution. You must also chew your greens. You must apply pressure to teeth and bones to ensure the best results. Chewing those greens increases saliva flow, which helps clean and remineralize the tooth enamel. In addition, I’ve also found that consuming lots of green smoothies and chewing kale yielded another unexpected benefit—the number of my gray hairs diminished!

Instead of using toothpaste to brush after meals, you’ll get excellent results using a combination of natural handmade soap and Celtic sea salt. In my experience, the best thing you can do for your gums is to use a brush pick dipped in 3% hydrogen peroxide. Keep moving it back and forth in the spaces between the teeth and the gums. Do this for at least 10 to 20 strokes. Then rotate the bushy part. This will provide extra massage for your gums. If your gums are sensitive and bleeding this might be unpleasant at first. But persevere!

Hydrogen peroxide is effective at combating the bacteria that produce plaque. I use this procedure after every meal, which is twice or three times a day. At first, when I was fighting gum issues, I did this before going to bed as well. If you adopt this regime, upon awakening you will feel your mouth is sparkling fresh.

If a problem arises with a tooth, you have a secret weapon—“dry fasting.” You’ll find an entire chapter devoted to this practice in my book Quantum Eating. Dry fasting is simply fasting for 24 hours (or longer) without consuming...
any food or liquids at all, allowing the body to focus all its energy on healing and ridding itself of toxic substances. You must be in relatively good health (other than your tooth problem) in order to do this, and you should already have experience with fasting of one sort or another before attempting a dry fast.

We are at the mercy of our diets and our chemical environments. Fortunately, the raw foods aficionado, armed with good health information, is ready for battle.

I received this email:  
I didn’t get dental problems until after I started the raw foods diet (the last time I attempted 100 percent raw)...my teeth became loose and I suffered major pain, especially in my molars and cuspids. And I’m sure you understand that I didn’t want to visit my friendly neighborhood dentist and get shot up with Novocain and have root canals galore! So I backed away from raw foods and the dental troubles went away.

However back then I was not eating greens very much and was making recipes out of the (then-2003) popular raw foods cookbooks of the time. I might have been eating way too many sweety desert kinds of things made out of walnuts and agave nectar...etc....which those cookbooks were full of.

I’m cautiously experimenting with green smoothies, as the sugar content of the fruit is pretty high. So far I’m having good luck with them. Today was apples, raspberries, and curly kale. It was delicious. It seems my taste is changing because I’m finding green foods delicious now. Even raw kale is starting to have this subtle yummy flavor I never thought I’d be saying this, but it’s true.

ROOT: Check to make sure your raw food diet includes plenty of greens, both in liquid form, such as juices and
smoothies, and solid form such as salads and wraps. If you haven’t started already, remember to combine fruits with leafy greens to make green smoothies for best results.
More and more people these days—practically everyone in California, it would seem—has white teeth—sometimes astonishingly white. Have our teeth “evolved” from being yellowish to toilet-bowl white? Have our genetics changed that much during the last few years? The owners of these dazzling smiles will tell you: Yes, they have. But things still look strange, because this phenomenon is largely happening “only in America.”

In Europe, particularly in Germany, dentists pride themselves in making artificial teeth look identical to their natural neighbors by adding small cracks and spots and by blending colors to match the natural teeth. In the United States, however, the big hit now is to do a “smile makeover,” where all your teeth are capped or veneered by rivetingly white-hued porcelain.

I stumbled upon one Internet forum where dentists were chatting about their patients. They shared how they constantly submit to the gullible demands of their patients for whiter and whiter teeth. Vita had to add additional shades to their shade guide. Manufacturers have had to develop extra light and extra extra light shades of composite resins.
The consensus on the Internet forums seemed to be that people are causing damage by constantly bleaching and re-bleaching their teeth. These dentists felt sure they’ll be seeing a multitude of issues from the bleaching in the U.S. a decade down the road as a result of this obsession with immaculate whiteness. Why? After repeated whitening treatments, bone begins to erode. Tooth pulp will not survive the onslaught. All forms of external bleaching have effects on the pulp—this was demonstrated as far back as the sixties. The question is: How bad, and how long-term, are these effects? There is no clear consensus on the answers to these questions.

