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Natural
Dental
Health

WEIGHT CONTROL • SPIRITUAL WELLNESS • HEALTHY RECIPES • LIVING HEALTHY

**What Do Your Teeth
Say About Your
Health?**

**How Your Diet Affects
Your Pearly Whites**

7 Self-Dentistry Steps

**Weight Loss Benefits
of Good Oral Health**



GRANDMA'S CURE CORNER
12 HOME REMEDIES FOR TOOTHACHES

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Natural Dental Health

When the Americas were being explored in the early 1500's many explorers noted that the "Indians" had "perfect rows of teeth, like the keys on a piano." This was unusual for them to see because it was expected in Europe at that time to lose most of their teeth by their 30's.

Centuries later, in the 1930's a dentist named Weston Price set out to study teeth in various areas of the world. He went to Europe, Africa, Asia, North, and South America to look at the teeth of indigenous people. What he found was shocking to him. He came to the conclusion that dental health was intricately intertwined with the health of the body, and especially the diet. Where people ate whole, unprocessed foods they had good dentition, but where processed foods were eaten they had poor dentition – even among the same populations.



Today, we are told that we need "dental hygiene" to have good teeth. We go to the dentist regularly to have them look for decay and inflammation. We get braces put on our teeth to straighten them. While it is important to practice keeping the teeth clean, it is more important to keep the body healthy naturally. Multiple studies now show that poor dentition, gum disease, and poor oral health even contribute to heart disease.

A good dentist should be able to look in your mouth and tell you some of the nutrients you may be lacking. For example, gingivitis is more tied to Co-Q10 and folic acid levels than to brushing and flossing. The salivary pH will help to know if the [diet is good for maintaining good teeth](#), as well.

Feed the good, starve the bad

Bacteria growing in your mouth are a very important part of dental health. One common bacterium, *Streptococcus mutans*, uses sucrose (sugar) to make the plaque that builds up on the

teeth, allowing acids to disintegrate the enamel. If you feed those bacteria, you get more of them, more plaque, and more tooth decay. This is why avoiding processed sugars is essential.

On the other hand, the good, natural and healthy bacteria in your mouth live on inulin, fructooligosaccharide, and other soluble fiber found in fruit and vegetables.

Normalize the pH

It is also important for the saliva to be in a neutral or slightly basic pH. If the saliva is acid, calcium will be leached out of the teeth over time and contribute to tooth decay. When the cause of scurvy was discovered in the 1700's, the British navy required all ships to have lime juice on board and all sailors were given some every day. While this practice prevented thousands of deaths from vitamin C deficiency, it had the side-effect of leaching the calcium out of the sailors' teeth and promoting tooth decay. Acid is not friendly to teeth.

Eating to improve your dental health

Based on the findings of Dr. Price, the Westin Price Foundation has promoted the idea of natural healthy eating in order to create and [promote good dental health](#). It begins in the womb, before a child is even conceived. A mother who eats a healthy diet will allow her baby to develop normal bone structure which brings in its wake healthy, straight teeth.

Moreover, those who are already born, and even older people who have lost their teeth will benefit from these guidelines, both in a healthier mouth and a healthier body. The list is long, but should be studied and implemented gradually over time. The following are taken from the Westin Price Foundation.

Dietary Guidelines – Foods to Eat

1. Eat natural, whole, unprocessed foods.
2. Eat only grass-fed meats.
3. Eat wild fish (not farm-raised) and shellfish from unpolluted waters.
4. Eat full-fat milk products from pasture-fed cows, preferably raw.
5. Use traditional vegetable oils only--extra virgin olive oil, sesame oil, coconut oil.
6. Take cod liver oil, 1 tablespoon per day.
7. Eat organic fresh fruit.
8. Eat fresh vegetables--preferably organic--in salads and soups, or lightly steamed with butter.



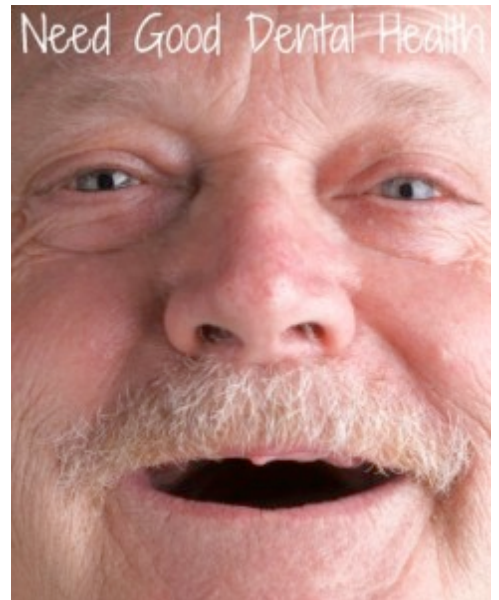
9. Use whole grains, legumes and nuts that have been prepared by soaking, sprouting or sour leavening to neutralize phytic acid, enzyme inhibitors and other anti-nutrients.
10. Include fermented vegetables, fruits, beverages and condiments.
11. Prepare homemade meat stocks from the bones of chicken, beef, lamb and fish and use liberally in soups, stews, gravies and sauces.
12. Use filtered water for cooking and drinking.
13. Use unrefined salt and a variety of herbs and spices for food interest and appetite stimulation.
14. Make your own salad dressing using raw vinegar, extra virgin olive oil and a small amount of expeller-expressed flax oil.
15. Use natural sweeteners occasionally (not every day), such as raw honey, maple syrup, maple sugar, date sugar, dehydrated cane sugar juice (sold as Rapadura) and stevia powder.
16. Use only unpasteurized wine or beer in strict moderation with meals.
17. Cook only in stainless steel, cast iron, glass or good quality enamel.
18. Use only natural, food-based supplements.
19. Get plenty of sleep, exercise and natural light.
20. Think positive thoughts and practice forgiveness.

Dietary Dangers – Foods to Avoid

1. Do not eat commercially processed foods.
2. Avoid all refined sweeteners such as sugar, dextrose, glucose, high fructose corn syrup and fruit juices.
3. Avoid white flour, white flour products and white rice.
4. Avoid all hydrogenated or partially hydrogenated fats and oils.
5. Avoid all refined liquid vegetable oils made from soy, corn, safflower, canola or cottonseed.
6. Avoid foods fried in polyunsaturated oils or partially hydrogenated vegetable oils.
7. Avoid products containing protein powders as they usually contain carcinogens formed during processing.
8. Avoid processed, pasteurized milk; do not consume ultra pasteurized milk products, lowfat milk, skim milk, powdered milk or imitation milk products.
9. Avoid factory-farmed eggs, meats and fish.
10. Avoid luncheon meats and sausage.
11. Avoid breakfast cereals, as they block mineral absorption and cause intestinal distress.
12. Avoid canned, sprayed, waxed and irradiated fruits and vegetables.
13. Avoid genetically modified foods (found in most soy, canola and corn products).
14. Avoid artificial food additives, especially MSG, hydrolyzed vegetable protein and aspartame, which are neurotoxins. Most soups, sauce and broth mixes and most

commercial condiments contain MSG, even if not indicated on the label.

