

**The Complete
Guide to Natural
Toothache
Remedies and
Re-mineralization**

Scott Rauvers

**Actions to Take Immediately
if you Have a Toothache**

PAGE 75

**Traditional Chinese Medicine
Toothache Relief Methods**

PAGE 82



This book is dedicated to those who seek unnecessary root canals, so they may avoid unnecessary pain and expense in the future

Published by the Institute for Solar Studies

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The Complete Guide to Natural Toothache
Remedies and Re-mineralization

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A SPECIAL THANK YOU

Thank you the reader for being a part of those positively transforming the world of dentistry. This book is dedicated to those seeking how to tap into the power of nutritional wisdom to create healthy teeth and gums.

The sole purpose of this book is to empower those seeking alternatives to the dentist's drill and to help create a feeling of self confidence and comfort, knowing you hold the power to prevent cavities, re-mineralize your teeth and create lasting strong and healthy gums.

Use the wisdom in this book to: Avoid Unnecessary Root Canals, Learn to re-grow New Layers of Dentin on Exposed Enamel, Reverse Gum Disease, Heal Tooth Abscesses, Re-store your Hormones to Healthy Levels and visit a dentist only when absolutely necessary. This book can save you thousands of dollars and avoid wasted time on unnecessary dental procedures.

Scott is also the founder of The Institute For Solar Studies On Behavior and Human Health, which studies non invasive methods of healing, giving people alternatives to painful and sometimes unnecessary surgery. Scott's latest book released in the Spring of 2015 appropriately titled: Avoid Root Canals. 101 Homeopathic Nutrition Remedies to Stop

Tooth Cavities, gives readers painless alternatives to root canals, herbal methods to relieve toothache and herbal remedies and mouth washes for sore, receding or infected gums. In his latest book Scott includes his own experiences of how these non-invasive methods have helped him and the many readers of his website avoid visiting the dentist altogether. This book is a golden gem if you live or spend time in locations you don't have access to a dentist or want to visit them unless absolutely necessary.



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From the author

I have not needed to visit a dentist for the past 10 years. I share all the very best tips and information anyone needs to avoid unnecessary root canals and the know-how of how to reverse cavities naturally. This book includes full scientific references of the most successful methods that reverse cavities, heal gum disease and the best methods to maintain excellent oral health.

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Introduction

Haven't you ever wished you could have all the very best Ayurvedic, European and Traditional Chinese herbal remedies and scientifically proven tooth and gum healing remedies all in a convenient book?

You are holding in your hands the result of 5 years of research and writing, including feedback from readers of my website, the best natural remedies for healing toothache, gum disease and tooth abscesses.

This dream is now a reality. You won't find any other book that covers such a broad range of healing methods including herbal mouth rinses and proven techniques to keep your teeth and gums free of pain and decay.

Best of all you no longer have to believe what your authoritarian dentist tells you. Unlike some books that fail to cite references backing up their claims, this book lists full references and the original scientifically published papers behind each claim made, allowing you, the reader to look up and confirm the validity of the information in this book for yourself.

How Mercury Damages the Body

There are many people who have concerns about having mercury used as a part of their fillings. The mercury used in dental fillings is composed of dental amalgam.

What is Dental Amalgam?

Dental amalgam is composed of a 50/50 mixture of liquid mercury which is mixed with a powdered metal alloy of silver, copper and tin. When it is mixed, it starts to form a pliable putty-like substance that will eventually harden.

In December 2010, the U.S. Food and Drug Administration warned against the use of using amalgam in vulnerable populations (the very old, very young and the

pregnant). Pediatric Neurologist Dr. Suresh Kotagal testified at the FDA hearing "*there is no place for mercury in children.*" (1)

Developed Countries that have Banned the Use of Mercury Fillings

The European Union recently passed a resolution for all nations under the European Union to "start restricting or prohibiting the use of amalgams as dental fillings." (2) (2a)

In 1987 the Public Health Office of Germany recommended against using amalgam in pregnant women, children and people with kidney disease. On July 1st, 1995 Sweden ceased allowing amalgam to be used in patients under the age of twenty and banned it altogether in 1997.

In 1996, the Canadian Department of Health directed its dentists to cease using amalgam fillings altogether in children, pregnant women and people with impaired kidney function (3). Early exposure to even low doses of mercury in women who are pregnant and breastfeeding have shown it causes an increased risk in having children with a lower intelligence (4). This is because amalgam crosses the placenta and accumulates in unborn babies.

Why You Can Enjoy Better Health Using the Holistic Approach

Conventional dental treatments avoid the holistic approach altogether because it is not standard curriculum for students studying dentistry. This gem of a book has already sorted through all the confusion and misinformation, choosing only the best tried and proven holistic methods that work. The end result is a simple reference that can be accessed at your convenience. This is a book you'll want to hand down to your grandkids generation after generation. The beauty of this book is all 3 mainstream holistic treatments, Ayurvedic, Traditional Chinese and European are all brought together in one convenient easy to use reference.

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This book includes the pioneering research done by Dr. Weston Price and Melvin Page, presenting the facts and methods proven to work, obtained from their research and scientific studies.

Prevention of cavities and treatment is so much more less painful and much less expensive than waiting until extensive tooth decay causes unsightly damaged teeth. Bad eating habits and digestion increases your chance of cavities, from unwanted plaque build-up on your teeth. If you have adequate amounts of stomach acid to digest the food you are eating, your plaque build-up will be substantially reduced.

Simple and quick protocols are presented in a clear straightforward manner for preventing cavities and re-mineralizing teeth. The beneficial side effects of using these proven holistic methods includes increased vitality and vibrancy due to restored hormone levels and the fresh intake of vitamins and minerals.

You may be surprised to learn that many of the most effective foods and spices that relieve toothache may already be in your kitchen cupboard. Clove for example is a powerful natural pain killer for toothache, and hydrogen peroxide mixed with water between 3% and 4% concentration is a powerful way to kill bad bacteria in the mouth that causes toothache.

Further

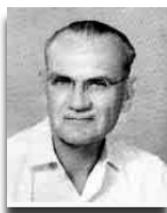
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A Brief History of Modern Dentistry

The first dentist was Hesy-Re from ancient Egypt. The time period between 1650 and 1800 saw French Physician, Pierre Fauchard emerge as “*The Father of Modern Dentistry*”. Further efforts by Chapin Harris and Horace Hayden in 1840 saw the establishment of the very first dental school, **The Baltimore College of Dental Surgery** (*Oral sciences: History and future research. Divya Mehrotra. Aug 2014*).

The Pioneering Work of Dr. Melvin Page



Dr. Page studied Dr. Weston Price's research on the dental health of primitive people and began his research at Hackley Hospital and Mercy Hospital in Muskegon. His studies involved over two thousand blood chemistries. He concluded that cavities would not form when the calcium to phosphorus ratio was 10 to 4 in the blood. The Department of Dental Research of the United States Air Force confirmed this finding 42 years later. Dr. Page also discovered that the ideal blood sugar level of 85, plus or minus 5 (on the Sclavo test) was optimal for dental health and that refined carbohydrates and white sugar increased serum calcium (Calcium drawn from the bones). It was these findings that led Dr. Page to develop what's today known as the "**The Page Food Plan**". This plan created a diet that restored an upset body chemistry and is based on the glycemic index. This is due to the fact that tooth decay occurs far less often, or in some cases not at all, when a precise ratio of calcium to phosphorus is present in the blood. When this condition persists for a period of months, tooth decay develops. The ratios are as follows -

Calcium to Phosphorus Ratio - 10 to 4

Blood Sugar - 80-90

Foods that have close to the ideal calcium ratio of 10 to 4 include Collards, Butterbur (Fuki), Mustard Spinach (Tendergreens), Papayas, Turnip Greens, Dill Weed, Basil, Arugula, Oranges, Beet Greens, Chinese Cabbage and Dandelion Greens. More foods with this ratio can be found in Chapter 27.