Transparent teeth…We introduced this problem at the end of Chapter 12. I had never experienced this condition myself. But I was intrigued. I searched to see how dentists explain this predicament. One of the most commonly proposed explanations is repeated bleaching of the teeth for an extended period. It is possible to have bleached all of the opacity out of the enamel and some of the dentin underneath the enamel layer. Dentists say they see this condition happening every week to over-zealous “bleachers.”

All teeth show some translucency. Those that are opaque and thick show more sparkle and are responsive to bleaching. Of course, everyone wants to bleach their front teeth. However, the front teeth, the incisors, are thinner and more transparent and—most notably the upper middle front two incisors—have less of the pigment that is necessary for bleaching. Dentists will tell you that transparency cannot be corrected by any form of teeth whitening. The dentist’s standard proposed solutions? Predictably: bonding, porcelain veneers, porcelain crowns.

What perplexes me is why dentists even offer bleaching in the first place. Their own continued income seems a major motivation. If you bleach your teeth, you will have to come back. Who would want to have white teeth today but
yellow or transparent ones tomorrow? Why, therefore, even start on this route? These practices make me question: Do doctors, dentists in particular, always really have our best interests at heart?

I, too, once went for a professional teeth whitening. Of course, I told myself I needed a first-hand experience for this book, to pass it on to my readers. But you know, and even I knew in my heart, it was vanity. Yes, I was seduced by that Hollywood lure.

Teeth whitening can also result in such unpleasant consequences as an increase in the sensitivity of teeth to cold. Worse, whitening procedures need to be repeated regularly to keep the desired aesthetic result. That repetition brings a steepening curve of undesirable results. Even those of us who know better, or ought to, get pulled into the old mythical slogan—“Better living through chemistry.” But if you have learned to distrust modern chemical magic, know that reaching the results you want is also possible using natural means. I won’t point a finger at you for wanting a beautiful smile. Who doesn’t? I just want us to look at some natural whitening methods…

ROOT: Shop around for the best price on a quality sonic toothbrush and start using it in place of your regular toothbrush. I use the Phillips Sonicare regularly. There are several advantages. It protects your teeth and gums from overbrushing: electric toothbrushes require only about half the pressure of a manual toothbrush. Because of the intense speed at which the bristles of the head vibrate, 30,000 strokes per minute, it agitates the fluids, such as saliva, surrounding the teeth. This creates a type of turbulence, along with minute bubbles and waves of pressure, capable of dislodging much more dental plaque than brushing alone.
Chapter 17

Dealing With Stained Teeth
Naturally

There are several all-natural and very effective home remedies for removing stains and whitening teeth. However, let’s begin with the reminder that teeth are not actually pure white to begin with. So “clean and bright” is a more realistic goal than immaculate whiteness ever could be.

When hot food is followed by cold food it can cause the pores in your enamel to open and then close, leaving food particles trapped under the surface. You may be surprised to learn that some antibacterial mouthwashes can actually be responsible for some teeth staining. The only mouthwash I use is 3% hydrogen peroxide. If you do use mouthwash, steer clear of mouthwash brands containing the ingredients ‘chlorhexidine’ or ‘cetylpyridinium chloride’, as products containing these chemicals have been shown to stain teeth.

Overbrushing or using a harsh toothbrush can contribute to staining because it not only wears the enamel on the surface of the teeth, but can also actually rub into the fine cracks and lines of enamel the very substances you are seeking to eliminate. You, in effect, are brushing it in instead of brushing it off, much the same way you would rub a stain into the fine grain of wooden furniture.
Teeth may begin to show signs of discoloration or staining as we age, and believe it or not, some of it can be hereditary. Over time, the erosion of the enamel exposes the dentin underneath, which is more porous, and consequently it more easily absorbs the pigmentation of food and drinks we consume. Also, if there is plaque or tartar buildup, stains can adhere to it, making them even more obvious.

