

HUMAN FAQ

What about . . . ORAL HYGIENE?

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Preventive care of the mouth can be a far more simple process than many would have you believe. After being in the dental field for twenty-three years, teaching oral hygiene for many them, here are some ideas for a truly healthy mouth.

Nutrition

First and foremost, nutrition is key to healthy tissue no matter where the tissue is in the body. This is extremely evident in the mouth. As a matter of fact, Weston Price, D.D.S., in his seminal work Nutritional & Physical Degeneration (an account of Price's decade's long worldwide research on indigenous cultures in the 1930's), shows in dozens of eye-opening photos that poor nutrition can result not only in *caries* (cavities) and *periodontal disease* (gum infections and bone loss), but also in developmental malformation of the face itself.

One very expressive photo shows a pair of Irish twins, one of whom ate traditional whole foods while the other ate modern foods. The former twin looked healthy and robust with a natural wide vault (dental arches) and perfect teeth while his brother had a more narrow face and dental arch, severe crowding of teeth, rampant caries and many missing teeth. This latter is what is all too common in modern western culture.

Essentially, "poor nutrition" is what most modern westerners eat today: over-processed junk, sweets and sodas utterly devoid of any redeeming values. Consuming a diet of only natural, whole foods, as is so excellently put forth in the incredible cookbook/text Nourishing Traditions by Sally Fallon & Mary Enig, Ph.D. (both authors belong to the Price Foundation), is the real basis of oral health.

Taking DYNAMITE® bio-available, well-balanced, mineral-based supplement basics of Elixir, Plus or Regular, and Tri-Mins, can help make up for many deficits found in even excellent diets. Adding some IZmine every day covers trace, micro-trace, and rare earth metals for those who need a bit more.

Brushing

The mechanical action of brushing with a *soft, small-headed* brush (Oral B 35/soft is a good one) can help remove food and plaque. Even native peoples cleaned their teeth with twigs and such. Of course less plaque will form on the teeth with an alkaline diet: between 65-80% produce. By the way, this is the same plaque that builds in the blood vessels; a recent Swedish study concluded that the level of dental plaque could indicate the level of possible or incipient heart attacks. If plaque is allowed to stay undisturbed on the teeth, the acid in it will start to react with the enamel causing potential *caries* (cavities). If allowed to harden on the teeth, it becomes *calculus*, that hard stuff the hygienist picks off your teeth with special tools which sadly can leave miniscule craters leading to more caries.

The mechanical action of the brush should be very tiny, almost vibratory, strokes with the brush angled a bit so it reaches under the *gingival neck* (gum tissue) right around each tooth. Large-headed brushes simply cannot perform this maneuver adequately, nor can they get around behind the molars—an area most people forget exists. Firm brushes and long strokes can damage the gingival tissue so severely that it recedes, exposing sensitive *dentin*.

No toothpaste is needed! As a matter of fact, most dentifrices contain numerous chemicals, including whiteners, that we believe are fit only to literally clean your kitchen sink. Even "natural" dentifrices contain polishes that can eventually wear away enamel. We prefer a mild saline solution: a pinch or two of salt in ½ cup warm water. That's it. Simply dip your brush in and away you go; your mouth will feel so refreshed! Swish thoroughly with what remains in the glass. Some people add a drop of mint essential oil to make it taste more familiar.

As for electric brushes, it is my opinion that most

have the wrong action and can end up being more harmful than helpful. The Oral B round tip, now with a sonic option, is the only one I can recommend. Remember to brush your tongue, too, or use a tongue cleaning device. Toxins cleanse via the tongue and coated tongues are a sign of that occurring.

Rather than bleached salt, try DYNAMITE® NTM Salt instead. If you have sensitive teeth with dentin showing, deep crevices in the occlusal (chewing) surfaces, or weak enamel, a drop of DYNAMITE® Trace Minerals Concentrate on the affected area can ease sensitivity and help the re-mineralization process.

Irrigating

Irrigating your mouth can be something as simple as swishing some water around in your mouth after eating all the way to mechanical devices. Everyone should swish after every meal but it is of great import if you drink coffee, tea and/or red wine which can stain teeth. It is also imperative if you still drink pop of any sort which is high in phosphoric acid (this will literally dissolve a tooth within hours) and other very deleterious chemicals; carbonation is itself acidifying. Even "good" foods such as rhubarb or spinach are high in oxalic acid while lemons and citrus are high in ascorbic acid (as are chewable Vit C tablets). Some people have lessened saliva due to stress or chronic sympathetic dominance, *Strefontien Syndrome*; for such individuals, frequent swishing is imperative.

Pulsating irrigating devices, used gently and correctly, can be of inestimable value if you have pockets, crowded teeth/bands, or bridgework. Pockets, even deep ones, can be reduced dramatically after even just one session with a good, deep *periodontal scaling* by a qualified hygienist. The irrigator, used with a mild saline solution rather than the chemicals suggested in most dental offices, should further the healing as long as the diet is conforming to alkalising suggestions.

However, irrigating will not help aging grayed teeth. Nutritionist Ann Louise Gittelman calls magnesium "*the woman's beauty mineral*" for its ability to re-whiten teeth via helping them to remineralize after magnesium levels plummet during menopause and even perimenopause.

If you have infectious pockets, a drop or two of DYNAMITE® Tea Tree Oil in the water has been helpful for many while generous amounts of DYNAMITE® Hiscorbadyne might be added to the supplement regimen. We believe that DYNAMITE® P.M.S. is the most bio-available form of magnesium available.

Flossing

This is actually a controversial subject. Most people misuse floss and can actually cause severe damage, recession and pocket formation. At this point, it is not something I recommend to all, but only to those who have the manual dexterity to wrap unwaxed, thin floss firmly around each tooth and move it *up and down* a few times until there is a "squeaky resistance." This is impossible for most children, let alone the young ones, and for anyone with restricted strength and limited motion. With a proper alkaline diet and the other suggestions here, far less plaque will form and perhaps flossing will not be as necessary for you, as an individual, as you once thought. Of course it can always come in handy to fish items out from between teeth, but be very wary of "snapping" the floss onto the gums which can easily happen when using a floss "prong."

CAN YOU HAVE THE SMILE OF A MAGAZINE COVER MODEL with this regimen? Probably not unless you have cosmetic dentistry (expensive in both dollars and toxins) and a handy air-brush artist! However, in the *real* world, you can certainly have a healthier body and your mouth can just as certainly show the difference. And who knows, maybe your children will have "cover smiles." ■