The Cause of Calculus

Research by Dr. Page found that calculus deposits (tartar - a form of hardened dental plaque) above a gum line were indicative of a high blood calcium level and that irritated gums and existing calculus below the gum line near the root of the tooth, occurred if a person's blood phosphorus levels were too in the relationship to blood calcium (low blood calcium).

Gingivitis

Dr. Page found gingivitis was present in patients who had high phosphorus and low calcium counts. This could be remedied by reducing phosphorus to its correct proportions. Hence gingivitis is a precursor to periodontal disease due to an imbalance in blood chemistry.

Gum Disease. Types 1 and 2

Type 1 - Blood calcium is too low in relation to blood phosphorus.

Type 2 - Both phosphorus and blood calcium levels are low.

These can be corrected by replenishing the body with the proper minerals and vitamins.

Vitamin C and Cavities

As early as the 1920's, dentists knew that bacteria alone didn't cause cavities. It was the minerals in the food that played a key role in tooth decay. Percy Howe, a dentist who lived in the 1920's, took cavity causing bacteria in rats and grew them. Next he fed this bacteria to new rats to see if the bacteria produced cavities. He found no cavities would develop until vitamin C was removed from their diets. Howe's study was

published in the ADA's journal in 1923.

This study has since been confirmed in a study on guinea pigs which found that a reduction in calcium (as well as an increase in magnesium) would occur when their diet was deficient in both calcium and vitamin C.

Reference

The Influence Of Diet On Teeth And Bones. Guttorm Toverud. From the Forsyth Dental Infirmary for Children, Boston, and the Department of Biological Chemistry, Washington University, St. Louis. September 25, 1923.

The Chelation Theory and Cavities

Another study undertaken in 1972 by Dr. Albert Schatz showed that chelating and enzyme agents caused tooth decay (*The proteolysis-chelation theory of dental caries Albert Schatz, Ph. et al. September 1962*). Other research by Dr. Ralph Steinman and Dr. John Leonora theorized that the hypothalamus (which regulates the body's nervous system through the pituitary gland) caused the parotid gland (a gland in the jaw) to become stimulated. This would then cause the release of a mineral rich fluid which re-mineralized and cleaned the teeth. If the body consumes cavity causing agents, the hypothalamus reduces the amount of this fluid. Hence, a healthy and strong parotid gland is important for optimal dental health.

Sugar!

One of the most common reasons calcium is pulled from the teeth is a diet full of sugar. This causes a fluctuation in the phosphorous / calcium balance in the bloodstream. Add the chelation theory and you have a recipe for cavities.

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Overtime Hours and Increased Tooth Decay

A research study conducted by the Tokyo Dental College, in Japan, found excessive overtime work contributes to tooth decay. Out of a total of 951 office workers in the study they found that -

13 percent of men with no overtime reported tooth decay

19 percent of men working more than 45 hours reported tooth decay

27 to 31 percent of men working 45 to 80 extra hours per month reported tooth decay

Workers who exhibited maximum overtime hours stated they were “*too busy with work*” when exhibiting decaying teeth.

Reference

Relationship between amount of overtime work and untreated decayed teeth in male financial workers in Japan. Koichi Yoshino et al. March 2017

Why Your Dentist Won't Share These Secrets with You

Many of these methods to highly educated people seem unorthodox and “messy”. The fact is the further technology in medicine advances, the more science will reach the conclusion that nature provides the core principal ingredients needed for healing. I highly respect the Dental industry as they are very professional and can do amazing things with teeth and gums. They are miracle workers at taking care of the short term problem. However, when it comes to long term dental health such as prevention, which includes the diet, I believe that many of them ignore this area altogether, as Dental School never taught them the long term prevention techniques and foods that prevent cavities or the proper foods and procedures that re-mineralize teeth. This information is then passed on down to their patients, making the insurance companies very happy. Also cavities are healed with machines and mechanical devices and some companies making these machines do a pretty good business from selling them to dentists. Personally, I prefer the holistic organic methods any day.

An interesting note, as you may have seen so far, or will see later in this book, is that foods and herbs that contribute to perfect dental health also have significant anti-aging and cancer prevention traits. Maltitol, for example, which re-mineralizes teeth, has been shown to be one of the most powerful foods for fly longevity experiments. Fruit Fly experiments showed 100 percent of the fruit flies surviving 18 days when fed Maltitol

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(4a).

Longevity nutrition is hardly something clinically industrialized medicine today wants to promote. Re-calcification of severe cavities is not only possible, but becoming more commonplace as more and more of this knowledge is revealed. Awareness of these non-painful methods will continue to grow, as people become more aware that using unnecessary resources only continues to destroy our planet and its health.

A Special Message to Dentists

From my experience over the years of talking to you, the dentist, in person, I have found many of you open to the methods that I have mentioned in this book. However, when it comes to long term dental health, I believe that many of you are uneducated, as Dental School never taught you the long term prevention foods, techniques and methods that help prevent cavities, or can suppress a toothache or are even aware of the natural methods proven to re-mineralize cavities. I believe a lot of this confusion comes from the insurance companies, who are happy keeping your patients in the dark about alternative methods of dental health and prevention.

When You, the Reader Should See A Dentist

A continuing toothache is the sign of something much more serious. So you should get to a dentist as soon as possible. However before you do, use the tips and techniques shown in Chapter 11 titled "**Actions to Take Immediately if you Have a Toothache**" Chapter 11 **PAGE 73** or "**Traditional Chinese Medicine Methods to Take if you Have Toothache**" ON **PAGE 80** and you may just save a trip to the dentist. Pay particular attention to the section on abscesses as there are some great methods to help immediately reduce the pain from them.

Chapter 1

My Personal Story

This book has been designed to be kept short, simple and factual, numbering approximately 130 pages. The fact is the majority of dental visits for people with serious toothache don't require a root canal. Like some of you reading this, when I was younger I had healthy teeth, but as I approached a later age, I started to have teeth and gum problems. I wanted to share with readers what worked for me, as well as some of the best proven herbal toothache remedies that have helped thousands over the years, including the ancient time tested herbal remedies used for centuries.

As more and more people are learning new and non-invasive ways to look after their teeth, Dentists are becoming more and more scared due to the shrinking lack of "customers" and are trying to find new and clever ways to keep people "in the chair". The fact is only your fear will keep you in the dentist's chair, because thousands of people each month are discovering that there are techniques available to avoid getting fillings, and methods to help to re-calcify their teeth and avoid unnecessary root canals. For example in April 2014, health guru Dr. Mercola wrote an excellent article titled **"Why and How to Say No to an Unnecessary Root Canal Procedure"**.

