

## **A Holistic Approach for Gum Disease and Cavities - Step by Step**

*By: Michael Edwards, Natural News*

The American diet is highly acidic, high in inflammatory fats, high in sugar, and all-around toxic for many other reasons. When the blood is acidic, the body pulls minerals from anywhere it can find to correct the pH. This leaves fewer minerals for bones and teeth.

Fats are either inflammatory by nature or they have the opposite effect. Both are totally necessary, but the American diet is full of inflammatory fats, and to make matters worse, many are fats that do not occur in nature and are very toxic to us. So the average American is significantly inflamed throughout the body in many different ways. And of course, almost everyone eats too much sugar!

### **Foods to Avoid For Good Oral Health**

- Refined Foods
- Sugar
- Acidic Foods
- Processed, prepackaged foods

To promote oral health eat produce, more vegetables than fruit, but whole, raw produce. That is what heals. Brown rice, quinoa, sprouted legumes, vegetable stir fries, and other whole foods have benefit, but raw, fresh, organic produce is what heals the body.

### **Balance the Gut**

It is extremely difficult to have good oral health and poor gut health.

Anyone with serious mouth problems should consider a detoxification protocol that repairs the gut, kills Candida and other parasites, and balances the gut microbes. Good health starts in the gut, and so does bad health.

### **Stop Smoking**

Smoking anything - tobacco, marijuana - anything, is very harmful to the mouth. So is vaporizing, but not as much so. If you want to have a healthy mouth, but you continue to smoke regularly, the best you can hope for with this regimen is for things to stay the same and not get worse. In my experience, those who do this and continue to smoke do notice that their mouth is not getting any worse, and generally symptoms will improve, but their mouths do not completely heal.

## **Lose the Toxic Toothpaste and Mouthwash**

There are some decent toothpastes out there, but even if they are in the health-food section, make sure they do not contain any of the following ingredients: Sodium laurel sulfate (SLS), triclosan, artificial colors, flavors, or anything artificial, hydrated silica, alcohol.

## **Floss Every Day, and Floss Correctly**

Most people do not floss correctly, if at all. Flossing is imperative for anyone with gingivitis because the sides of the teeth need to be cleaned so food debris doesn't feed the bacteria.

## **Brush Your Teeth With Your Own Toothpaste**

Brush your teeth three times a day with the following recipe.

### **Simple Natural Toothpaste Recipe:**

- Equal parts of coconut oil and baking soda
- Add essential oil to taste
- Add stevia (if desired) to taste

For 6 tablespoons of oil to 6 tablespoons of baking soda, add 10-15 drops of essential oil. Try peppermint, eucalyptus, cinnamon, clove, lemon, orange, rosemary or any others or any combination that sounds good to you. Each essential oil provides more than taste; each adds its own benefits. Add drops of one, or experiment with combinations. Be sure to buy your essential oils from a reputable source and be sure you are getting the right genus species. Many oils come from different species and contain different properties.

There is a third step in dental care for anyone who is struggling with gingivitis or wants to use a preventative treatment: Dr. Shillington's Tooth and Gum Formula.

## **Oil Pulling**

Oil pulling is a traditional Ayurvedic method of oral care that involves swishing oil around in your mouth for 15-20 minutes. Traditionally, sesame oil was used, but these days, coconut oil is more often recommended, and it's my preference as well. To increase the potency of this protocol, use essential oils, such as peppermint, cinnamon, or clove. Tea tree oil and oil of oregano are two good options, but they can get really intense. Start off with just a small amount.

Swish the oil around in your mouth (like you would with mouthwash) and pull through the teeth, for 15 to 20 minutes. Don't swish hard, or your cheeks will get sore very quickly.

Spit it out! Do not swallow it.

## **Conclusion**

The protocol above is a complete and truly holistic approach to gum disease and cavities and most other mouth ailments, too. Holistic is the key; for the mouth to heal, the body has to be in

good overall health. For the body to heal, the gut has to be balanced and healthy, too. If oral health issues are not your only issue, check out Kill Candida and Balance the Gut Quickly, and see Heal Gum Disease for more on this holistic protocol for oral care, and for Shillington's Tooth and Gum Recipe, a formula that radically speeds up oral healing. It's truly an amazing recipe for mouth health. If you're dealing with serious oral ailments or if you have mercury fillings, be sure to see the first two sources below.

Take pictures! Before you start, take a pic of your teeth and gums, and see how it compares after about a week. You'll likely be amazed.

**Sources:**

<http://www.organiclifestylemagazine.com>

<http://www.organiclifestylemagazine.com>

<http://www.naturalnews.com>

**About the author:**

Michael Edwards is the founder, owner, editor-in-chief, and janitor for Organic Lifestyle Magazine and Green Lifestyle Market. At age 17, Michael weighed more than 360 pounds. He suffered from ADHD, allergies, frequent bouts of illness, and chronic, debilitating insomnia.