15. Individuals sensitive to caffeine and related substances should avoid coffee, tea and chocolate.
16. Avoid aluminum-containing foods such as commercial salt, baking powder and antacids. Do not use aluminum cookware or deodorants containing aluminum.
17. Do not drink fluoridated water.
18. Avoid synthetic vitamins and foods containing them.
19. Avoid distilled liquors.



By following these guidelines, the need for interventional dentistry and physicians would decrease dramatically, because people will maintain better teeth and better overall body health, naturally.

The benefits of this diet extend from infancy to old age. The developing fetus would have normal bones and good teeth developed in the first place, and if you have dentures, the jaw bones will hold your dentures better. It assures that you have adequate calcium, and you will have a more alkaline pH to maintain your teeth, and prevent other illnesses such as cancer and arthritis.

The mouth will grow healthy bacteria that do not promote tooth decay, and your digestion will improve. It is a far-reaching program to improve your overall health, wellness, energy – AND dentition.

It's not the dentist who is responsible for your dental health, it's all in your power. Knowledge is power.



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What Do Your Teeth Say About Your Health?

Do your teeth reflect your health? Dr. Weston A. Price believed so. This world famous dentist pioneered the belief that nutrition directly affects our teeth. Even in the early 1900's, he believed that our modern day diet of processed and refined food directly affected the health and longevity of our teeth. Dr. Price made it his mission to find out what our teeth really needed holistically to stay healthy and cavity free.



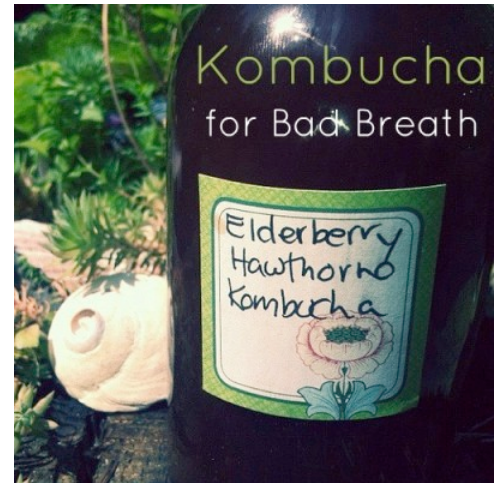
After examining the teeth of many native tribes around the world (all of which had remarkable teeth even without brushing), Weston Price put together a diet he felt would prevent and treat dental decay.

Using his nutritional approach, Dr. Price was able to prevent over 95% of cavities! He was also able to see cavities heal themselves, once the diet was followed correctly and for an adequate amount of time. This may seem crazy, but [if bones can heal themselves](#) after a fracture or break, why would a tooth not be able to heal? We can literally remineralize our teeth and holes from cavities can fill in!

Dr. Price's dietary recommendations to prevent and treat dental decay include:

- ***Eliminating processed foods like white flour and sugar.*** He also suggests eating soaked or sprouted grains. Soaking and sprouting breaks down the phytic acid, which can damage your enamel.
- ***Eliminating hydrogenated and other toxic oils and replacing them with healthy ones like extra virgin coconut oil.*** This means tossing your vegetable and canola oils into the garbage! They are not good for you, are toxic and processed. Olive and sesame are okay to use, in addition to extra virgin coconut oil

- **Taking cod liver oil.** I recommend Carlson's brand, although many of those who follow Weston Price's teachings prefer the fermented Blue Ice brand cod liver oil.
- **Making your own bone broth stocks that are packed full of minerals and gelatin.** This is very easy and inexpensive. Get soup bones from your local butcher and use your crock-pot to cook the broth. Drink a mug or two a day or make a delicious soup.
- **Eating fermented foods like kefir, yogurt, and sauerkraut and drinking kombucha.** These are packed with good bacteria, which help keep bad bacteria in your mouth and digestive system under control.
- **Using raw pastured dairy for your milk, butter, and cheese.** Dr. Price believed butter oil was extremely important in healing the teeth. You can get it naturally through eating a lot of pastured butter, or you can buy it in pill form from Blue Ice.
- **Increasing your foods high in K2** like cheese, bone marrow, butter oil and liver.
- **Getting adequate vitamin D.** Make sure you're out in the sun 30 minutes a day or [take at least 5000 IU of D3](#).



For more information on what to eat, I would recommend the book “*Nourishing Traditions*” by Sally Fallon. You can also read Dr. Price's book called “*Nutrition and Physical Degeneration*” for more on his research.

The Tooth – Organ Connection

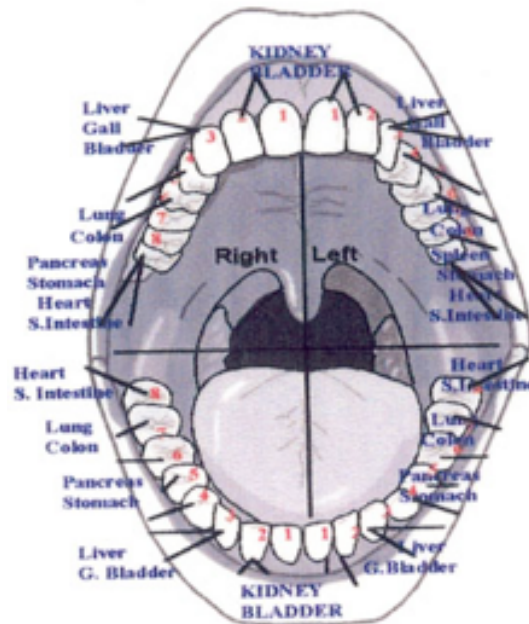
Many of you may be familiar with acupuncture or even reflexology. In acupuncture, special needles are applied along different meridians or pathways, which connect to different parts of the body. The needles are used to help align imbalances along those meridians. In reflexology, it is believed that the foot is essentially [a map of the body](#). Applying pressure to different parts of the foot can balance its corresponding body part.

Chinese Medicine believes that our teeth also have meridians that correspond with body parts. Every tooth contains nerves, which are connected to our brain. These nerves send messages to specific places throughout your body. If you have a decaying tooth, the energy flow to the body part it is connected to may suffer. For example, if your upper right 3 has a cavity, the energy flow to your gallbladder may be compromised. This may not cause any noticeable symptoms, but in many cases it does. A sluggish gallbladder could result causing digestive discomfort.

A diseased tooth can cause disease in an organ, or vice versa. Many other things can also disrupt the meridians that are connected to your teeth.

- Poor dental work
- Toxic tooth materials like amalgam
- Non-vital teeth
- Granulomas
- Root Canals
- Gum Disease

Look at the chart and compare your cavities or tooth problems. It may just amaze you how accurate it is.



Holistic Dentistry is Key

To fix your tooth imbalances, it is best to find a holistic dentist. They can fix your problem both safely and naturally. You can also check the Holistic Dental Association, but many natural dentists aren't registered. I've found this to be the most comprehensive list: <http://www.greenpeople.org/HolisticDentistry.html>

If you have a cavity filled at a regular dentist, ask for composite. **DO NOT GET AMALGAM!** Amalgam is toxic and contains 50% mercury. Also, never have your old amalgams removed by a dentist who is not trained in holistic dentistry. If amalgams are not removed properly, the vapors from the mercury in the filling can outgas during drilling, causing mercury toxicity in the body. Holistic dentists have special equipment that keep you safe. Even if you have to drive several hours, your health is worth amalgam removal.