In the article he explains the clear lack of awareness people have about alternatives to root canals. Let's continue with my own story. I grew up in Australia, one of the best countries with excellent dental hygiene, with our school receiving half yearly visits from a travelling dentist who would keep our teeth clean and healthy, as well as give us fluoridation treatments. I never had any major cavity problems, until middle age. It was at this time I had my first root canal. This cost me an out of pocket expense of approximately \$3,000. I had also had on and off cavities filled for the 7 years prior to this, including one filling that was improperly filled in and cracked

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my tooth 9 years later while I was eating. However, it was only after the Internet arrived and the information matured enough, with feedback from others and good books on the topic, that I discovered that I could have excellent dental health, without root canals or painful gums and teeth. So after using many of the techniques and refining them further, I discovered that not only did they work, but I was able to eat about 5 to 8 bars of chocolate a week without any tooth problems.

After speaking in person with numerous dentists over the years and sharing these secrets with them, I have learned that there may be small "holes" in the teeth, but they will not cause excessive cavities if the right procedures and methods are taken. I have had a chipped tooth for over 3 years now that had the left part of my right gum exposed. By using these methods I am about to share in this book, I have never ever had any reoccurring decay, pain or cavities appear using them. I have used these maintenance and teeth rebuilding methods described in this book for the past 10 years without any problems.

Natural Tooth Repair Studies Performed by Dr. Weston Price

Dr. Weston A. Price, a Cleveland dentist, (Born: September 6, 1870, Canada. Died: January 23, 1948), demonstrated in the 1900's that native tribes who ate their traditional diet had almost zero cavities. And many of them were almost 100 percent free of tooth decay. These people did not use toothbrushes, floss or toothpaste. However when the tribal populations were introduced to sugar and foods high in white flour, their perfect teeth rapidly deteriorated. This proves an important link that nutrition is linked to the health of your teeth. Dr. Weston A. Price's book titled: **Nutrition and Physical Degeneration**, is still a popular classic today, almost 100 years after its publication.

The book begins with research showing that the South African Bantu, when first visited by Dr. Price, had a low prevalence of tooth decay. This was because their diet was high

in unrefined carbohydrate foods. Their decay rate increased rapidly as modern foods such as white flour and refined sugar was introduced into their diets.

Dr. Weston Price also documented the dramatic protective effect of cod liver oil (Vitamins A and D) and butter oil (Vitamins A and K2) against tooth decay. He used a combination of high-vitamin cod liver oil and high-vitamin butter oil to heal cavities, reduce oral bacteria counts, and cure numerous other afflictions in his patients. Dr. Price used extracts from grass-fed butter in combination with high vitamin cod liver oil to prevent and reverse dental cavities in many of his dental patients.

Butter contains numerous beneficial microbes that keep the teeth and gums healthy. Cod Liver Oil, Raw Organic Butter, Canola Oil and Sunflower Oil are fatty acid oils with long chains. Butter has large amounts of butyric acid, and is a potent antimicrobial and antifungal substance. Butter also contains conjugated linoleic acid (CLA) which gives excellent protection against cancer.

Why Vegetarians get more Cavities

Dr. Price wrote in his book *Nutrition and Physical Degeneration* that vegetarian cultures had tooth decay at higher rates than those who ate meat. This was concluded after spending 10 years travelling around the world studying tooth decay in different cultures.

Because Dr. Price concluded that vegetarians are more prone to cavities, I found this to be true. As a matter of fact, I had my first root canal done a few years after becoming vegetarian, as well as experiencing more toothaches than usual. However, after adding a carnosine supplement to my diet, I have noticed that all toothaches ceased, and I was able to eat large amounts of chocolate, still without any cavities or toothaches. I attribute this to the carnosine. Meat happens to be high in the substance carnosine, especially the meat of chicken breast. A beneficial side effect of consuming carnosine

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is added energy. So by taking carnosine I am able to get all the benefits of meat without the problems or negative karma associated with heavy meat consumption.

Further

Reading

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What is Vitamin K2?

Vitamin K2 is the substance that makes the vitamin A and vitamin D dependent proteins come to life. While vitamins A and D act as signaling molecules, telling cells to make certain proteins, Vitamin K2 activates these proteins by conferring upon them the physical ability to bind calcium. In some cases these proteins directly coordinate the movement or organization of calcium themselves. In other cases, the calcium acts as a glue to hold the protein in a certain shape. In all such cases, the proteins are only functional once they have been activated by vitamin K. These proteins move calcium around your body. Vitamin K also works with vitamin D to prevent bone loss and build new bone. To be absorbed properly, Vitamin K must be consumed with a fat such as Omega 3 or Omega 6 oils. Flaxseed is especially high in this.

It is key that vitamin K2 is taken with vitamin D to activate

these proteins. If they are not completely activated, the calcium will not be completely distributed. This can also cause arteries to harden.

Vitamin K2 is found in the highest levels in Natto. Natto is a type of fermented soybean often served on rice. When you eat it, it '*stretches*' like spaghetti, so you have to wrap it around your fork. The best forms of K2 are found almost exclusively in fermented foods.

Food Sources of K2 from highest to lowest: Parsley (Parsley is super high in Vitamin K, which the body makes into K2), Natto, Goose Liver Paste, Hard Cheeses and Soft Cheeses. Additional sources of K2 include: Oregano, Cloves, Brussels sprouts, Swiss Chard (raw), Watercress, Kale, Spinach, Beets, Collards and Chlorophyll.

Dairy products rich in this vitamin include egg whites, curd cheeses, butter and whole and low-fat milk. Vitamin K2 Synergists include: Cod Liver Oil (fermented Cod Liver Oil works best) & Butter Oil (100% grass-fed, unsalted cultured butter is the best) and Vitamins A and D.

Vitamin K2 is best absorbed into the body with Cod Liver Oil and Organic Butter. It can also be taken with Coconut Oil & Palm Oil. The close cousin to K2, Vitamin K, also can be used for dental health. It works with vitamin D to prevent bone loss and build new bone. Alfalfa is also high in Vitamin K.

A good all-purpose food that naturally contains high amounts of Vitamin K is Chlorophyll. Chlorophyll is rich in vitamin K and it oxygenates human cells by helping to build red blood cells. Chlorophyll has been effective in halting tooth decay and gum infections, probably due to its high oxygen content. Chlorophyll is also used for treating inflammation, helping renew tissues and activating enzymes in the body to help produce Vitamin K.

Chlorophyll can be found in the following foods: Spinach, Chard, Kale, Collard, Mustard, Alfalfa and Sea Vegetables. The highest levels are found in Spirulina, Chlorella and Blue Green Algae. Hydrogen Peroxide also contains high amounts of oxygen.

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Foods highest in Vitamins K and D

Brown Mushrooms, Maitake Mushrooms, White mushrooms,
Halibut and Mackerel.

