



ORAL HEALTH GUIDE

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The health of our mouth is often overlooked, but can be a major cause of chronic illness. An infection of the root tip of a tooth increases the risk of coronary artery disease, even if the infection is symptomless. Hidden dental root tip infections are very common: as many as one in four can suffer from one.

The biggest two contributors to ill health in the mouth are;

- Root canals
- Mercury (metal) fillings.

Root canals nearly always have bacteria underneath, which sits there creating a low grade, undetected infection. Even after visits to a Dentist and with the use of X-rays, these can often go undetected. This is why holistic dentists are so important.

Metal fillings leach mercury into the body which is highly toxic. These should be replaced with ceramic fillings, but **MUST** only be done by a holistic dentist.

Conventional dentists will tell you they can remove these for you, but unless these are removed in the right way and done so safely, with the use of ozone, it can be extremely dangerous. Mercury can be released from the tooth, down your throat and into your body, causing devastation and resulting in symptoms.

Our teeth sit on meridian points in the body. Similar to how there are reflexology points on our feet, we have meridian points in our mouth. Everything is connected and nothing is in isolation - which is why approaching health holistically and looking at the body as a whole, is so important for true health.

Depending on which meridian point the tooth sits, can determine the subsequent illness / symptom. E.g. an infected tooth on the meridian point of the kidneys, could result in kidney stones and repeat kidney infections. Doctors would only ever look at the kidneys as a cause of the problem, when in actual fact, a root canal could be the cause.

If/when you choose to remove metal from your mouth, I would consider looking in the Heavy Metals category for ways to remove any heavy metals from the body.

Here are the most effective ways for maintaining a healthy mouth;

Oil pulling

This is an Ayurvedic practice and the procedure involves swishing 1 tablespoon of oil around in your mouth. In order for the therapeutic effect to kick in, swish with the oil for 15-20 minutes each time. The oil "pulls" the bad bugs from under your gums and in between your teeth as though they are being drawn to a powerful magnet. Remember to spit into tissue and put into the bin, so that you don't clog up your pipes.

Tongue scraping

Tongue scraping reduces undesirable bacteria which helps in decreasing the likelihood of dental decay and oral disease. It also reduces volatile sulfur compounds which are linked to halitosis (bad breath). Lastly, by stimulating the taste buds with tongue scraping, the tongue is better able to perceive tastes and properly aid in digestion.

Natural mouthwash

Salt water rinses are good because they alkalise the mouth and the alkalinity helps kill the acid-producing bacteria which causes dental disease and tooth decay. Adding a few drops of essential oils like clove or mint (to the salt water) helps with freshening breath too.

Brushing

Brush twice a day at a 45-degree angle, using a soft-bristle brush to help decrease gum swelling. Choose toothpastes free of fluoride, sodium lauryl sulfate and carrageenan. Avoid brushing after acidic foods such as fruit, as the acidity will be brushed across the teeth and can damage the enamel. Instead, rinse your mouth with plain water after acidic foods and brush later.

Dental probiotics

If you suffer with bad breath or candida of the mouth (commonly identified by a white, furry tongue), then dental probiotics may help. Research on oral probiotics has increased exponentially. A number of well-controlled studies indicate that a probiotic formula containing Lactobacilli is the most beneficial to suppress candida growth. Taken as directed, these strains should populate your mouth within just a few days so the good guys can get to work keeping out harmful bugs.

Flossing

Water flossers are healthier and more effective or alternatively, use floss made from activated charcoal.

Holistic dentist

Visit a holistic dentist once a year and avoid metal fillings and root canals, at all costs. If you currently have either of these I would highly recommend removing and replacing these as soon as possible.

UK recommendations:

Holistic dentists are not as common in the UK, so there may be some travel involved. Asking the Instagram community, this practise came highly recommended;

Munro Hall Clinic, Bedford;
www.munro-hallclinic.co.uk

U.S. recommendations:

Blodgett Dental Care;

<https://www.instagram.com/blodgettdentalcare/>

Dr. Blodgett shares lots of information on the importance of having a holistic dentist, so this is a good place to start if you're looking to learn more.

To find a holistic Dentist in your State, you can use the following website;

<https://holisticdental.org/>