Regular brushing after meals with bar soap and sea salt, along with chewing dark leafy greens, is a foundational practice for keeping enamel strong and teeth white and healthy. If that isn’t enough, and you need more help brightening those not-quite-pearly whites, there are other safe, natural and inexpensive options to choose from.

Hydrogen peroxide is one solution. A good one. Recently I met a lady in her late sixties with remarkably white teeth. I struck up a conversation and found out she swishes a 3 percent hydrogen peroxide solution in her mouth for a good 3 to 5 minutes. (Warning: Don’t do this if you have any amalgam fillings.) All those bubbles you’ll feel in your mouth will in fact be oxygen attacking all the dead microorganisms in your mouth. Hydrogen peroxide does double duty as an antiseptic and as a whitening agent. It is usually one of the main ingredients found in expensive teeth whitening kits and procedures, yet you can realize very good results for just pennies!

Look to the ROOT at the end of this chapter for more helpful natural teeth brightening solutions. But if these solutions are not giving you the whiteness you desire, or if for whatever reason you still feel you must bleach your teeth, use a mild solution, like White Strips. If your teeth are a yellowish color, it will be much easier to turn them whiter. This is my situation. But if the color of your teeth is more grayish, they are much harder to turn white.

If you do a “smile makeover” when you are over 50 or 60, that’s one thing. But I see so many young girls get
veneers on their teeth. It's a common progression: veneers to crowns to root canals to extractions and implants. If you can avoid it, it's better not to start on this route at all. Once you start, the slope is very slippery.

If you have decent teeth, keep them the way they are. Veneers and crowns, and even continuous bleaching compromise your teeth, weaken them, and send them in the direction of root canal city! Your best bet: Stay close to nature!

ROOT: Tips for Stain Prevention...Aside from daily brushing after meals and chewing leafy greens, your teeth may also benefit if you’ll remember these few tips for stain prevention:

• Drink through a straw to help minimize contact of colored beverages with your teeth.
• Avoid consuming the worst offenders when it comes to staining—coffee, wine, soy sauce, curry, and turmeric. (If you are a raw foodist, the first four are already out of the question.) Either avoid these altogether or (at least) don’t consume them hot, as the heat will open pores in the enamel, allowing stains to penetrate deeper.
• Don't overbrush, and don’t use a hard toothbrush, as this only wears down the enamel even further.

You can brush your teeth twice a day with a homemade paste made with baking soda and 3% hydrogen peroxide.

Another way is to use baking soda for whitening...Mix 1 teaspoon of baking soda with a pinch of salt and a few drops of white vinegar. You can rub this around on your teeth either with your fingertips or with your toothbrush. Then wait 30 minutes and rinse.

Mix dried and powdered bay leaves with dried orange peels. Make them into a paste and brush your teeth with it.
Mix fresh lettuce with sea salt and chew it well. Keep it in your mouth for as long as you can before either swallowing or spitting it out. Your teeth will whiten if you do this daily. You can also grind well-dried lettuce mixed with salt to form a paste you can brush with. This will have similar results and will give you the added benefit of helping to reduce tartar and whitening yellowed or darkened teeth.
Optimal health is a result of many different practices combined into one lifestyle. If you were asked to name all the good-health practices you know, how many would you list? No doubt you'd include the basics—a raw foods diet, sunshine, fresh air and exercise. You might add more advanced practices such as yoga, fasting, colonics, positive thinking, deep breathing, dry skin brushing, and Quantum Eating. If you're familiar with my books, many others will come to mind as well. But there's one practice you may never have heard of, a practice which may very well yield surprising results. It's called Oil Pulling. An odd name, to be sure. Now I've got your attention, haven't I?

Oil pulling is a method derived from the ancient Ayurvedic practice known as oil gargling, used for detoxification. Oil is believed to remove bacteria and toxins from the bloodstream by means of the saliva. Oil pulling came to larger audiences via Dr. F. Karach at a 1992 conference of medical professionals belonging to the USSR Academy of Science. Dr. Karach claimed that the practice of oil pulling cured him of a chronic blood disorder and arthritis. He went on to use it in his own medical practice with favorable results. Dr. Karach is quoted as saying: “The Oil-therapy
totally heals headaches, bronchitis, tooth pain, thrombosis, eczema, ulcers, intestinal diseases, heart and kidney diseases, encephalitis and women’s diseases. Preventively, the growth of malignant tumors is cut and healed. Chronic blood diseases, paralysis, diseases of nerves, stomach, lungs and liver and sleeplessness are cured.”