Cavity Healing Toothpaste

Your toothpaste also plays a very important part in tooth repair and remineralization. There are a few very important things you want to avoid in your toothpaste.

- **Fluoride:** Fluoride is toxic and we already get way too much of it our water supply. Adding it to toothpaste is not beneficial and only leads to higher toxic levels in the body.
- **Glycerin:** Although glycerin is natural, it coats the teeth impairing remineralization.
- **Sodium Lauryl Sulfate:** This is a really harsh soap that should not be swallowed. Avoid it in your body wash and shampoos, as well.

- **Artificial Sweeteners and other “Chemical” ingredients:** These things are toxic to the body and should never be used in a toothpaste.

I have found that even “natural” toothpastes contain one or more of these ingredients. Glycerin seems to be the hardest to avoid. I believe the solution is to just make your own! It will also save you money!

Make Your Own Remineralizing Toothpaste!

I have come across what I’ve found to be one of the best toothpastes for tooth remineralization. This is not toothpaste that you buy, but one you make yourself. This toothpaste is free of chemicals and packed full of minerals and bacteria fighting ingredients.

Here is how you make your own remineralizing toothpaste.

Remineralizing Toothpaste Recipe

What you'll need:

- **5 tbsp calcium powder or dolomite powder:** This contains the mineral calcium our teeth need for optimal health.
- **1 tbsp diatomaceous earth:** Contains many minerals including silica and is a mild abrasive.
- **3 tbsp xylitol:** This natural sweetener actually inhibits the growth of bacteria in the mouth.
- **3-5 Parts coconut oil (to desired consistency):** Coconut oil is anti-fungal, anti-viral and anti-bacterial.
- **10 drops of grapefruit seed extract (optional):** This is a natural preservative that is also anti-viral, antifungal and anti-bacterial.
- **10 drops of essential oils:** This is for flavor. Peppermint oil is most common, but kids enjoy orange. You could also add germ-fighting oils like myrrh, clove and tea tree oil.
- **10+ drops of stevia (optional):** This helps to naturally sweeten your toothpaste. Some don’t mind toothpaste without, but my kids and I prefer it added.

Directions:

Mix the dry ingredients one at a time, in your bowl. Slowly add the castile soap, coconut oil and grapefruit seed extract while stirring. Add your essential oils and taste for your preferred flavor.

You can apply the toothpaste with a popsicle stick or dip your toothbrush into the paste. Brush as usual!

You can watch me make my very own remineralizing toothpaste in this video I created for Home Cures That Work members! So easy to follow and worth every tooth you want to keep. [Watch the How-To video here.](#)

If you don't want to make your toothpaste from scratch, OraWellness and Eco-dent both make great toothpaste powders with remineralizing ingredients.

With the proper diet and the proper remineralizing toothpaste, you can have the kind of teeth dentists praise. Give natural dental health a shot and watch those cavities disappear!

Did you compare your teeth to the chart above? I would LOVE to know if you had corresponding tooth and body issues. [Let's talk HERE!](#)



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How Your Diet Affects Your Pearly Whites

***“Oh the shark has...pretty teeth dear...and he shows them...pearly white.”
-Mac the Knife, Bobby Darin/Frank Sinatra***

Amazing how the shark – with his carnivorous diet – manages to keep those – “pearly whites.” Ole sharky don’t even brush or floss none!

Well, in this month’s issue of Home Cures That Work, we go deep (get it? Deep...shark...ocean...*sigh* sorry) to uncover the foods that rule and the ones that ruin your precious smile.

And because your teeth don’t get replaced like ole sharky, hold on to your Oral-B because I have some shocking good stuff to share with you today...

Certain foods damage your teeth by lowering the pH levels in your mouth and saliva

Potential hydrogen – pH – is an important part of your dental health, which is something few of us think about when having morning OJ, or coffee.

Acidic foods and beverages like citrus fruits and juices, sodas, starches, legumes and sugars all have a negative impact on your teeth. The acid from these foods attacks your enamel and eats away at the phosphorous – the second most important mineral in your teeth and bones, next to calcium.[1]

In a moment we’re going to:

- Examine low pH foods and beverages to stay away from
- Review the foods that contain phosphorous that raise pH to help protect your teeth, gums and jawbone

But first, does the amount of food you eat at one sitting have an impact on your teeth?

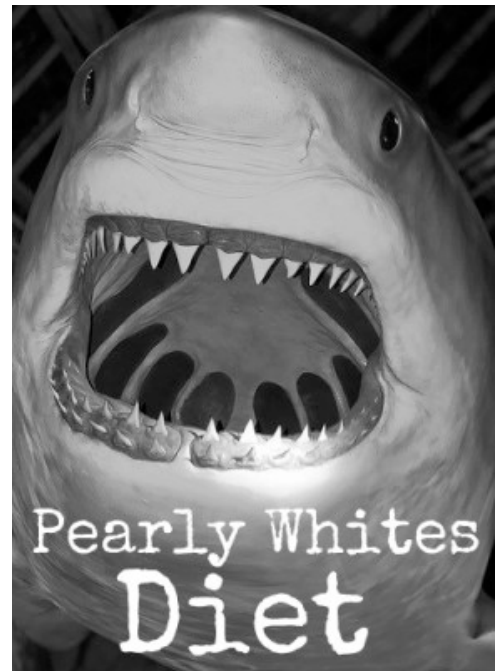
Let’s start with the Journal of Oral Sciences...

Here’s something that may never have occurred to you when piling up the vittles.

According to the European Journal of Oral Sciences [2], it’s not only what you eat, it’s also the quantity of food you eat that determines the longevity of your smile.

You’ll see why in a moment.

Just don’t assume those 2-story stacks of premium pastrami cuts on rye guarantee your choppers and grinders that use-it-or-lose-it, life-long nibble-ability.



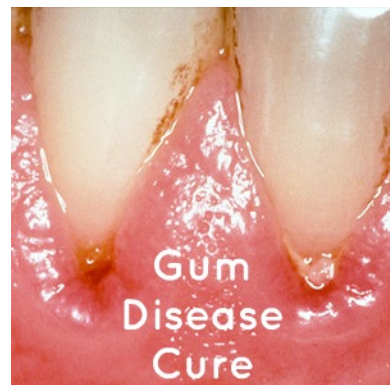
Now it's true that certain foods produce more saliva than others – case in point: that mouthwatering pastrami sandwich. And saliva is very good for your gums and teeth because of the digestive enzymes. It helps wash away any food left behind after swallowing, too. In all its enzymatic, slimy glory – it even helps retard tooth decay and gum disease!

The rye bread tells the salivary gland (parotid gland) to secrete an enzyme called amylase to break down that starch, but if your Deli-Delight is too “Man V. Food” sized, the amylase can't handle the quantity. And then, partially digested starch becomes plaque.