Foods highest in Vitamin D

Cod Liver Oil

Reference

U.S.D.A. Nutrient Database (<https://ndb.nal.usda.gov/ndb/>)

Manganese. The often Overlooked Mineral for Tooth Health

The mineral manganese is not often mentioned in the dental literature, because so little is needed by the body. The secret of manganese is that its effects are maximized when it is used / administered in very small amounts. It acts like a catalyst, allowing the other tooth rebuilding minerals to activate their tooth healing powers. Dental research by Dr. Steinman found the 6 key minerals for tooth health are Manganese, Calcium, Phosphorus, Magnesium, Copper and Iron. These 6 key minerals enhance cellular metabolism and energy-production and are key components for teeth that need rebuilding. Manganese absorption is reduced by excess iron (*Manganese absorption and retention by young women is associated with serum ferritin concentration. John W Finley. July 1999*). So in a tooth regeneration regime, avoid excess iron in the diet. Also if you want to thoroughly enhance the absorption of the 6 key minerals, take them with Ormus, as it greatly enhances the bioavailability of these minerals. I have found very good results taking just under 1/2 teaspoon of Himalayan salt in about 1/3rd cup of warm water with 2 to 3 drops of Ormus added. This is because Himalayan salt contains numerous key minerals and the Ormus enhances the body's absorption of these micro-minerals. This also makes an excellent mouth rinse to relieve sore gums or teeth or to

strengthen the teeth in general.

Camosten

A commercial product called Camosten combines calcium with Magnesium, Manganese and Vitamin D together to provide a product that helps create very strong bones and teeth.

Foods high in Vitamin D, Magnesium and Manganese

Chickpeas (Garbonzo Beans), Uncooked TEFF, Crude Rice Bran, Wheat Germ, Dried Pine Nuts, Dried Butter Nuts and Dark Rye Flour.

Foods highest in Calcium and Vitamin K

Orange Juice, Sesame Seeds, Sisymbrium Seeds, Swiss Cheese and Dried Whey.

Foods highest in Calcium

Orange Juice, Sesame Seeds, Dried Sisymbrium Seeds, Swiss Cheese and Dried Whey

Reference

U.S.D.A. Nutrient Database (<https://ndb.nal.usda.gov/ndb/>)

Foods high in Phosphorous, Calcium, Magnesium and Manganese - Wheat Germ, Chickpeas (*Garbonzo Beans*), Orange Juice, dried Sisymbrium seeds, Parmesan Cheese, Rice Bran, Wheat Germ (*Wheat Germ contains extremely high amounts of natural Vitamin E*), Uncooked TEFF, Rice Bran, Wheat Germ, Dried Pine Nuts, Dried Butternuts, Oats, Pineapple Juice, Sesame Seeds, Sesame Seed Kernals and Swiss Cheese.

Foods highest in Manganese - Pineapple, Mung Beans, and Chickpeas. Horsetail contains manganese and very high amounts of silicon which is good for the teeth.

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Source Reference

U.S.D.A. Nutrient Database (<https://ndb.nal.usda.gov/ndb/>)

Calcium

Bioavailability

A research study looked at the effects of orange juice on calcium bioavailability from a combination of citric acid, malic acid and calcium (5 parts calcium) and its effects on iron. The study found that calcium was retained at 42.8% from those who drank orange juice and 33.0% from those who drank water. The study found Orange juice significantly improved the absorption of calcium into the body.

Iron Absorption from Orange Juice

The study also found that iron absorption from the orange juice was 36.7% and iron from water was absorbed at 12.3%. Also the ascorbic acid in the orange juice did not improve iron retention.

Citric Acid and Iron Absorption

The same study also found that citric acid significantly enhanced the absorption of iron.

Reference

Calcium bioavailability and iron-calcium interaction in orange juice. Mehansho H et al. February 1989.

Iron and Manganese

Iron reduces the body's ability to absorb manganese, therefore if you are healing your cavities or ridding yourself of a toothache, it is best to reduce your body's iron stores.

How to Temporarily Lower Iron Levels in the Body

A good way to remove iron from the body is to eat eggs. Other foods high in tannins include: Black tea, Apple Juice, Apple Cider Vinegar and Red Wine.

Black Tea, Tannis and Tooth Health

A reserach study looked at the effects of purified tannic acid, fluoride and catechin on saliva. The study found that tannic acid exhibited the greatest effect, while catechin showed a mild effect. Fluoride did not show any effect of inhibiting the enzyme. The study also found that black teas gave better results than green teas due to green tea having lower tannins. Catechin was found to be effective at concentrations of 2 mg/ml and above.

Reference

Inhibition of salivary amylase by black and green teas and their effects on the intraoral hydrolysis of starch. Zhang J et al. 1998).

Further Reading

Comparative evaluation of the antiplaque effectiveness of green tea catechin mouthwash with chlorhexidine gluconate. Kaur H, Jain S, Kaur A. J Indian Soc Periodontol. 2014;18(2):178–82.

Antibacterial substances in Japanese green tea extract against streptococcus mutans, a cariogenic bacterium. Sakanaka S, Kim M, Taniguchi M, Yamamoto T. Agric Biol Chem. 1989;53:2307–11.

Antibacterial activity of Camellia sinensis extracts against dental caries. Rasheed A, Haider M. Arch Pharm Res. 1998;21:348–52.

Camellia sinensis (Tea): Implications and role in preventing dental decay Puneet Goenka et al. Dec 2013

Supplements for Maximum Absorption of Silica

Out of products tested, the types of silica that were best absorbed by the body included (from best to last) magnesium trisilicate BP, colloidal silica, and the herb horsetail.

Reference

The comparative absorption of silicon from different foods and food supplements. Supanee Sripanyakorn, et al. April 2009.

The Pioneering Work of Dr. Howard Hawkins

After measuring the blood, saliva and urine concentrations of phosphorous and calcium in patients with various states of periodontal health (tooth decay and gum disease) he discovered distinct imbalances were present in their bone-building minerals such as calcium and phosphorous.

Dr. Hawkins believed healthy teeth were a result of the body's cells being adequately nourished with all necessary minerals, vitamins and hormones. A disturbance in this flow of nourishment and the removal of waste at the cellular level caused gum recession. He also stated a periodic massaging of the gums (action of the chewing process) caused stimulation to occur which encouraged the removal of waste at the cellular level. He also found the whole body must be restored to optimal health and plenty of saliva flow must exist to protect and mineralize the teeth and gums.

Summary

Tooth decay occurs when salivary calcium is at both high and low levels. This occurs because the body excretes calcium into the saliva or phosphorus into the saliva or both.

Tooth decay is usually associated with an excessive acidic salivary pH.

Gum disease may occur when there is excess calcium in the

saliva. This takes place when calcium becomes chelated from the periodontium and flows into the mouth's saliva so it can be used by other parts of the body. During extreme cases of acidic saliva, the body is in a state of acidosis. This is when calcium is pulled out of the periodontium to other organs.

Severe gum disease has acidic saliva. It stems from a lack of fat-soluble vitamins and poor digestion.

When the body properly utilizes both calcium and phosphorous and it is not excreting these minerals into the saliva, dental health is at maximum.

The Ideal Ratio

8.75mg of calcium per 100cc of blood, 3.5mg of phosphorus per 100cc of blood with normal blood sugar. Ideal blood sugar is approximately 85 milligrams per 100 cc of blood.

Chapter 2

Simple and Effective Herbal Formulas for Teeth and Gums

In this chapter we have put together the best herbal formulas from all 3 world traditions spanning thousands of years. They are: Traditional Chinese Herbal Medicine, Homeopathic and European Herbal Formulas. We also include a section on North American Indian Remedies for Toothache. Let's begin with Rosemary Gladstar.