The theory behind oil pulling is this...Because our mouths are home to all kinds of bacteria and fungus, including candida and strep, these germs as well as their waste products cause tooth decay, gum disease and eventually lead to other systemic health problems. The oil acts as a cleanser, picking up germs, debris and mucous, exerting a powerful detoxifying effect, not only on the mouth but the entire body. Swishing is supposed to activate enzymes which in turn draw (pull) toxins from the bloodstream through the mucous membranes of the mouth.

In essence, you simply swish around vegetable oil in your mouth each day, just as you might with regular mouthwash, without gargling, anywhere from one to three times a day, on an empty stomach. Doesn’t sound very impressive, or difficult, does it? But reports say that, done correctly and consistently, the practice offers astounding cleansing and healing benefits. Some take up the practice to improve their dental health, then experience other beneficial results ranging from impressive to astounding.

There’s just about nothing that oil pulling enthusiasts won’t claim it can cure. Full disclosure: there is at present only a little scientific evidence to back up the proponents’ claims. Nonetheless, thousands of satisfied ‘pullers’ swear to its effectiveness, and more research are studies are starting up.

If you’d like to try this promising natural folk remedy, here are the basics...Any cold-pressed organic vegetable oil
will work, though the most highly recommended are sunflower and sesame oils, followed in popularity by coconut. In the case of sesame oil, be sure the sesame oil is not toasted. You’ll need to use only 1 or 2 tablespoons. You’ll want to do this first thing in the morning on an empty stomach. Slowly swish the oil around in the mouth, straining the oil through your teeth, for about 15 to 20 minutes. (Fair warning: Don’t be surprised if this is precisely when someone decides to ask you a question!)

Never ever swallow the oil, as it becomes toxic. Spit it into the sink afterwards and rinse out your mouth with water. You might want to rinse the residue from your sink, too. Some people notice immediate detox symptoms, most commonly mucous drainage from the sinuses.

As with any practice, it is important to be consistent, and give it some time in order to see results. More sensitive people may take some time to get used to the unusual feel of oil in their mouths.

On the upside, the practice is at worst harmless. It costs nothing more than a bottle of good oil and some time, during which you can do other things, such as reading one of my new blog entries. Since there are no side effects or dangers, you certainly have nothing to lose if you try it, except perhaps some unwanted bodily debris.

ROOT: Begin a daily regimen of 15-20 minutes of oil pulling every morning on an empty stomach. It’s very easy, effective, and multi-taskers will enjoy combining it with other health and beauty practices to save time.
Exercising your jaws is very good for all people, but it is a must for those who have had root canals. Since I have so many of them, I had to come up with a solution.

Any disease is easier to prevent than to treat. That is why we must not allow our teeth to get “lazy.” Your food should be firm, not refined. For your teeth, in the same way as for your muscles, daily exercise is vital. Apples and carrots in their original form and other kinds of “stiff” produce are great. But for those of us with compromised dental health, this might not be enough.

In 2008, at the Raw Spirit Festival, I watched Victoria Boutenko give a presentation on the importance of regular chewing for dental health. Since that event, I waited impatiently for Victoria to come out with some kind of chewing device. In the meantime, I was looking for something to put into my mouth to chew. I tried everything that might prove suitable, from babies’ rubber toys to dog chewing aids.

Here is the one exercise I found promising: Take a branch of a tree. Holding one end of the branch with your hand, and the other in your teeth, pull a branch, as if trying to tear a slice off it. Admittedly, this is unusual, and if enough people see you performing this exercise, you just might earn...
a ticket to a padded room and a straitjacket. Possibly a more discreet method would encourage more consistent use?