Are you eating the sandwich or is the sandwich eating your teeth?

Earlier I said that the quantity of food you eat determines how long you'll be able to keep that mouthful of pearly whites. Here's why...

The European Journal of Oral Sciences says...

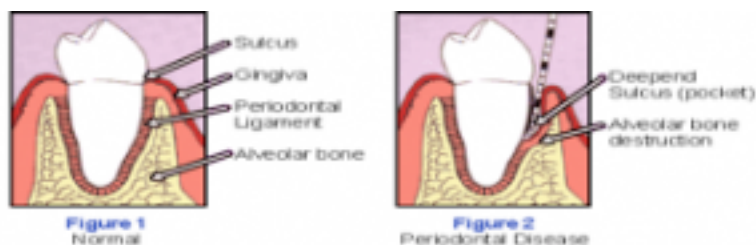


Stuck-on starch = bacteria...and bacteria = plaque

What exactly happens when the amylase can't break down enough starch? *Streptococcus mutans* (bacteriagrowth), that's what. [3]

The Strep bacteria multiply inside your mouth and begin to create plaque on your teeth over time. That's why brushing your teeth is good – you need to scrape that junk out of there. And using mouthwash after flossing is good, too. These practices help release and kill-off the harmful bacteria.

But if you don't brush, floss, and rinse regularly, the plaque continues to grow and harden. Then it has to be removed by your friendly neighborhood dentist.



If not, the plaque works against you...getting between your tooth and the gum line...growing...hardening...separating each individual tooth from your gum. It leads to gum disease, periodontal disease, bone loss and eventually – complete separation. That's when your teeth begin to fall out because they were anchored to that dissolving bone.

So in keeping with our double-decker, Deli-Delight demonstration, too much good of even the most favored food at one time can be detrimental to your teeth – not to mention your digestive and circulatory systems. But those are for another issue...

Now you know to take it easy with the portions. And that delicious food – even if its nutritional value is marginal – can still help to preserve your smile with saliva and its elevated enzymatic eminence.

If that's the case, then what foods are bad for your teeth and why? So glad you asked! Presenting...

Foods that are downright repellent for your teeth and mouth

This is where we get a little more detailed and go a little deeper to discover which foods you should run away from as if they were photos of celebrity plastic surgeries gone awry...

Ahem...let's start with the foods you definitely DON'T want to sink your teeth into:

- **Processed foods of any kind**

We say this a lot around here...avoiding these foods is good for the body and good for the teeth, too. The preservatives and sugars in there actually lower the pH of your saliva. A reduction in pH means denatured enzymes and demineralization of your teeth. Minerals are needed to preserve the enamel and keep teeth strong and healthy. The lower the pH, the worse the environment for your smile.

- **Grains, potatoes, candy and Fizzy Lifting drinks**

You may notice a bit of a theme here – sugar. We all know sugar is bad for our teeth, now you know why. Sugar drastically lowers oral pH and promotes the flourishing of bad bacteria. As mentioned earlier – that brings plaque. Grains and potatoes are sugar in disguise. Candy's a gimme. And sodas – acidic AND sugary – mean double trouble for your fangs. Willy Wonka had a whole factory of sugary magic – no wonder his father was a dentist.

- **Citrus juice and sugary fruits**

Grapefruit juice and orange juice attack your teeth much like soda. Same with the fruits. You get the lower pH from the sugar plus relentless attack by citric acid. If you must have your morning OJ, best to take it in a Dixie cup and drink it with a straw. Drinking juice with a straw moves it past your teeth so less damage occurs.

All that said, you need vitamin C. It's the glue that holds your cells together and makes them strong and vital. So you have to use good judgment and make sure you are mindful of what passes “through the teeth and over the gums.”

A good way to do that is with the right foods that promote a healthy environment for your teeth and raise your pH. [4] Behold...

Foods your teeth (and your belly) will love

We've discussed pH and how important it is to your dental health. So let me share with you the foods that raise pH and promote a happy place for your mouth and teeth.

These foods actually preserve your smile and can improve your overall health, as well.

They incite your natural concoction of glandular enzymes, which kill bacteria and work to digest starch. This process is followed by a secretion of fluid and mucus that alkalizes the food while preparing for its slippery ride into the belly, where it will be bathed in hydrochloric acid for complete digestion.

A study published in Dental Anthropology *, shows how your diet relates to tooth surface variations and how teeth are misaligned. The most common is incisor irregularity – crowding of teeth in the upper jaw. “If you don’t use it, you lose it.” is a profound truth – unless you’re talking about super-sized portions – and if ignored will come back to haunt you.

Chewing and biting stimulates the root and periodontal ligament. This stimulation tells the nerves to keep the blood and lymph flowing so the surrounding bone can keep a healthy, tight grip on the root.

So, let’s eat...



- **Cheese, please**

Yep. One of the oldest, most coveted comfort foods helps preserve your smile by protecting your teeth and gums. It’s down in sugar and up in calcium. It also contains a special protein called casein. Casein is found in milk and is very useful in the fortification of the tooth’s surface.[5] And a nice aged parmesan works as a remedy to guard against the effects of acid attacks on the teeth.

- **Veggies**

Pumpkin, broccoli and carrots are teaming with necessary vitamins and minerals. Particularly, vitamin A – a non-negotiable building-block of tooth enamel. Eat them raw or steamed but do NOT overcook them. That crunch will help clean and stimulate your gums to a nice, healthy condition. Don’t forget the onions...onions contain super-strong antibacterial compounds. They can even have the power to kill certain types of bacteria. Peel one and eat it raw. Your breath might not be date-friendly, but it guarantees healthy teeth.

- **Animal food**

No – not dog or cat food! Lean beef, and poultry – including eggs – are healthy meats and high in phosphorous. Calcium and vitamin D work together with phosphorous to fortify your bones, including your jaw bone. They also keep your teeth strong and healthy by protecting them from tooth decay.

Also, be sure to drink plenty of water on a regular basis. Water cleanses your mouth and palette. It helps your saliva remineralize your teeth and keeps your gums hydrated. And as an added bonus: It also washes food particles from your mouth that get caught in your teeth and rot – causing bad breath (maybe try drinking some after eating the onion!).

In addition to including the above foods in your diet, chewing gum with xylitol is a convenient way to increase salivary flow and will inhibit plaque bacteria (Trident makes one that contains xylitol).

Recipes for a healthy “shark bite”

Here are a couple delicious recipes you can try that are very, very friendly to those...pearly whites:

Mighty Green Juice**

- 1 bunch spinach
- 1/2 bunch kale
- 1/2 bunch chard
- 1 bunch cilantro or parsley
- 1/2 head of broccoli
- 1/2 bunch celery
- 1-2 cucumbers
- 1-2 green apples



Process in a juicer or really good blender and enjoy!