Rosemary Gladstar's Healing Mouthwash

Rosemary Gladstar is a master herbalist. She has been referred to as The Godmother of American Herbalism. Over 35 years ago in her shop named Rosemary's Garden in Sonoma County, California, she developed herbal formulas which have helped thousands over the years. Here is her famous Healing Mouthwash:

3/4 cup water
1/4 cup vodka
40 drops calendula tincture
40 drops goldenseal tincture
20 drops myrrh tincture
1 to 2 drops peppermint essential oil

Instructions

Combine the ingredients and seal in an airtight glass bottle. Use for inflamed gums or as a preventive mouthwash. You will find that many of the herbs that help heal gums are astringent herbs. These astringent herbs help tighten and reduce inflammation.

The Jean Valnet Remedy

The famous French aromatherapy doctor Jean Valnet practiced aromatherapy for more than 30 years. Jean prescribed the following formula for toothache:

1.8oz of arnica flowers
0.4oz of clove buds
0.4oz of cinnamon
0.4 oz of Ginger root
3.5oz ounces of anise seeds
34oz of Vodka

Because these are such strong astringent herbs, be sure to where possible use 100 proof vodka or similar. It takes a strong alcohol to dissolve these strong herbs. To prepare: Place the herbs into the alcohol for 8 to 12 days. After 8 to 12 days, strain through a coffee filter and store in a glass airtight bottle out of direct sunlight and keep away from heat.

To use, use, add 1 teaspoon of raw honey to half a glass of warm water (or 4 ounces of warm water) and add 1 teaspoon of the above infusion and mix until dissolved.. Rinse the mouth out 2 to 3 times a day after eating. After rinsing, spit out the solution. Let's move onto the next herbal tooth maintenance remedy.

A Preventive Health Mouth Wash

This standard mouth wash creates healthy teeth and gums. Mix the following herbs and essential oils together.

1oz of goldenseal
1/2oz of myrrh
1 drop peppermint essential oil
2 drops cinnamon essential oil

Begin by heating the goldenseal and myrrh in water just

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before it starts to boil. After the water has cooled, add the peppermint and cinnamon. Store the remainder of the liquid in a glass airtight bottle out of direct sunlight and keep away from heat.

Jerthro Kloss Gum Healer and Mouth Rinse

Gather the following herbs:

2oz myth

1oz goldenseal

0.5oz cayenne

Mix the above herbs into a 1 quart glass jar with 100 proof alcohol with plastic lining the inside lid. Next shake the glass jar each day for between 7 and 10 days. After 10 days, strain through a coffee filter and store in a glass airtight bottle out of direct sunlight and keep away from heat.

Use the above in a poultice. This formula also has multipurpose uses. For example it has been found to be of benefit when used for Sunburns, Wounds, Bruises, Sprains, Scalds, Burns and Pyorrhea of the Gums. If you don't have 100 proof or better alcohol, than use the strongest alcohol possible. A recommended book if you are just starting out to make your own tinctures is **How to Make Tinctures, Extracts, Flower Essences and Homeopathic Remedies**.

Further Reading

Comparison of antimicrobial effects of three different mouthwashes. Haerian-Ardakani A, Rezaei M, Talebi-Ardakani M, KeshavarzValian N, Amid R, Meimandi M, Esmailnejad A, Ariankia A. Iran J Public Health. 2015;44(7):997–1002.

An Ancient Chinese Herbal Remedy for Toothache

Mix the following herbs together in even amounts and make into a tincture -

Anemone Cernua, Fo Ti (He Shou Wu), Angelica Anomala, Selenium Monnierii, Asarum Sieboldii, Quercus (also used to heal gingivitis) and Dentata. Once your tincture is made, add between 8 and 15 drops to a cup of warm water and use as a mouth rinse.

Further Reading

Effects of 0.05% sodium hypochlorite oral rinse on supragingival biofilm and gingival inflammation. De Nardo R, Chiappe V, Gomez M, Romanelli H, Slots J. *Int Dent J.* 2012;62(4):208–12.

Michael Moore's Tooth Powder

Michael Moore was a master herbalist and practitioner of American Herbalism during the second half of the 20th century. With 40+ years' experience, his written works made him one of the leading master herbalists in America. You can find over 100 of Michael's herbal formulas by doing an Internet search for the term: **HERBAL FORMULAS FOR CLINIC AND HOME.**

When mixing the herbs in Michael's formula shown below, be sure to grind them as finely as possible. If the air happens to be extra dry such as during summer, be sure to wear a mask. The key is that the more fine you can grind up the powder, than the better it is able to get in between the teeth, where it can feed the good bacteria and destroy the bad bacteria.

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To begin, gather the following herbs:

20 drops Peppermint essential oil
10 drops Wintergreen essential oil
12 oz Arrowroot
4oz Orris Root
1oz Baking Soda
1oz Licorice Root
1oz Myrrh
1oz Cloves
1oz Cinnamon
1oz Yerba Mansa

After thoroughly grinding all of the above, blend in small amounts. Blend no more than one half cup at a time. Use as a mouth rinse or apply as a poultice, placed next to the gum line closest to the toothache.

Suitable Replacements: Baking soda can be substituted for baking powder. Nutmeg can be substituted for cinnamon. 5 drops clove can be substituted for wintergreen and peppermint. You can also add some fine pepper for extra "zing".

Jared's Tooth Powder

Jared Tropple, a Master Herbalist for more than 8 years, recommends the following formula for toothache relief.

4 ounces of Orris Root Powder
4 ounces of Arrowroot
2 ounces of Myrrh Gum
1.5 ounces of Licorice Root
1.5 ounces of White Oak Bark
1 ounce of Golden Seal Root
1 ounce of Bistort Root
1/2 teaspoon of Peppermint Oil

After powdering all the herbs into a fine powder, mix them thoroughly with the Peppermint Oil. Place near gum where toothache is present for immediate relief.

Jakob Lorber's Tooth Remedy Powder

Jakob Lorber's caries powder is made from plum tree ash that has been exposed to the light of the sun. It is taken with sunned plum schnapps and applied to the toothache twice daily for 3 days. It is reputed to make carious lesions in the teeth vanish. Some people have mixed the plum tree ashes and schnaps with non-abrasive natural toothpaste. In a German website forum devoted to users of Jakob Lorber's Tooth Powder, users state that it improved the dental health of low income women in Romania who had a diet of poor nutrition. The powder can also be mixed with toothpaste. Below is the original text taken from his book titled: *The Healing Power of Sunlight*, published in 1851.