To my great delight, recently, Victoria Boutenko announced her version of a jaw exerciser. She spent several years developing her device, which she calls the Jawcerciser™. It is thoroughly thought through, and I strongly recommend you try it.

You will feel it working almost from the first several seconds of using it and will realize it is doing a world of good for your jaws, gums and teeth. If you notice your jaw muscles are sore at first, good—this only lets you know it's working!

Even the loss of a few teeth can cause a sagging appearance and give the appearance of an aged face. The Jawcerciser promotes mouth fitness by exercising jaw muscles which strengthens the roots of teeth and increases bone density. I found it especially beneficial for people who have root canal-treated teeth or gum problems.

Furthermore, the repetitive chewing action stimulates the salivary glands to produce more saliva which, according to the U.S. Surgeon General’s Report, “contains components that can directly attack bacteria which cause decay, and is also rich in calcium and phosphates that help to remineralize tooth enamel. Saliva contains antimicrobial components, as well as minerals that can help rebuild tooth enamel after attack by acid-producing, decay-causing bacteria.”

I explained earlier that saliva contains various minerals which help buffer acidity and replenish lost minerals; however, the rate of destruction often exceeds the rate of repair. This is one reason it is so important we chew our food thoroughly: Proper chewing increases salivary flow, and our teeth benefit from this increase.
I can say this device saved my other 6 root canal treated teeth. The bone did grow back and the gums improved so much so that the 7-8 mm pockets are now a healthy 2-3 mm.

Simply chewing more hard vegetables such as carrots or celery has not proven sufficient for tooth exercising, because the chewing action is over too quickly to receive benefits, and hard vegetables don’t have enough give to encourage the user to continue chewing. Furthermore, if a considerable amount of hard vegetables is consumed in an attempt to exercise the teeth, it has been observed that the surface of the teeth can wear down. The Jawcerciser's silicon surface offers just the right amount of give and resistance, so the user gains quick benefits without wearing down tooth enamel.

The Jawcerciser is made of FDA approved food grade silicon. Place your Jawcerciser into your mouth, where it fits comfortably between your upper and lower teeth. The rectangular configuration ensures a good grip. Simply chew vigorously on each side for 2 to 3 minutes after each meal daily.

The Jawcerciser should be rinsed off with soap and water after use. I store it in a glass filled with 3% hydrogen peroxide. If you are a dedicated user, the Jawcerciser has a useful life of 30 days, after which some wear and tear may appear on the surface, and it will no longer provide the necessary resistance. At this time it needs to be replaced.

**ROOT:** Begin exercising your jaw by using jaw exercisers such as Victoria’s Jawcerciser, available from Beautiful on Raw. I am currently working on my own version of a chewing device as well. Be sure to sign up for my monthly newsletter at [www.beautifulonraw.com](http://www.beautifulonraw.com) and I’ll let you know as soon as it becomes available.
Some herbs are excellent for helping to alleviate gum disease, and some are very powerful at prevention. Some herbs do both. Among the completely natural remedies discussed in this chapter you will find that most have antiseptic and astringent properties useful in treating gum disease. Some offer even greater benefits. Below are some of the most popular and well-known herbs used in the treatment and prevention of gum disease:

**White Oak bark (Quercus alba)**…White oak was used medicinally by both Native Americans and early settlers. This herb has astringent properties and is a potent antiseptic that aids in preventing bacterial invasion. It has a high tannin content and can be used both internally and externally. The tannins in white oak bark bind with protein in the tissues strengthening them against bacterial invasion by forming a protective coating which allows new tissue to regenerate underneath. When used externally, the astringent properties help reduce bleeding. Due to its astringent and antiseptic qualities it has been used successfully for many ailments, including mouth sores and bleeding gums.

You can make a poultice to apply to bleeding and inflamed gums by simply emptying a capsule of white oak bark, available at your local health food store, and gently rub-
bing the contents into your gums, or buying the powder and rubbing just about ⅛ of a teaspoon to the gumline. Sleep with it on, and rinse it off in the morning. After a few weeks you may notice significant improvement.