Healthy Chicken Parmesan and Broccoli***

What you'll need:

- Oil spray like Pam®
- 2 tbsp EVOO (extra virgin olive oil)
- 1 medium chopped onion
- 3 cloves garlic, minced
- 1 bay leaf
- 1, 28 oz can diced tomatoes (I made it with the Italian seasoned tomatoes), no added salt
- 1/4 c basil – fresh plus 1 sprig
- Kosher salt to taste
- Fresh ground pepper to taste
- 1 large broccoli – cut off florets
- 1/4 c whole wheat flour (gluten-free if you can)
- 2 egg whites
- 1 c whole wheat bread crumbs
- 1/4 tsp dried oregano
- 1/4 tsp dried rosemary
- 3 tbsp fresh-grated aged parmesan cheese (who are we kidding – I doubled that!)
- 4 large chicken breasts – boned, skinned made into cutlets
- 1 c reduced fat mozzarella cheese grated



What to do:

1. Coat a large skillet with Pam® cooking spray. Place over medium heat and add your EVOO. When hot, add the onion, 2/3 of the garlic and bay leaf. Cook for 6 – 7 minutes while stirring, until the onion becomes translucent. Reduce heat and add the tomatoes and basil sprig. Cook until sauce thickens stirring occasionally – about 10 minutes. Season with salt and pepper. Cover and simmer on low while you prepare the broccoli and chicken.
2. Preheat oven to 450 degrees. Cover a large baking sheet with aluminum foil or parchment paper. Sprinkle the remaining garlic over the broccoli and season with salt and pepper. Wrap broccoli tightly in aluminum foil and set aside.
3. Put the flour on a piece of waxed paper. In a shallow bowl, beat the egg whites. Mix bread crumbs with oregano and rosemary on another piece of waxed paper. Add 2 tbsp of Parmesan and a pinch of salt and pepper.
4. Sprinkle both sides of the chicken cutlets with salt and pepper. Lightly dredge the cutlets in the flour, then dip in egg white mixture. Shake off the excess egg then dredge in the bread crumb mixture. Coat both sides of each cutlet with Pam® or other cooking spray and place on the prepared baking sheet.
5. Bake the chicken and foil packet of broccoli until the cutlets are golden and the broccoli is tender – 8 to 10 minutes. Remove the broccoli and chicken from the oven.
6. Preheat the broiler. Sprinkle the cutlet with the mozzarella and remaining Parmesan and place under broiler for 1 to 2 minutes, until the cheese is golden. Transfer chicken and broccoli to a serving platter. Remove the bay leaf from the tomato sauce and ladle the sauce around the chicken. Sprinkle with basil and serve immediately.

Pumpkin Pudding**

What you'll need:

- 1/2 medium pumpkin, peeled and cut into chunks
- 3/4 cup water
- 1/2 cup coconut water
- 1/2 cup orange juice
- 1/3 cup agave
- 1/2 cup walnuts
- 1 tablespoon coconut oil
- 2 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1/2 teaspoon allspice
- 1 tablespoon golden flax seeds, ground



What to do:

Mix all ingredients in a blender until smooth.

Fin (As in – end!)

You can be a carnivore just like ole sharky from Mack the Knife – as long as you understand how to keep your bite...pearly white.

- Keep a high pH by steering clear of sugars even in their carb and starch form
- Eat smile-friendly foods
- Take care of your fangs by cleansing and remineralizing like we talked about earlier
- Brush, floss, and rinse with a quality mouthwash

That should take care of your shark bite for life! And it only works if you work it...

As we've discussed, it takes more than just brushing 2 or 3 times a day for good dental health. Just like any healthy regimen you have to eat right, exercise (chew good stuff), and drink lots of water.

Then your teeth will be pearly white and not brown...you'll smile so much easier...through mouth so healthy...now that Macky's – back in town!

- [*Do you brush and floss as recommended by the American Dental Association \(ADA\)?*](#)
- [*Are you tearing into chunks of food without fear of how that food is affecting your choppers?*](#)
- [*Do you think that brushing and flossing \(assuming you answered "yes" and follow the ADA's recommendations\) gives you carte blanche to eat and drink as you please?*](#)

[1] <http://www.yourseattlesmile.com/blogt36110/bid/125132/How-pH-Levels-can-Affect-Your-Teeth>

[2] European Journal of Oral Sciences 112: 19-24, 2004

[3] <http://health.nytimes.com/health/guides/disease/dental-cavities/overview.html>

[4] <http://www.livestrong.com/article/192281-what-is-ph-of-saliva/>

[5] <http://www.kalbe.co.id/eng/231/casein-and-preventing-tooth-decay.html>

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**Courtesy WeLikeltRaw.com

***Courtesy JoyBauer.com

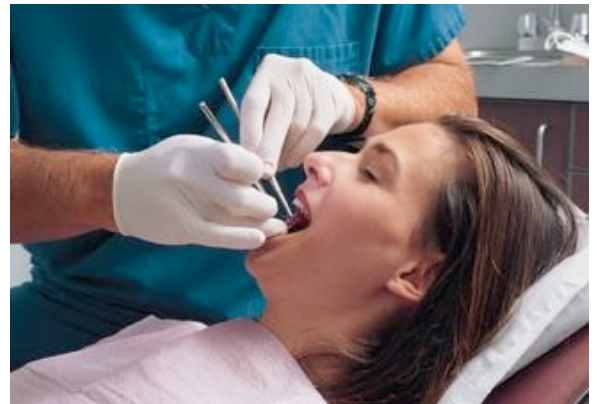


Tooth or Consequences

Some people are just born with great teeth others really have to work at it.

We have all met the guy that visits the dentist every twenty years and never has a cavity, I wasn't that guy.

In fact as a child, I was on a first name basis with my dentist! It is imperative that your first experience with a dentist is a good one, especially when you are a child. My earliest memories of the dentist was a "Wonka-esque" type who always kept you laughing and ended your procedure with a visit to his toy treasure chest. Is it any wonder that I have no fear of the dentist office today?



Dr. Michael Krochak, contributing writer for Floss.com shares these alarming statistics:

- 50% of the American population does not seek regular dental care!
- An estimated 9-15% of all Americans avoid much needed care due to anxiety and fear of the dentist.
- This translates to somewhere between 30-40 million people avoiding dental care altogether due to fear.

This fear has a name, *Dental phobia*. Without making light of a serious condition, my immediate thought was, "I would be way more afraid of losing my teeth than I would spending an hour with a dentist." This is why this month's topic, *Natural Dental Health* is so important.

Even if *Dental Phobia* is keeping you from the dentist office, you can still fend off a mouth full of cavities with a handful of common sense.

- Diet is important. Whole unprocessed foods are best. Stay away from foods with high sugar content. Stick with fresh foods, especially fruits and vegetables. If you need a sweetener, use xylitol, lo han guo or stevia.

