

Teeth ~ Natural Health and Repair

1) **No refined sugar!** That is, anything labeled “sugar” or “cane sugar,” “corn syrup” or “high fructose corn syrup,” or “honey,” is highly destructive to the teeth! *Once all teeth are very healthy, refined sugar can be eaten on occasion - with brushing shortly afterwards.*

The better sugars: fruit and berries (if buying in any form of package – read the ingredients!), dark maple syrup, organic barley malt, organic honey, organic coconut sugar, organic dark agave, fructose (small amounts), and least good, organic cane sugar (should not be white in appearance).

2) Regular consumption of xylitol will heal the enamel (the protective coating on the teeth). A quarter to a half teaspoon per day for children; and a half teaspoon to a teaspoon per day for adults.

Too much can cause intestinal cramping and diarrhea.

<https://www.iherb.com/pr/Now-Foods-Xylitol-2-5-lbs-1134-g/10714?rcode=cam780>

3) Frequent flossing and brushing. Both should be at least twice a day. Flossing is slightly better than brushing because it does not remove any enamel. Waterpik’s are excellent for flossing.

4) Use a better toothpaste and a relatively soft-bristle brush

<https://www.iherb.com/pr/Now-Foods-Solutions-XyliWhite-Toothpaste-Gel-Refreshmint-6-4-oz-181-g/885?rcode=cam780>

5) Use a good mouth wash after every meal or snack

<https://www.iherb.com/pr/Now-Foods-Solutions-XyliWhite-Mouthwash-Refreshmint-16-fl-oz-473-ml/5016?rcode=cam780>

6) Kill bad bacteria (and leave all the good bacteria)

<https://www.iherb.com/pr/Natural-Factors-WellBetX-Berberine-500-mg-60-Veggie-Caps/65987?rcode=cam780>

7) Increase bacterial health in the body (to help get rid of the bad bacteria dissolving tooth enamel)

<http://www.iherb.com/wakunaga-kyolic-kyo-dophilus-probiotics-plus-enzymes-120-capsules/51876#p=1&oos=1&disc=0&lc=en-us&w=probiotic%20enzyme&rc=464&sr=null&ic=3?rcode=cam780>

8) There are numerous patterns of disease in Chinese medicine related to tooth decay, gum degeneration, gum inflammation, mouth sores, and halitosis (bad breath), etc.

When needed, Daniel can create precise herbal formulas to treat tooth problems.