



149 Barrington Street,
Christchurch – New Zealand.
Phone: (03) 332 1786
Fax: (03) 332 1486
E-Mail: products@nzherbal.com

DENTAL HEALTH & DENTAL KIT

Healthy teeth and gums have a profound influence on our physical and psychological well being. A smile is the simplest and most expressive piece of body language and it reveals a great deal about our personality and self image. The joy of a smile, the confidence of fresh breath, and the pleasure of clean teeth gives radiance to the personality. The health of our teeth and gums not only reflects our overall health but can profoundly influence it. The ancient Chinese discovered acupuncture points and meridians relating to each tooth. Any imbalance in a tooth (decay, abscesses, gum diseases, some fillings and root fillings) can affect the auto-immune system, creating a host of seemingly unrelated problems.

When in health the teeth and gums have a normal balance and resistance to decay through a remarkable system of homeostasis. Animals in the wild seldom get tooth decay, and in the archaeological records of our early ancestors, tooth decay was relatively rare. However, their teeth did show signs of tremendous wear. Ancient and so called primitive cultures managed to thrive for great periods without the dentist's drill or fillings. How these cultures discovered natural techniques to care for and preserve teeth and gums is part of the object of this article, and to demonstrate that this knowledge is available today. Even your dentist probably knows it but hasn't the time to demonstrate it thoroughly, or perhaps the reliance on fluoride and improved dental techniques have made it of lesser importance within a clinical practice. Prevention is the key word and if only individuals knew more about simple dental techniques such as correct brushing and simple commonly available herbs and spices, even household salt and baking soda, there would be far less of, arguably, one of New Zealand's greatest tragedies - tooth decay and its predisposing condition - gingivitis (gum inflammation).

The parts of the mouth, including all mucosa (soft tissue), inner cheeks, roof of the mouth, tongue, gums and teeth all have an integral homeostatic balance. The correct P.H. (acid/alkaline balance) is essential, as well as proper mineralization and cleansing, to maintain the healthy flora and minimise harmful pathogens. Disease and decay-producing bacteria which form colonies in the gingival margins (the space between the tooth and the gum), and between the teeth, secrete toxic acids corrosive enough to dissolve the hardest substance in the human body - enamel of the teeth. The enamel is not the only thing they damage however. Once decay sets into the tooth, toxins travel right into the interior of the tooth and find their way further down the dentine to the very root nerve and eventually infect the body's system through the blood stream. However, the blood stream is already affected by the plaque bacteria within the gingival margins. The metabolism of the mouth is probably one of the fastest in all our physiology. By the time it takes you to read this sentence nearly all the cells lining the mucous membrane of your mouth will have been destroyed and regenerated. How effective this process is for the rest of the oral environment is up to you. The importance of proper dental hygiene cannot be underestimated. Cleaning of the teeth and gums is a simple and natural process. However the laws of natural hygiene need to be followed correctly if one is to have beautiful shining teeth and gums free from decay or gingivitis for the rest of one's life.

THE PLAQUE AND THE PELLICLE

There are two types of material that form on the tooth surface - the first is a healthy layer of mucous cells called the pellicle. This amorphous protein-like membrane contains salivary proteins which have "absorbed" into, and coat the enamel surface. Initially this pellicle is predominantly bacteria-free and when present, it has the role of reducing demineralization of tooth surfaces caused by acidic conditions. In short, it prevents or reduces decay. When this pellicle is not present, or present in a denatured form, there is plaque build-up. Plaque is a collection of food and bacterial remains, carbohydrates and proteins that harbour pathogens which secrete acid on to the tooth surfaces and mucous membranes causing irritation, inflammation and decay. The enamel itself is particularly decay-resistant if it is fully-saturated with the correct mineral balance, particularly calcium, fluoride and phosphate in their ionic forms, along with all the micro-nutrients and minerals needed for their stability. This is the third line of protection, the first being saliva, and the second, the pellicle. Saliva needs to be first alkaline to create a proper protective pellicle, and to do this it must have adequate alkaline-forming mineral salts in dissolved solution. If the individual is mineral deficient, which is almost invariably the case, and acid-forming foods are consumed, the saliva will tend to be acid, and the pellicle will have some difficulty in forming an adequate protective layer. Once the plaque has set in between the teeth and gingival margins - even on the surface of the tongue and inside lining of the cheeks, along with an inadequate pellicle protection, the bacteria feeding on food waste excrete their wastes on to the tooth and gingival surfaces creating demineralisation or decay.