- Obviously, brushing after every meal with a natural toothpaste is imperative. Regardless of your feelings about fluoride, many commercial brands contain these toxic chemicals, sodium lauryl sulfate, sodium laureth sulfate, petroleum dyes, as well as artificial sweeteners and preservatives. Do your best to avoid them. Try Tom's of Maine toothpaste or Desert Essence with Tea Tree Oil and Neem.
- Use an alcohol-free mouthwash when possible, as it dries the mouth creating an environment for bacteria. Try to find a mouthwash that contains tea tree, as well.
- You can also take a quality vitamin/mineral supplement that should include, zinc, coenzyme Q10 and at least 1000mg of vitamin C.
- Don't buy a cheap toothbrush! If you use a manual brush, replace it every month. I highly recommend the Oral B Triumph electric toothbrush. Its LCD display gives you feedback to ensure proper brushing habits.
- And finally... FLOSS! For me, flossing is the most important part. Flossing not only removes food from between the teeth, it keeps your gums healthy. It doesn't matter how white your teeth are if your gums are bad. I remember sitting in a dentist's chair reading a poster that hung from the ceiling that said, "Daddy do I have to floss all of my teeth?" He replied, "Only the ones you want to keep." Floss after every meal, you won't regret it.

The truth is, even after following all of the above recommendations, eventually you will need to visit a dentist for an exam and a cleaning from a dental hygienist. Because so many Americans are afraid of dentists, sedation dentistry has become a very popular alternative. Sedation dentistry is a method where the patient is administered a mild sedative orally, intravenously or by gas. All of the work is done while the patient is in a "twilight" state, thus relieving them from fear and anxiety. Although this may not be considered a natural approach, it is often necessary in dental emergencies.

How important is a good dentist? Let's put it this way, I live in south Florida and my dentist, Dr. Dan Proeschel (I call him Dr. Dan the tooth fillin' man) practices in Apple Valley, Minnesota and he is TOTALLY worth the trip.

The other day Dr. Dan said something witty that really made me think, he said, "Be true to your teeth and they will never be false to you,"

First, I had to redefine my definition of the word *true* in this application. It means faithful, steadfast, consistent.

Secondly, I had to do the same for the word *false* in this application. it means a counterfeit, having a superficial resemblance to something that properly bears the name.

Wow, how many *titles* have we assigned to people, places and things that don't live up to their definitions? How about the term, *religious*?



We hear that word and immediately we think of zealous, pious, bible thumping church folk but how about this definition; scrupulously faithful, committed, consistent i.e.; “He was religious about brushing his teeth”

Obviously, Dr. Dan was sharing a light hearted sentiment used to encourage patients to be consistent with their dental hygiene so their natural teeth will not have to be replaced with dentures. However, I saw a much larger application beginning to emerge.

Words are only as true as the actions that accompany them. A person who says, “I floss my teeth everyday” will be exposed by their next set of x-rays and an exam by the dentist. Sooner or later, everything comes to light. A person that says one thing yet does another is often referred to as *two-faced*, which means, hypocritical, pharisaical, phony or sanctimonious.

I realize I may be opening Pandora’s box here, but as the saying goes, “If the cat doesn’t like the way it’s fur is being scratched, let the cat turn around!” What I am saying here is, things are NOT always as they appear. Let’s say you meet someone with a great smile and snow white teeth. You walk away thinking, “Wow, I wish my teeth were that healthy!” only to find out they were false teeth! Often, dentists cover discolored, neglected teeth with veneers which give the appearance of healthy teeth - but it is all merely a cover up.



Here is a real life example. Mohamed Atta, one of the “9/11” masterminds, was known as “a very devout, religious man, who strictly adhered to the Koran.” When he took an apartment (only 10 minutes from where I live in Florida!), he asked the landlord to remove the offensive art from the walls because it was against his religion. The art that was removed was a couple of large black and white pictures of people at Ft. Lauderdale Beach in the 40’s! There was no nudity in the art. In fact, most of the women bathers were in one piece bathing suits.

Now, here is the truth behind the veneer. Mohamed Atta lived with a stripper/lingerie model named Amanda Keller. He was very fond of pork chops, was a heavy drinker, used cocaine, was a stylish dresser, wore expensive jewelry and partied (mostly in strip clubs) nearly every night. And, finally, he flew a high-jacked airplane into the World Trade Center on September 11th, 2001.

Unfortunately, this is not an isolated incident. Phonies come in all shapes, sizes, colors and creeds. In Jesus day, the Pharisees were the most esteemed religious class in Israel, yet they were brutally corrupt hypocrites who wore expensive clothes and jewelry, solicited prostitutes, loved to party and eventually crucified the Son of God!

Do you see it? If your definition of “religious” begins and ends with pious, devout or spiritual, then maybe you need to expand it to include, true, real, consistent, faithful and unrelenting. Maybe we should put our “best” face forward and stop being two-faced?

Jesus said, “Let your yes be yes and your no be no. Anything beyond this comes from the evil one.”

It is time for us to say what we do and do what we say, for us to be genuine. Your face is your calling card, your opening statement and nothing exudes confidence more than a big toothy smile! If consistency can keep your teeth healthy and inconsistency can allow them to become false, doesn't it stand to reason that your life should follow the same guidelines? *Tooth or Consequences*, a play on words yet brutally honest. A consistently honest person will never be ashamed, but even an occasional liar will be found out.

So my friends, chew now who you will serve, that you may not suffer floss. I'm not done so brace yourself.

Sorry to keep picking at you, tell me when you have had your fill. I know I can be a little abrasive at times, so I will try to scale back a little. Don't brush me off for my lack of polish for this is the tooth, the whole tooth and nothing but the tooth.

Sorry it had to gum to this. Fluoride rather be serious, instead of just crowning around! Going to grab a bite, wish me bone appe-teeth....

Sorry for the pun-ishment!

Michael

Q: Which teeth should I floss?

A: The ones you want to keep!

Q: When is the best time to visit the dentist?

A: 2:30 (Tooth Hurty!)



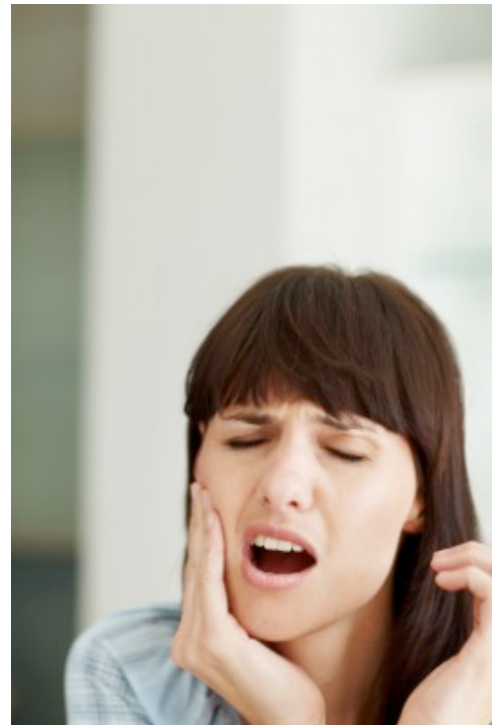
Michael Tyrrell, www.michaelyrrell.com is the founder of the Network Center Inc., a not-for-profit, 501(c)(3) organization founded in 2001 which works as an advisory agency to local churches, faith-based ministries, Para-church ministries, schools, home fellowships and music ministries in connection with their outreach ministries or missions based activities. Michael has been committed to training their key leaders and members to deliver the message of their Christian faith in order to reach the lost, the disenfranchised, the sick and the hurting through the organic roots of the Christian faith and other areas as needs arise. Michael has been in full time ministry for the last 27 years and is a writer music producer and well known musician. <http://michaelyrrell.wordpress.com>



Grandma's Cure Corner: 12 Home Remedies for Toothaches

The cavity is deep. The crack is wide. The gum is infected. For whatever reason, you have a toothache! Or, maybe your child or grandchild has a significant painful toothache! Preventing cavities is possible, necessary and the only natural sane next step. But for now, your tooth is throbbing and making your life miserable. The intense and unbearable pain won't let you sleep, eat, drink or even draw in cold air through the mouth because of your tender tooth!