**Eucalyptus (Myrtaceae family)**…The eucalyptus tree, native to Australia, contains a fragrant, volatile oil with high medicinal value. The oil, which is steam-distilled, contains antibacterial, antiseptic, anti-inflammatory, diuretic and anti-spasmodic properties. There are three grades of eucalyptus oil. The medicinal grade contains the compound eucalyptol, sometimes called cineol. The oil, extracted from the leaves, is effective against many types of *Staphylococcus* bacteria, including plaque-producing bacteria. It is used in mouthwashes to fight gum disease and gingivitis. Eucalyptus can be used internally through teas or tinctures, inhaled, or used externally as a rub.

For gum disease, try massaging your gums with a few drops of the diluted oil. Undiluted oil should never be ingested. The diluted form should be mixed with a carrier such as grapeseed, almond or vegetable oil. One study showed improvement in periodontal disease in patients who chewed eucalyptus gum. You can learn more about the study [here](#).

**Turmeric (Curcuma longa)**…Turmeric is a spice which has been used in India and in Ayurvedic medicine for centuries. It’s a member of the ginger family, which is native to South Asia. It contains an active chemical compound known as curcumin. Curcumin gives turmeric not only its bright orange color but also its medicinal properties. Turmeric has been used as an anti-inflammatory in China since ancient times. It is a superb antioxidant as well. Its natural antibiotic and antiseptic properties have been used topically to treat everything from acne to leprosy, Alzheimer’s to gum disease.
Turmeric fights gum inflammation by suppressing the action of a particular gene that creates irritant chemicals. In the absence of irritation, bacteria cannot find a place to grow, which reduces the likelihood of gingivitis developing. Turmeric can be used internally and externally, but ingesting an excess can cause negative effects, so it must be consumed in moderation.

Some people with gum disease have tried mixing small amounts of turmeric powder with their toothpaste until symptoms subside. This may be a great idea for you to try.

Myrrh (*Commiphora* spp.)...Yes, *that* myrrh, as in the Bible’s “gold, frankincense, and myrrh.” Myrrh is actually a resin, the dried sap of *Commiphora* trees native to Yemen, Ethiopia and Jordan. Several species of *Commiphora* are used to make myrrh. Myrrh was once used as an embalming ointment. The Chinese used it for arthritic and circulatory problems. In Ayurvedic medicine it is used for circulatory problems and nervous system disorders. Currently, Myrrh is used as a broad-spectrum antiseptic, having been found effective in helping prevent tooth decay. The tannins it contains give it astringent properties.

Myrrh is used both internally and externally to treat everything from athlete’s foot to bronchitis, gum disease to toothaches and hemorrhoids. Aside from its antiseptic and antibacterial compounds, it is also said to have antiviral, antifungal and anti-inflammatory properties and is considered to be one of the most favorable healing herbs for gingivitis. Myrrh works as an antimicrobial in two ways—by stimulating white blood cells, and by directly affecting microbial activity. It is recommended specifically in herbal medicine for the treatment of mouth infections, gingivitis and pyorrhea.

If you can locate powdered myrrh, you may have a very important healing herb on your hands...or teeth, whichever
suits you best. You may sprinkle a little myrrh several times a week on top of your toothbrush and/or toothpaste and brush with it. Or, if the taste is not agreeable to you, you can always sprinkle some in a cup of salt water and rinse with it after brushing. Note, however, that Myrrh will not completely dissolve in water.

Clove (*Syzygium aromaticum*)... The clove is an evergreen tree native to the Philippines and other tropical places such as Madagascar, Indonesia and Brazil. The word *clove* comes from the Latin word for *nail*—*clavus*—which describes the shape of the bud. The dried buds are used for cooking and eating, and oil is extracted from the leaf and unripe flowers. Herbalists recognize the clove as one of the most powerful germicidal agents in existence.

Clove oil is usually readily available at pharmacies or health food stores. It is popular as a pain relieving remedy. It could be considered the all-natural equivalent of Ora-Jel. Simply rub the oil on the affected area as needed. In order to avoid burning from too high of a concentration, be sure to dilute with a carrier oil such as those mentioned above for eucalyptus: grapeseed, almond or plain vegetable oil.

