

Naturally Care for Your Oral and Dental Health

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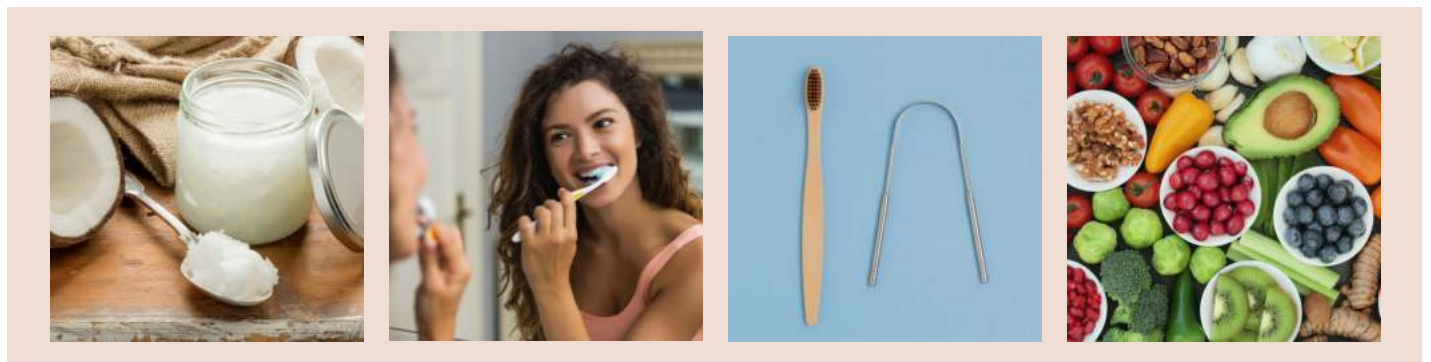


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Dental health is more than just a pearly white smile. In fact, one of the most basic and vital functions begins with the mouth and teeth: digestion. Teeth also play a role in communication, internal health, and mental health. While there is no need to strive for the whitest teeth possible, healthy teeth can play a role in self-confidence and the way a person relates to others.

So how can you holistically support your oral and dental health? A pioneer in the field of dentistry can offer part of the answer. Dentist Dr. Weston A. Price (1870-1948) traveled the world studying the teeth of people from different countries and cultural backgrounds. He discovered that people who were exposed in utero to a traditional, indigenous diet had healthier teeth, less decay, and facial structures that allowed the teeth to be straight.[1] By reviewing his findings in this article and providing additional natural health tips for supporting dental and oral health, we will discover a roadmap for taking care of the teeth, mouth, and, consequently, overall health.

Read on to discover our top tips for oral and dental health and the revolutionary dentistry findings of Dr. Weston Price.



Dr. Weston Price's Research Findings



Dr. Weston Price traveled all around the world to study dental health. His research focused on comparing parental dietary choices to dental health. He achieved this by analyzing the teeth of isolated people from different cultural backgrounds and ethnicities compared to similar groups in modern societies

His research revealed that parents who ate diets that revolved around natural foods and liquids, as well as high amounts of vitamins A and D, had children with better dental health who were also more immune to disease.

Based on Dr. Price's many years of research, including his findings outlined previously, he created a blueprint for taking care of your dental and oral health. His advice is as follows[2]:

- 1) Eat whole foods that are nutrient-dense and properly grown and prepared
- 2) Avoid root canals, if possible, to reduce the chance of disease
- 3) Avoid mercury fillings
- 4) Advises orthodontists to widen the palate
- 5) Remove teeth only when necessary and in a manner that avoids the possibility of cavities and infections

Other research has shown an association between poor oral health and a higher risk for cardiovascular problems, including stroke and heart attack, compared to those with good oral health.[3] The cause of this connection isn't entirely understood. However, inflammation resulting from bacteria and the immune system's response could be the culprit. Another explanation of the association between gum disease and cardiovascular diseases could have nothing to do with inflammation or poor oral health. Instead, the connection could encompass lifestyle choices that negatively affect overall health, such as smoking, lack of exercise, poor access to healthcare, or generally poor health.

"Eat whole foods that are nutrient-dense and properly grown and prepared"

Some symptoms of oral and dental problems include pain, receding or bleeding gums, sores and irregular bumps or masses, cavities, plaque buildup, and chronic bad breath.[4] Despite the possible causes, these findings illustrate the correlation between dental and oral health and making beneficial lifestyle choices. With the help of a dentist, the presentation of the teeth may allow practitioners and clients alike to determine the steps to support the individual and their health goals. To improve an individual's dental and oral health naturally, we've compiled four tips that target the teeth, gums, tongue, and mouth

Natural Support for Cultivating Oral and Dental Health



1. Eat a Healthy, Mineral-Rich Diet

Promote overall health and dental and oral health by consuming a healthy, whole-food diet. To start, it's important to avoid or reduce refined sugar and lower the amount of grains in your diet. To help remineralize your teeth, you should add mineral-rich foods such as organic bone broth, eggs, soft cheeses, grass-fed meats, and dark leafy greens. You should also consider substituting iodized salt with Himalayan Salt.[5] Foods high in fat-soluble vitamins A, D, E, and K2 are also needed to help absorb minerals.[6] Foods that contain vitamin K2, for example, include fermented foods, dairy, and animal products such as egg yolk or chicken.[7]

2. Oil Pulling

Oil pulling is a practice that helps to remove and reduce harmful bacteria from the mouth and can prevent bacteria from sticking to the teeth. When bacteria are removed from the mouth, it can prevent erosion of the enamel and, consequently, the exposure of the dentin underneath. Oil pulling can also help to clean the teeth and remove built-up plaque. For this technique, you will need to select your favorite oil, such as coconut oil, and swish it around in your mouth and through your teeth for up to 20 minutes. Repeat this process regularly.[8]

3. Build Supportive Habits

A common recommendation is to brush your teeth, mouth, and gums twice daily. It's also recommended to floss once a day and visit a dentist (a holistic dentist if possible) two times per year for routine cleanings and check-ups.[9] You can take these recommendations to the next level by regularly replacing your toothbrush, sanitizing it often, and using an all-natural fluoride and sodium lauryl sulfate-free toothpaste.[10] You should also floss properly by "hugging the tooth." If traditional flossing is a challenge, you can use a water flosser instead.[11]

4. Tongue Scraping

Tongue scraping is an ancient practice that can be used to support oral health. It's purported to reduce harmful bacteria in your mouth and the compounds that cause bad breath.[12] You will first need to purchase a tongue scraper instrument.

With the tool in hand, stick out your tongue and gently slide it from the back of your tongue to the front. Then, spit out any accumulated saliva and run the instrument under warm water. Repeat this process two to five more times. Once completed, thoroughly clean the device. You can tongue scrape up to two times per day.[13]

Conclusion

Holistically caring for your dental and oral health begins with a focus on supporting yourself from the inside out using all-natural methods whenever possible. Always seek the help of a dentist for further guidance and individualized recommendations.

To learn more about holistic health, consider taking our Certified Natural Health Professional program, with courses beginning every four weeks. Call 800-428-0408, option 2, to speak with an Enrollment Specialist, or visit our website at trinityschool.org/program/cnhp to learn more and enroll.



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