The text is as follows:

“In addition to what I have already told you, I will give you some further medications, prepared through the rays of the sun, which are to be used externally rather than internally and which you may call sympathetic sunray remedies. Take branches, including the bark, of a plum tree and burn them to ashes. It would be best if you had a burning glass or a concave mirror in order to burn, in its focus, the plum tree wood, which would, of course, have to be cut into small chips, to ashes. The ashes must then be exposed to the rays of the sun for 5 to 8 days, and that in a dark vessel rather than a light one. After the ashes have thus been prepared through the rays of the sun they must, like the other medications, be carefully protected from the external air in a dry little bottle. Someone with a decayed tooth can then take 5 to 8 grains of it, on a not too hard toothbrush which, prior to that, has to be dipped in sunned plum spirits. With this ash, the decayed tooth has to be brushed for 3 days in the mornings and evenings and the decay will be healed and the tooth, finally, completely restored. Similar ashes may be prepared also from the stalks of sage which

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have been treated in the same way, except that the toothbrush is not dipped in plum spirits, but in spirits of wine of approximately 40%, after this has been impregnated with etheric oils of sage. To impregnate the spirits of wine with the etheric oils of sage, add 10 drops of this oil to 1/8 of a pin. The little bottle is plugged up, the contents shaken and then exposed to the rays of the sun for 5-8 days. Then the bottle is wrapped in dark paper and stored in a dry place.”

Towards the end of this book you can find another sun remedy by Jakob.

Ayurvedic Techniques for Healing Toothache

In the Eastern Indian tradition of Ayurvedic healing, a toothache is caused by the body being overly acidic. Other conditions include: receding gums and being sensitive to heat. In the case of receding gums, the nerves near the teeth become sensitive to cold or heat. If a person is sensitive to cold, they may have receding gums, if they are sensitive to heat, this indicates signs of infection.

If the person has lots of interior acid, they will be susceptible to heartburn, and acid indigestion. This can be controlled by taking up a pitta soothing diet which rebalances digestion, metabolism, and energy production. This includes avoiding spicy foods and fermented foods such as pickles and citrus fruits. You can also use natural edible camphor (but not the synthetic kind because it is toxic) placed next to the tooth and allow the saliva to mix with the camphor to relieve the pain. Ayurvedic healing also recommends the herb known as Pellitory of the Wall for treating paralysis, epilepsy and as an overall health tonic. It has traditionally been used for restoring the kidneys and the bladder.

Further Reading

Amrutesh S. Dentistry and Ayurveda - An evidence based approach. Int J Clin Dent Sci. 2010;2:3-9.

Time Tested Chinese Herbal Remedies for Toothache

The Rehmannia Six Combination (Liu wei di huang wan)

An old favorite in use for many years, this formula has multiple uses. Other uses of Rehmannia 6 include: anemia (tired blood), diabetes, fever, weakened bones (osteoporosis) and allergies. You can buy many prepared formulas of Rehmannia 6 from reputable online merchants. To make this combination yourself, gather the following herbs:

20-30 gms of prepared Rehmannia (*Rehmannia glutinosa*)
(Chinese Name: Shu Di Huang)

10-15 gms of Cornus (*Cornus officinalis*) (Chinese Name: Shan Zhu Yu)

10-15 gms of Dioscorea (*Dioscorea opposita*) (Chinese Name: Shan Yao)

9-12 gms of Water Plantain (*Alisma plantago-aquatica*)
(Chinese Name: Ze Xie)

6-9 gms of Moutan Peony (*Paeonia suffruticosa*) (Chinese Name: Mu Dan Pi)

9-12 gms of Poria (*Poria cocos*) (Chinese Name: Fu Ling)

Make into a tincture and place on tooth. You can also take between 5 and 8 drops with a glass of water for internal use.

The Niu Huang Jie Du Pian Formula

Niu Huang Jie Du Pian was first listed in "**Differentiation Standards**" a Volume on Gynecology and Pediatrics" (Bian Zheng Zhun Sheng Fu Yu Ji). This volume dates back to the Ming Dynasty, (1368 to 1644AD), so it has proven itself for hundreds of years. It helps heal infections of the mouth and tongue ulcers. In Traditional Chinese Medicine it can be used to treat constipation caused by excessive heat

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that is not associated with a Yin deficiency. It can also be used for earaches, sore throats, conjunctivitis and headaches associated with strong fire (Fire is a Chinese Medicine Term related to the 4 treatment elements) so it is especially good for treating the upper part of the body. It can also be used for symptoms of aversion to wind, cough, headache, thirst and throat pain and for constipation caused by excess heat (not Deficient Yin type of constipation).

Additional uses include: pneumonia, pharyngitis, otitis media, fever, common cold, flu, acute bronchitis, parotitis, measles and tonsillitis. It can also be applied directly to the skin to remove boils, sores, carbuncles and similar skin inflections.

Take this formula with plenty of water as it will go to work detoxing your body. Like the Rehammia 6 formula, it can be purchased in tablet form from a reputable merchant. It can also be made into a tincture and taken internally by adding between 5 and 10 drops at a time to a warm cup of water. Its main power comes from fighting inflammation, especially inflammation in the upper part of the body. Additional uses include relief of the following: Headache, vertigo, sore throat, gastric fever, mouth pimples, tongue ulcers, dry throat or mouth, bleeding gums, acute ophthalmia, acute dysphasia, mumps, earache, toothache, children's fever, anorexia and nausea. On Amazon.com when purchased in tablet form, user ratings average between 4.5 and 5 stars. These are very high ratings for a Chinese herbal medicine. **Directions for use:** To use, take 2 tablets twice daily. Once in the morning and again in the evening with warm water. The children's dose is to be reduced by half.

In more severe cases, especially with toothache, take 2 tablets, 3 or 4 times a day with lots of water. You can also use the formula below to make your own tincture.

Chinese Name -- Common Name -- Latin Name --
Milligrams

Jin Yin Hua - Honeysuckle Flower, Flos Lonicerae –**360**

Lian Qiao - Forsythia Fruit, Fructus Forsythiae — **360**

Niu Bang Zi - Arctium Fruit, Fructus Arctii Burdock Fruit –
215

Jie Geng - Platycodon Root, Balloon Flower Root – **215**

Dan Dou Chi - Fermented soybean, Semen Sojae
Preparatum –**215**

Dan Zhu Ye – Lophatherum, Herba Lophatheri–**200**

Bo He - Mentha, Herba Menthae, Chinese Mint
- **145**

Jing Jie - Schizonepeta Schizonepetae, Herba Seu Flos – **145**

Gan Cao - Licorice Root Uralensis, Radix Glycyrrhizae- **145**

The Chinese herb Baizhi

The Chinese herb Baizhi (common name Angelica) can be used for severe tooth abscesses. It works also to relieve headache.

The Chinese herb Xuchangqing

The next Chinese herb called Xuchangqing also called the Root Of Panicle Swallowwort (scientific name: cynanchum paniculatum), relieves pain. It creates moisture and is also used for abdominal pain during menstruation and stomach ache. It can be toxic if used in high amounts. It is also

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effective in relieving cough. It exerts a warm energy and is used to relieve sputum and for antirheumatic pain.

Native American Toothache Remedies

California Poppy (*Eschscholzia californica*). Poppy has been used by Indians on the west coast for toothaches and earaches for hundreds of years.

Caltrop (*Kallstroemia grandiflora*). Native Americans chewed the leaves of this plant for toothache. A poultice of Caltrop is used for skin sores and bruises. After placing the powdered root in warm water, it can also be used as a wash for sore and tired eyes.

Yerba Buena (*Satureja douglasii*). The Costanoan Indians hold the leaves of Yerba in their mouth to treat toothaches. The leaves can also be heated in a microwave or over a warm fire and made into a poultice and placed over the outside jaw to treat toothache. This herb can also be made into a strong decoction and used for treating pinworms, as a carminative for colic, a blood purifier, a reliever of arthritic symptoms, a febrifuge, and as a general tonic and panacea. The leaves are also used to heal upset stomachs.