Generally, toothache is caused when tooth decay invades or is about to infect the pulp chamber, which contains nerve endings and tiny blood vessels. This occurs because compromised enamel allowed material into the center of your tooth, otherwise known as demineralization. But, the good news is the human body has a remarkable capacity to heal itself. We fight off colds and flu, repair fractured bones and heal cuts and scrapes. Teeth are no different. They are not simply passive or inert, but will actively remineralize areas of decay. This is a proven fact, and has been known since before the 1930's.



Although, there are many over-the-counter toothache cures, they all have some side effects. Today, home remedies for a toothache are becoming quite popular. My Dad used to tell me (jokingly) to down some Whiskey when I had a toothache!

Home Remedies for a Toothache

The best home remedy is to take good care of your teeth! So, always rinse your mouth regularly, especially after meals; brush and floss to remove morsels sticking between the teeth; and generally follow good oral hygiene. However, if you do get saddled with a toothache, opt for toothache pain home remedy instead of over-the-counter medication, since they're safe and effective. Let's see what they are.

1. Oil of Cloves

Take a small piece of cotton ball or gauze pad and put 1 to 2 drops of clove bud oil on it. Stick the cotton ball or gauze pad directly on the hole. The piece should be large enough to fit into the hole snugly without falling out. Or, use clove oil (2-4 drops) in 1/4 glass of water for a mouthwash. Clove has a numbing effect and kill the bacteria also.

2. Oil Pulling

Swish coconut oil or extra virgin olive oil in the mouth and through the teeth for 5 to 10 minutes before spitting out. Practice oil pulling daily.

3. Garlic

Placing a clove of garlic with little rock salt on the affected tooth helps relieve or even cure the pain.

4. Activated Charcoal

Activated charcoal can also help draw out the toxins. Mix a teaspoon of activated charcoal powder with enough water to make a paste. Place some of the paste on a small piece of gauze, put the gauze on the sore area and bite down so that the paste surrounds your tooth. Leave it on for up to 5 minutes, then remove the gauze and excess paste and rinse your mouth with water. You can use this remedy 3 or 4 times a day, as needed.



5. Blackstrap Molasses

Holding organic blackstrap molasses in your mouth for a couple of minutes or smearing some of the molasses on the gums may help to push the pain back for several hours (unless blackstrap molasses' sugar content makes it impossible to put on or near your painful tooth). Blackstrap molasses is full of magnesium and calcium, the minerals teeth need to repair and regenerate.

6. Colloidal Silver

Once per day, spray the infected area with 2 squirts of colloidal silver, 10 ppm.

7. Hydrogen Peroxide

Floss first, then swish a mouthful of a 3% solution of hydrogen peroxide in your mouth for a few seconds. Let it stay in your mouth for about a minute, then spit it out and rinse thoroughly with water. Do this once a day for 2 to 3 days in a row. Don't swallow the peroxide and don't use more than 3 days.

8. Echinacea and Aloe

Open 2 capsules of echinacea and mix the contents with enough aloe gel to form a paste the consistent of toothpaste. Put a wad of the paste on the gum next to the aching tooth and let it dissolve. Use as often as needed. The aloe will reduce the pain, while the echinacea will battle any infection causing the toothache.

9. Magnesium Citrate

Take 1 teaspoons of magnesium citrate for 3-4 days for natural toothache pain relief. This will help with any sensitivity from sweet or very hot/cold foods and beverages. I've made

this remedy part of my daily routine and hope to discover more health benefits of this great mineral.

10. **Liquor**

One of the best quick-fix home remedies for a toothache is, of all things, a good strong drink of liquor. By squeezing a wad of cotton wool soaked in brandy or vodka against the affected tooth helps numb the pain. You can also make the gum numb by taking a swig of Whiskey and holding it over the painful tooth. (My Dad was right!!!)

11. **Black Tea**

If you don't have time to go to a health food store and pick up items like charcoal, cloves or echnicacea, put a black tea back over the toothache and the tannins in black tea will help draw out the toxins out of the tooth or gum.

12. **Magic Tincture**

This remedy is strictly for pain in the jaw or tooth pain. Pack this around the tooth that is giving you problems. If you can cover the tooth up it will generate heat. That will remove the pain faster than any toothache remedy. Mix 3 tablespoons charcoal, 1/2 teaspoon clove oil, 1/3 teaspoon cayenne pepper, 1/2 teaspoon olive oil (enough to make a paste), and 1 teaspoon of golden seal. The mixture should be quite thick, about the consistency of natural peanut butter. You want to be able to mould it around the tooth, so that it will stick. You will feel the heat and you can go wash your mouth out. If you are in a lot of pain the heat is comforting. The pain of the poultice drawing is less than the throbbing of the toothache.

Toothaches can strike without warning and once it does, it just can't be ignored. So, if you're prepared to tackle this menace with homemade toothache remedy, you can be sure of a natural, quick and effective relief.

Grandma hopes these home remedies for a toothache have helped you and I would love to hear more natural tips and results you have gotten with them.

Have a pain free tooth tonight and don't drink to much Whiskey! :)



Grandma Barton is mother to Joe Barton (founder of Barton Publishing), grandmother to 6 grandkids and 28 step-grandkids, and over 3000 Home Cures That Work members. She is a two-time breast cancer survivor with the help of Dr. Saunders and natural remedies. Grandma loves finding cures within the home to treat all sorts of ailments. With tips she's learned on the farm and along the way, Grandma Barton brings a time-tested and trusted voice when it comes to home remedies. She really is an inspiration to us all.



7 Daily Self-Dentistry Steps

Many of us have been faithful to visit the dentist and brush our teeth after meals, or even 2 to 3 times a day. Yet, tooth decay and gum disease is very prevalent among the disciplined "flossers." But, if you feel discouraged about your oral health or without options for good dental care, let self-dentistry allow you to enjoy life and oral health - which reflects the overall health of our bodies. Our teeth and gums will be much healthier by practicing self-dentistry.

No more toxic toothpaste, just natural elements to regenerate gums, saliva and teeth.



7 Daily Self-Dentistry Steps

1. **Salt Water Rinse**

Pour a generous amount of pure salt (Himalyan or Celtic) into a container and fill with water. Shake before use. Rinse your mouth using this strong saline solution at the beginning and end of your self-dentistry regimen.

2. **Clean Tongue**

Tongue has a lot of bacteria, so scrap tongue with tongue scraper and rinse apparatus.

