



## Tooth and Gum Issues – Part 2 Teleclinic

**Introduction:** This teleclinic is about preventing and reversing tooth decay with diet. We will discuss a diet that has been tried and true for reversing tooth decay and strengthening soft teeth. We will also be discussing vitamin D3 and K2 and the role these supplements play in this process of reversing tooth decay.

**Presented by:** [Dr. Carolee Johnson, ND, MH](#)

**Recorded:** February 18th, 2014

**Time:** 6:00 PM Pacific

**Attend the Webcast:** <http://instantteleseminar.com/?eventID=50013273>

**Webcast Passcode:** 2180075

**Attend by Phone:** (425) 440-5100 **Secondary Number:** (513) 233-7881

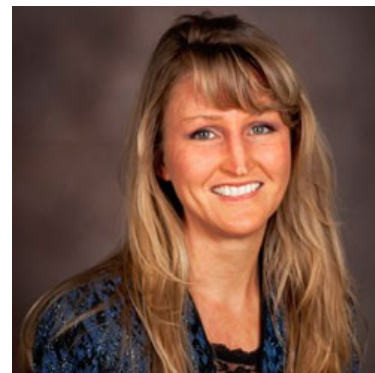
**Local Numbers:** <http://InstantTeleseminar.com/Local>

**Conference ID:** 354648#

**Conference Passcode:** 2180075

**SKYPE Instructions:** To connect to a conference using skype, you can either add the contact "Joinconference" to your contact list, or dial it directly without adding the contact first. You will have to type in the name with your keyboard, and no country designation is required. Once the call is connected, bring up the virtual dial pad to enter your host or guest pin code. While it does depend on your skype version, the button to bring up the virtual dial pad usually looks like a picture of 9 small dots. Once the dial pad is open, you can click on the numbers with your mouse, or use your keyboard. If the system does not seem to understand the dial tone commands, you may need to sign out of skype, and then sign back in and try the call again.

*Detailed Instructions:* <http://YourConferenceLine.com/Skype/>



## Guide:

### Healthy Meal Plan

- ½ teaspoon two or three times per day of [Green Pastures Blue Ice Royal Blend cod liver oil](#).
- 2-4 cups of raw, whole-fat dairy per day in the form of milk, kefir, whey, yogurt, clabber, or buttermilk.  
*You can substitute about two ounces of cheese for every cup of fluid dairy. You can also make eggnog with raw milk and raw eggs.*
- 2-4 ounces of raw cheese.
- 1-2 cups of homemade gelatin-rich bone broth per day from any organic naturally raised animal including beef, chicken, and fish.
- 6-18 ounces of high quality protein through out the day.  
*If you use animal protein, make sure to prepare it for maximum digestion as in stews, or raw, seared or marinated variations.*
  - Beef, chicken, pork, fish, lamb, eggs and so on.
  - Have some protein with every meal to help keep your blood sugar balanced.
  - Divide your ideal weight by 15 for your minimum daily protein requirement in ounces.
- Plenty of cooked vegetables including but not limited to beet greens, kale, chard, zucchini, broccoli, celery, and string beans. Any of these can also be consumed in soups.
- At least one ounce per day of something fermented such as kefir, yogurt or sauerkraut.
- A tablespoon or more of healthy fat with every meal. The fat can be raw or cooked. Grass fed butter or ghee is preferred. Other animal fats like lard or tallow are also good choices
- Twice per week choose one shellfish or other organ of land animals such as oysters, clams, crab or lobster, whole crayfish, fish eggs, 1-3 tablespoons of bone marrow or other organ meats.
- For extra carbs, try yams, sweet potatoes or phytate-free sourdough breads.  
(diet plan From the book "Cure Tooth Decay" By Ramiel Nagel)

This diet plan is good for people trying to turn around severe tooth problems. Every item in this diet plan is designed to be the best of the best in terms of food nutrient density and in its ability to remineralize teeth extremely fast.

Even if this diet is not right for you, or if it seems unbalanced, you can take aspects from this framework and add it to your personal tooth remineralizing diet.

Prepare your meals from items on this list based upon your belief systems and personal goals. You will want all of your protein to be as fresh as possible.

### **To strengthen gums:**

- Brush gums with sea salt water solution 1 T sea salt to 8 oz of water.  
-OR-  
Brush Gums with white oak bark tea solution 1 T of white oak bark powder to 8 oz water and let it steep and cool.
- The use of oral irrigation devices such as the Waterpik® is highly effective in treating gum disease. This is a device that shoots a stream of water out of a small nozzle that can clean around the teeth below the gum lines. You can use salt water or white oak bark tea in a water irrigation device to clean your teeth.
  - Do not use commercial table salt.
  - Warm sea salt water used in an irrigating device is one of the best protections against gum disease.
  - There are a lot of other herbs besides the White oak bark tea, that can help heal teeth and gums that I haven't mentioned here.

It may take a little time to see the results on your gums with these methods, but the results are very satisfying.

- Practice oil pulling at least once per day.
  - Oil Pulling is an excellent method for improving oral health. It soaks up or "pulls" disease-causing bacteria and their toxins out from around the teeth and gums, cleaning the mouth even better than teeth brushing.
  - Oil pulling is the simple but ancient technique of swishing oil in your mouth as a mouthwash.
  - I have included a protocol for oil pulling below.

## ***Mercury in your gums:***

A common symptom of mercury poisoning is bleeding gums and loose teeth. It would pay to look into removing any amalgams from your teeth by a holistic dentist.

## ***Oil Pulling Therapy***

This information is taken from the book "Oil Pulling Therapy" by Dr. Bruce Fife.

There are a number of studies that show that bacteria from oral infections could enter the bloodstream and cause infections in other parts of the body.

Most recommendations say to oil pull before eating or on an empty stomach (at least 3-4 hours after eating.) This is important if you are starting out. Once you are familiar with oil pulling and feel comfortable with it, you can do it any time, even after a meal. The reason it is not recommended too soon after eating is that on a full stomach it is more likely to cause you to feel nauseated. Another reason is that the bacteria population in your mouth is at the highest level just before meals and its lowest just after.

- You can use any oil. Test to see which one is best for you; coconut, almond, flax, olive, sesame, sunflower.
- You can drink some water before, if you like.
- Take 2-3 teaspoons of oil into your mouth.
- Swish, suck and pull oil through teeth and gums.
- Swish the oil continually for 15-20 minutes.
- It may turn color – milky colored.
- Discard the oil in the garbage – don't swallow as you are then swallowing the toxins you just released.
- Rinse out the mouth and drink a glass of water.
- Do this at least once per day.

If you have active gum disease, tooth decay or serious health disease it may be beneficial to oil pull up to 3 times a day, once before each meal.

You can make medicated oil:

- 1 teaspoon oil
- 1-2 drops oregano or clove oil

- 1 30-60-mg CoQ10 gel capsule – poke and squeeze the contents into oil.
- Double this if you use 2 teaspoons of oil.

Test to see if this tests good for you and if it is the best interest for you to use the medicated oil.

**NOTES:**

[illegible]