Plantain (*Plantago major* and *P. lanceolata*). The Chippewa Indians used plantain leaves to draw out splinters from inflamed skin, and as vulnerary poultices. Plantain will staunch blood flow quickly, encouraging the rapid repair of tissue. It is commonly used in place of comfrey for mending broken bones. Plantain roots can be chewed or powdered and used for toothache.

Sweetgum (*Liquidambar styraciflua*). Native Americans applied the resin of Sweetgum directly to the cheek to ease toothache. The twigs of Sweetgum can be soaked in water or whiskey and chewed to clean the teeth. Sweetgum resin can be chewed and used as a tooth cleaner and for sweetening the breath. This is a multipurpose herb that can also be used for the following: treating fevers and wounds, herpes and skin inflammations.

Additional uses for Sweetgum Resin

Treating boils and tuberculosis. It can also be made into incense, perfumery, soaps and used as a strong natural adhesive. When chewed, sweetgum will relieve sore throats, coughs, asthma, cystitis and dysentery etc. When used externally, it will help treat piles, sores, wounds, ringworm and scabies etc. The mildly astringent inner bark of Sweetgum has been used to treat diarrhea and childhood cholera.

Using Watermelon Rind for Toothache

This formula is hundreds of years old and has been documented by Ben Cao Hui Yan of the Ni Zhu-Mo, Ming dynasty (1368 – 1644 d. C.) in the Treasury of Words on the Materia Medica. The instructions state to *'burn dried watermelon rind until it turns to ash. Next place a tiny amount of ash on the gum line closet to the aching tooth.'*

Watermelon is also one of the top 10 anti-aging foods, having numerous health benefits. Because the melon cantaloupe is related to Watermelon, there are some people who have also used cantaloupe for toothaches. The instructions state to take about 6 grams of cantaloupe skin, and after adding water, simmer gently. Next it is strained and used as a mouth rinse.

How to Make Herbs into Fine Powder

If you want to make really fine powder out of herbs, use a very fine metal tea strainer. Locate the one with the finest mesh. Next grind up the herbs in a mortar and pestle or coffee grinder as finely as you can. Next gather a clean plastic bag. Next place a corner of the plastic bag on the top of a table and secure it with a weight. Next place the strainer with the herbs inside, over the top of the open plastic bag and begin gently tapping the side of the strainer on a hard surface such as the corner of a

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table while holding the bag open with your other hand. This allows the crushed herbs to expel their powder through the strainer and into the plastic bag via gravity. After all the fine powder has been strained through, place the remaining rough herbs back into the coffee grinder or mortar and pestle and repeat until you have a bag filled with extra fine herb powder. Be sure to wear a mask if the air is extra dry as the powder will get into your nasal areas.

Essential Oils and Herbs for Relief of Toothache

Out of all toothache healing remedies, essential oils are the most concentrated. That is why using only 1 to 3 drops are all that is necessary for instant relief.

Thyme

Use Thyme essential oil mixed with water to create a mouth wash or reduce inflammation.

Wintergreen

Use essential oil of Wintergreen by applying 1 drop directly on the aching tooth.

Oregano Essential Oil

Dilute 5 drops oregano essential oil to 25 drops of carrier oil such as jojoba oil and rub directly on the gum closest to the toothache.

Cypress oil

Cypress oil has haemostatic, astringent, antiseptic and vasoconstrictor properties, making it great for bleeding gums.

Eucalyptus

Eucalyptus is a powerful natural anti-inflammatory and natural antibacterial antiseptic. It has the ability to absorb toxins and move them rapidly out of the body. In a study titled "**Chewing Gum Supplemented with Eucalyptus Extract May Improve Periodontal Health**" which was published in the 2008 Journal of Periodontology, researchers concluded that the use of eucalyptus chewing gum promoted periodontal health.

Cajuput

This essential oil has a sweet aroma and penetrates deeply into tissue. The species of Cajuput is closely related to tea tree oil. Dilute with carrier oils and massage into sore or bleeding gums.

Lavender

A beautiful calming aroma, believed to work best around full moons, Lavender enhances blood circulation and tissue formation.

Camomile Oil

A powerful natural antiseptic and antibiotic. It also helps fight inflammation. Camomile works best when combined with Tea Tree Oil. To use, make a mouth rinse consisting of between 3 and 4 drops of Camomile and add 3 to 4 drops of Tea Tree Oil in 3 ounces of water. Rinse mouth 3 times a day to ward off infection associated with receding gums.

Further Reading

Effectiveness of oral antiseptics on tooth biofilm: a study in vivo. Mouchrek JC, Nunes LH, Arruda CS, Rizzi C, Mouchrek

AQ, Tavares RR, Tonetto MR, Bandeca MC, Maia Filho EM. J
Contemp Dent Pract. 2015;16(8):674–78.

Kombucha Tea

Author Rosina Fasching has described in her book "**Tea Fungus Kombucha: The Natural Remedy and its Significance in Cases of Cancer and Other Metabolic Diseases**" that regular drinkers of Kombucha tea have strong healthy teeth. Like Roobios Tea, Kombucha is reputed to also contain natural fluoride. Some people freak out that anything with fluoride in it is bad for them. The fact is herbs and teas that contain natural fluoride, contain it in such small amounts they actually do more good than harm. The fluoride amounts in drinking water and toothpaste contain thousands more Parts Per Million (PPM) fluoride than that contained in herbs. Because teas help promote good bacteria in your stomach, it is best to rotate different types of teas every now and then. This creates a healthy balance so that the symbiotic culture of bacteria in your stomach does not get used to the same type of tea. Much like bacteria can become resistant to the same antibiotics, the symbiotic culture of bacteria that fights infection and gives your body immunity can actually become depleted over time if you keep drinking the same type of tea constantly. From my personal experience, I like to drink Roobios tea 2 days in a row, take a break than drink Passion flower tea for 1 day, than take a 2 day break and go back to Roobios Tea. You don't have to be strict on rotation, just vary your tea consumption routine enough so that intuitively you find the best rotating cycle that suits you.

Foods highest in Natural Fluoride -

Raisins, Grape Juice, Canned Chicken Soup with Cord
Chowder, Lemon Tea, Caned Crab, Canned Shrimp, Orange
Juice and Prune Juice.

Reference

U.S.D.A. Nutrient Database

(<https://ndb.nal.usda.gov/ndb/>)

How to use Eucalyptus Oil

To use for massaging into gums, mix eucalyptus essential oil with a carrier oil such as Jojoba, Grape seed or Almond oil than gently massage into the gums affected by periodontal disease.

Further Reading

Does treatment of periodontal disease influence systemic disease? Borgnakke WS. Dent Clin North Am. 2015;59(4):885–917.