AN ALKALINE SALIVA

For a healthy oral environment, including the teeth and gums, a number of steps are efficacious in supporting healthy tissue, saliva, pellicle, gum and enamel. Arguably the most important step is to establish a proper alkaline saliva. To create an alkaline saliva the diet needs to have around 80% alkaline-forming foods and 20% acid-forming foods. These foods need to be as unprocessed as possible, containing an abundance of live enzyme-rich fruit and vegetables, free from artificial fertilisers, sprays, preservatives, and colouring agents, as variable as possible, and combined on the dinner table according to the principles of proper food combining, and eaten in an unhurried manner. Obviously foods rich in sugar, salt, refined carbohydrates, e.g. lollies and biscuits contribute to both an acid saliva, and tooth decay. Dietary supplements, especially those that create complete mineral saturation, provide an ideal foundation for the body's PH balance and all enzyme functions. This involves the regular use of New Zealand Herbals Mineral Max and Blood Purifying Tonic along with an appropriate sugar-free, chemical-free alkaline diet with plenty of fresh fruits and vegetables.



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Your Dental Kit

Dental ABC's

Your dental kit contains three items. A dental powder, a 'Butler' toothbrush, and an activator. These three items work together to ensure that your body's own natural defences against tooth decay and gum disease are strengthened.

There are three natural lines of defence against decay within the oral environment. First, a mineral-rich alkaline saliva which helps to build enamel resistance against decay.

Secondly, a healthy protective lining or 'skin' which adheres to your teeth's enamel surface (termed the 'pellicle') again protecting it from demineralisation.

Lastly, a mineral-rich saliva also aids in replenishing enamel surfaces – again building your natural defences.

To aid this process, your herbal Dental Kit contains natural herbal formulations designed to **Activate** the natural balance (homeostasis) within your teeth, gums and saliva. The **Building** of new structures is achieved by supplying organic, chelated alkali-forming minerals which are delivered to their necessary places through enzymes.

Finally, **Cleansing** of damaging plaque (which contains acid-secreting bacteria) from the mouth helps to ensure that negative bacterial colonies are reduced – improving your oral health and cleansing your breath.

Teeth Cleaning

Naturally, this is the most important step you need to take. Plaque-causing bacteria can reorganise themselves to produce acid-forming substances within twenty minutes if the correct environment is present. To avoid this, your mouth must become an unsuitable environment for these pathogens. To ensure this, take the following steps:

1. **Brush your tongue and inner cheeks every morning.** Within your pack you will find a toothbrush. Use this brush (or a tongue scraper if you wish) and clean your tongue from back to front and lots of running water. Even the roof of your mouth and inner sides of your cheeks contain a number of bacteria that are lean, mean, and hungry for their first dinner! Cleaning your tongue and cheeks will reduce their numbers and in turn reduce the negative effects that they can cause.
2. **Use New Zealand Herbals Dental Powder & Activator to brush your teeth.** In general you want to avoid toothpaste, instead use New Zealand Herbals Dental Powder. You need to mix this powder with the Activator. To do so, take the following steps:
 - a. Mix $\frac{1}{4}$ of a teaspoon with five drops of activator onto a spoon or dish.
 - b. Mix these two substances until a paste is formed.

With a soft dry toothbrush, apply the bristles onto the paste. Brush the gingival margins (the margins of your gums, where the gums and teeth meet) at a 45 degree angle

Massage each tooth\gum surface with a side to side motion ensuring that you stroke along the grain of the tooth. Do not use a circular motion on any teeth except the top surface of the back teeth. Remember to rinse when you are finished.

3. Continue steps one and two for ten days. At that time you **must** not use the Activator again (unless your gums have deteriorated again – if this occurs, consult your practitioner). However, you should continue using the dental powder (replacing the Activator for a small amount of water to make the paste) at least **twice** daily.

Avoid the use of dental floss since it has a tendency to cut into gums (which in turn cause them to bleed). Instead, use dental tape.

Remember, visit your dentist on a regular basis (at least once every six months) for a full check-up and assessment. This program is not a replacement for a dental appointment! You may, however, wish to select a dentist who has knowledge of mercury amalgam replacement as well as one who is familiar with herbal and homeopathic remedies.