**ROOT:** Prepare and begin using for at least a month one or two of the herbal home remedies listed above, which pertain to your particular situation.

I am working on a formula that can be used for brushing your teeth, which contains the best combination of antiseptic and astringent herbs to promote circulation
and healing of the gums. Check my website in March 2010 for more information.
The Raw Food Diet
and Your Compromised Teeth
The goal of this book is to prevent further dental problems down the line and to stop any present decay in its tracks. An ounce of prevention truly is worth a pound of cure.

If you choose to keep “rooted” teeth, or if you have implants, you have to commit to the most fastidious dental care. Forget about the fact that some people do very little for their teeth and get away with just brushing them in the morning.

I strongly believe, of all the factors influencing the health of your gums and teeth, it’s what you eat *now*, and what you do or don’t do just after you eat that are of paramount importance. I’m now experiencing very favorable results due to my diet and current dental practices.

You *can* beat the odds—*if* you’re diligent! There *is* hope. If you are among the dentally or surgically challenged, you must be more creative. But it is still possible to stack the odds in your favor and enjoy the very best of health.

My husband never goes in for a professional cleaning of his teeth. Never flosses, never rinses after meals. He eats fruits before going to bed. But Nick has no gum or teeth problems whatsoever. He takes after his mother. She is 72 and has all her natural teeth. Some people are just lucky. But I consider myself also very fortunate, and so should you. You and I have an extra incentive to pay more attention to our diet, and by doing so we improve our overall health. Sometimes having this sharp sword hovering over our
heads, in this case the root-canalled tooth, removes the “to do or not to do” choice the “lucky ones” have and leaves us with only one option: painstaking attention to our health in general and dental care in particular.
Let us review one more time some of the things we must be doing if you have root canal-treated teeth...
1. After each meal, rinse your mouth with salty warm water and brush your teeth 30 minutes later. Consider brushing with a mixture of sea salt and soap or even better sea salt and coconut oil.
2. Then, use Victoria’s Jawcerciser for 2–3 minutes. This is crucial not only for gums and teeth but also prevents the sunken look that characterizes an aging face. In this way the Jawcerciser will contribute to the beauty of your face.
3. Eat nothing that contains sugar in any form. And I do not mean here just processed cakes with white flour and sugar. Don’t even look at raw treats, such as dates or raisins, even whole citrus fruits. Even blueberries turn out to be too acidic for the root canal treated teeth. Forget about dehydrated food. Fruits must be consumed together with greens, such as in a green smoothie or pudding. If you are craving a sweetener, use stevia.
4. Have a big salad with kale and other greens every day. Chew thoroughly.
5. Do not use whitening solutions on root canal treated teeth. Ever.
6. Do not put anything into your mouth which is too cold or too hot.
7. Flossing is not enough around these troubled teeth. Before going to bed, use a “Christmas tree” style dental brush, dipped in a 3% hydrogen peroxide solution, between the teeth that have gum issues.
8. Go for a professional cleaning every three months instead of the commonly advised six. Your dental hygienist will use ultrasound and water. Nothing harmful here for your
Conclusion

body, but it will do a lot of good in cleaning hard-to-reach places.

Does this seem like a lot of work? Okay—it is. Remember—your root canal-treated teeth are doomed. You will lose them first. Root canals are evil. But extracting a tooth is just as bad. *Nothing* will age your face more than missing teeth.

My book’s suggestions will help you keep your root canal treated teeth longer and minimize their negative effects on your body. By preventing bone loss and maintaining gums around root-canalled teeth as healthy as possible, you will keep pathological bacteria under control and greatly reduce the spread of infection.

Even my radical solutions will not completely eliminate the problems root canal treated teeth present. But by following my advanced eating plan and pursuing a dedicated oral hygiene regimen, you will raise the power of your immune system to an unprecedented level. Even Dr. Weston Price and Dr. Robert Gammal, the most fervent proponents of extracting root canal treated teeth, might make an exception for us and allow us to keep these teeth! At least that is what I am shooting for. *You* will have to make your own decision.