Natural Tea Contains High Amounts of Fluoride

According to the **USDA Nutrient Database**, Tea contains between 1.15 and 3.93 ppm of fluoride with unsweetened instant tea powder containing a whopping 897.72 ppm. According to a published research paper titled: “**USDA National Fluoride Database of Selected Beverages and Foods, Release 2**”, instant tea is the food with the highest levels of fluoride available. This is because in the world of herbs, some herbs, when they become dried into powder, naturally increase their levels of nutrients. Dried Kale is one example. In the case of instant tea, the fluoride levels are above average. Other foods that naturally contain fluoride include: Cottage Cheese, Cheddar Cheese, Oats, Raisins, Cranberry Juice, Carbonated Tonic Water and Rye Bread.

Chapter 3

Keeping the Gums Healthy

In this chapter we are going to explore methods that you can use to ensure long term prevention of tooth decay and gum disease. Healthy gums are gums that are strong, tight and have a healthy pink color. Periodontal Disease is simply caused by a lack of healthy CQ10 levels in the body. Sardines, which are high in CQ10, also contain Omega 3 Oils, which are needed if the body is to effectively use CQ10. The good thing about sardines is that because they are such small fish, they have hardly any mercury poison like the larger fish do, so they are very safe to eat.

Supplements are also available, however for proper absorption into the body Omega 3 oils must accompany the CQ10. Other foods rich in CQ10 are raw peanuts, spinach and wheat germ. Fish are high in CQ10, but the bigger the fish, the more mercury.

I have got great results eating sardines with sprouted flax or chia seeds. Chia and flax seeds are high in Omega 3 fatty acids. In fact, chia seeds contain more Omega-3s than salmon, gram for gram.

Black or Green Tea for Healthy Gums

In a study published in the Journal of Periodontology (5), 940 Japanese men aged between 49 and 59 who had gum (periodontal) disease which involved bleeding or receding gums drank a minimum of one cup of green tea each day. At the end of the study, these men showed improvement in their receding gums including a reduction in their bleeding gums. The researchers concluded that the improvement was from the catechins in the green tea, which reduced inflammation resulting from bad bacteria in the mouth.

In another research study titled: "**The Tea Catechin Epigallocatechin Gallate Suppresses Cariogenic Virulence**"

Factors of Streptococcus mutans" (6) conducted by Xin Xu and colleagues, their team performed a study on the effects of catechins and polyphenols and tooth health. Their study stated catechins and polyphenols inhibited the growth of oral bacteria by killing the bad bacteria over a 48 hour period.

The laboratory study concluded that the polyphenols found in tea also killed three species of bacteria associated with bad breath for 48 hours and at concentrations ranging between 16 and 250 micrograms per milliliter. The polyphenols also reduced the growth of oral bacteria. What was more surprising was that at low concentrations of polyphenols (between 2.5 and 25 micrograms per milliliter), the polyphenols inhibited the enzyme that causes the formation of hydrogen sulfide, cutting its production by 30 percent.

The role hydrogen sulfide plays in the mouth is that it is emitted by tiny bacteria. This bacteria comes from a chemical reaction caused when the bacteria eat small particles that get wedged in-between the teeth. Hydrogen sulfide is the same compound that gives rotten eggs their characteristic smell. Oolong tea has also been shown to be a powerful cavity prevention tea.

Periodontal Disease, one of the more common forms of gum disease, is simply caused by a lack of adequate levels of CQ10 levels in the body.

In a scientific study titled: "**Pilot Study Of Dietary Fatty Acid Supplementation In The Treatment Of Adult Periodontitis**" (7) researchers used a combination of fish oil, eicosapentaenoic acid and borage oil on volunteers suffering from periodontitis. The researchers concluded that the Borage Oil had beneficial effects reducing inflammation caused by people suffering from periodontal disease.

Herbal Remedies for Healthy Gums

Tight gums are healthy gums. Tight gums help to prevent food borne particles from getting wedged in between the teeth.

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Rosemary. If your gums are "too tight", use rosemary. Just add a teaspoon or two to hot water, than cool. Next gargle and rinse your mouth out.

Willow. The main ingredient in willow is salicin, which has effects similar to aspirin. It is powerful for healing inflammation anywhere in the upper part of the body. I have made a tincture/extract from willow and find only 2 to 3 drops to a cup of water works best. You can also chew on the willow herb directly, or apply topically to the tooth for pain relief. Oak can also be used. Oak can also be combined with willow in equal parts to make an equally good and effective poultice.

Natural Methods That Tighten Gums

Below are three main techniques for tightening gums:

- * Oil Pulling with Sunflower oil (which we will cover more in-depth later on in this book)
- * Soaking Cloves of Garlic in Cranberry Juice
- * Sardines

Myrrh powder has also been used with success to heal teeth and gums. One of the most effective natural remedies to tighten gums I have found is by placing freshly sliced garlic in cranberry juice.

After just a few hours, you can really feel the gums of the teeth start to tighten up. This is because Cranberry has strong antioxidant properties as revealed in a study titled: "**Antioxidant and Antiproliferative Activities of Common Fruits.**" (8)

Fast Fact: Omega 3 fatty acids combined with resveratrol create a powerful anti-aging cocktail mix.

Natural Cranberry Mouthwash is is equally effective as Chlorhexidine

Chlorhexidine is used to disinfect surgical instruments and research has shown that fresh cranberries protect the teeth from plaque due to their ability to interrupt the bonding of oral bacteria to the tooth. A study looked at two mouthwashes. One was a commercially manufactured mouthwash called Chlorhexidine and the other a natural Cranberry mouthwash. The study found that the Chlorhexidine mouthwash exhibited a 69% reduction in *S. mutans* count (bacteria that causes tooth loss). The Cranberry mouthwash showed a 68% reduction in *S. mutans* count. The study concluded that Cranberry mouthwash is as equally effective as Chlorhexidine mouthwash and that it can effectively be used an alternative to Chlorhexidine mouthwash. It is interesting to note that Cranberry happens to contain 3 of the most potent micro-bacteria fighting compounds. These are cineole, terpineol and linalool. It also contains trace amounts of cymene.

Reference

Comparative assessment of Cranberry and Chlorhexidine mouthwash on streptococcal colonization among dental students: A randomized parallel clinical trial Mahesh R. Khairnar et al. March 2015.

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Reading

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Oral consumption of cranberry juice cocktail inhibits molecular-scale adhesion of clinical uropathogenic *Escherichia coli*. Tao Y, Pinzón-Arango PA, Howell AB, Camesano TA. *J Med Food.* 2011;14:739–45.

Bonifait L, Grenier D. Cranberry polyphenols: Potential benefits for dental caries and periodontal disease. *J Can Dent Assoc.* 2010;76:a130.

Foods rich in CQ10: Raw peanuts (hint: If you sprout the raw peanuts you increase the resveratrol amounts in them substantially), spinach and wheat germ. Fish are high in CQ10, but the bigger and longer lived the fish, the more mercury.

Brushing teeth and gums with Ormus (we will cover Ormus later on in this book) has also been found to help. Grape Juice is highly alkaline, and if you swish your mouth with grape juice than swish or brush your teeth with Ormus, it creates healthy teeth and gums.

Further

Reading

Antimicrobial activity of garlic against oral streptococci. Groppo FC et al. *Int J Dent Hyg.* 2007;5:109–15.

Grape Juice Enhances Calcium when Mixed with Pomegranate

Research has found that adding grape juice to pomegranate juice enhances the contents of calcium, iron and magnesium and decreases potassium.

Reference

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Further Reading

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