

# NUTRITION FOR TEETH AND GUM



A big factor in the health of the teeth is our entire body health. Even the best toothpaste or zealous brushing will not protect against decay if your diet is high in refined food, particularly refined sugar and flour which also increases the acidity.

Research in tooth health in people from various primitive cultures with healthy teeth (free from decay), revealed that their diet was much higher in vitamins and minerals; particularly calcium, magnesium, and vitamins A and D.

## **Rinse your mouth with water after eating anything.**

Add a drop of essential oils such as peppermint, cinnamon or clove to the water. This special protocol before and after eating any food is vital to keep harmful bacteria from festering in your gums.

## **Eat food to enhance oral health.**

Live foods, such as fermented vegetables (sauerkraut, Kampucha) support the gut and feed friendly bacteria. Try to incorporate fermented foods in your daily routine; buy sourdough bread, avoid yeasted breads. Yeast feeds candida and causes tooth decay.

## **Salt kills harmful bacteria.**

Make sure it is quality salt with trace minerals (like ocean salt, Himalayan salt). You can brush your teeth with salt and baking soda instead of toothpaste. Gargle with Himalayan pink crystals salt solution made with water – this salt has 80+ minerals in colloidal form. It promotes tooth and bone health and is detoxifying.

## **Protect the enamel of your teeth.**

Acid and sugar are not good for your enamel. Phosphoric acid and sugar are significantly high ingredients in soda. They deplete calcium in bones and teeth. So does more than one cup of coffee (which is acidic). Instead, choose water with lemon.

## **Have a green vegetable every day at each meal.**

The chlorophyll in the fresh green vegetables kills harmful bacteria. Bok choy, broccoli, cabbage, kale, lettuce, green peppers, spinach are some of the green vegetables you should consider adding to your diet.

## **Limit fruit to one to three per day.**

To sweeten homemade baked goods, use apple juice. Malic acid in whole apples fights gum disease. A raw apple is known as Nature's Toothbrush. It helps remove plaque and provides vitamin C, which helps reduce plaque build-up. Apricots, bananas, cranberries, figs, papaya and prunes and good choices in fruit.

## **Eat nuts, grains and seeds.**

Eating almonds, brown rice, flax-seed oil, millet, sesame seeds, wheat/bran germ helps promote your tooth and gum health.