3. **Brush**

- Use an ionic toothbrush, which is activated by light. The saliva receives a negative ionic charge from the toothbrush, which then alkalizes the saliva. By alkalizing the saliva, you remove 40% of plaque often found inside your mouth.
- Add a few drops of Neem Enamelizer, an oil with anti-fungal and anti-bacterial properties.

- To increase potency, add Healthy Gum Drops, a combination of antiseptic, astringent, circulatory, and analgesic botanicals for healthy gums.
- Brush slowly following the gum to teeth principle: gum down for upper teeth and gum up for lower teeth. No need to worry about chemical foam or spitting anything out. It is all safe for mouth and body!

4. **Clean gums**

Apply Yogi Tooth Serum, or similar product, to a sulca brush to clean the area where the teeth and gums join. The health of your gums determine the health of your mouth and teeth, so they stay in place, stay strong. Gums cover up thousands of tiny filaments called “sulca” that attach the tooth to the jaw. By taking care of the gum line and teeth, you prevent debris from building up and pushing the gums away from the teeth. Follow along the gum lines on the outside of your teeth, as well as along the inside of your teeth gum line.

5. **Floss**

Use one drop of a Tooth Serum to coat your floss and floss up and around each tooth. Floss twice.

6. **Polish to Whiten**

Consider using an electric toothbrush to polish the teeth. Do not brush your gums, just the teeth! Start with a dry brush, add 1 drop of tooth serum and a little tooth whitening powder polish, but do not brush your gums – just polish the teeth! Polish the whole mouth and your teeth will gradually get whiter and whiter.

7. **Salt Water Rinse**

Repeat as in Step 1. Follow these 7 steps daily, once in the morning and once at night for excellent oral health! You do not need to brush your teeth after every meal, but alkalize your mouth with the salt water rinse.

Commercial hygiene products are ineffective and expensive. The proper way to care for our teeth is NOT with expensive, highly flavored toothpastes that come in non-biodegradable, throwaway, zinc-and-lead tubes! You and your family can save a significant amount of money – and at the same time keep your teeth and gums in good shape – by kicking the Madison Avenue habit and choosing to follow the 7 simple steps of self-dentistry to keep your pearly whites clean and your whole body healthy.



Provided by Nadine Artemis of LivingLibations.com

Weight

LOSS

Corner

Got a Sweet Tooth?

This One's For Your Sweet Tooth

Your sweet tooth has gotten you into lots of trouble over the years.

All those diets you abandoned for a slice of cake, all the extra calories you took in 'just to have a taste of something sweet' before bed.

Where has it gotten you?

Into pants that are another size larger. Into your doctor's office for another lecture. Into a body that you no longer enjoy.

Yes, sweet treats sure are tempting, but the life-long repercussions far outweigh the momentary pleasure.

To help you conquer your sweet tooth, I've identified the 5 sweet traps you should avoid, as well as a healthy substitute for each.

Sweet Trap #1: Candy

Nothing gets refined sugar circulating through your body quicker than a fistful of candy—and if you're in the habit of eating candy daily then your body will crave it.

Candy has virtually no nutritional value, other than caloric energy, and will quickly end up stored on your body in the form of unwanted, annoying fat.

Try This: Swap your sickly-sweet candy out for a handful of unsalted nuts, a few pieces of unsweetened, dried fruit, or a small square of very dark chocolate (at least 72% cocoa content).



Sweet Trap #2: Baked Goods

Cake, cookies, brownies, pastries, donuts, and pies are popular vehicles for sugar consumption and satisfying your sweet tooth. While these may not taste as sweet as candy, the combination of refined sugar and white flour will spike your blood sugar just the same.

Very much like candy, regularly eating baked goods may become a habit. Break yourself of this and you'll find the number on your scale going down rather than up.

Try This: Put down the cookie and reach for a piece of fresh, seasonal fruit. Fruit is nature's candy, and is every bit as blissful as a slice of cake. Serving a beautiful fruit platter to guests can be as delightful as any baked treat.



Sweet Trap #3: Ice Cream

Nothing makes you feel as happy and carefree as a bowl of creamy ice cream...until that ice cream makes its permanent home on your waist. Very much like candy, ice cream has few nutritional benefits.

Try This: Let's face it, cold, creamy and sweet makes a delicious combination. [Create a healthy protein-packed ice cream](#) with the recipe below.

Sweet Trap #4: Soda Pop

A regular can of soda pop contains the equivalent of 10 packets of sugar. That's more sugar than you should consume in a week's time!

Soda pop is something that you get into the habit of drinking, and do without thinking. The good news is that a craving habit can be broken and then replaced with something healthier.

Try This: Take soda pop out of your diet. Period. There are plenty of other, healthier, beverages available to you. Try the recipes for Spa Water below.

Sweet Trap #5: Blended Drinks

Smoothies, blended coffee drinks and milkshakes are all tempting sweet tooth treats, especially in hot summer months. Don't give in to the temptation!

These items are even more deadly than most treats since they are consumed through a straw and don't make you feel full. Let me assure you that even though you don't feel full, like you would after a piece of cake, you're still taking in a boatload of sugary calories.

Try This: Make your own healthy blended drinks at home by using natural sweeteners like stevia, or simply by using fruit. Take the ice cream recipe below, add non-fat milk and mix in the blender for a high protein milkshake.

Eliminating refined sugar from your diet will do so much for your health, as well as your weight.

A great thing to remember is that once you've fallen out of the habit of eating sugar, your body will no longer crave it.

This means that each day spent in discipline will bring you closer to the day that sugar no longer has a hold over you. Imagine how much slimmer and healthier you will be!

Eating healthy is half of the battle when it comes to fitness and wellness. The other, equally important, side is maintaining a regular, challenging exercise program.

For an exercise program to be challenging it must always be changing. That's why my workouts are never the same.

Beyond Soda

You know that soda pop isn't good for you...and yet you still drink it. I understand that plain water gets boring – especially when you're having a party or gathering.

Use the recipes for "Spa Water" below and quickly turn plain water into an exciting and refreshing treat without added sugar or chemicals:

- **Citrus:** Slice an orange, lemon, and lime into a large pitcher of water. Add ice, allow to chill for 1 hour before serving.
- **Raspberry Lime:** Slice a lime into a large pitcher of water, add a handful of raspberries. Add ice, allow to chill for 1 hour before serving.
- **Strawberry Basil:** Slice 10 strawberries into a large pitcher of water, add 5 leaves of basil. Add ice, allow to chill for 1 hour before serving.
- **Watermelon Rosemary:** Place 1/2 cup of small watermelon chunks into a large pitcher of water, add two sprigs of rosemary. Add ice, allow to chill for 1 hour before serving.



- **Pineapple Mint:** Place 1/2 cup of small pineapple chunks into a large pitcher of water, add 15 mint leaves. Add ice, allow to chill for 1 hour before serving.

Guilt-Free Strawberry Ice Cream

Here's a recipe that allows you to indulge in something sweet, cold and creamy without the craving for a sugar rush. Non-fat Greek yogurt is packed with protein, which makes this delicious snack even more beneficial for your body. Feel free to add Stevia In The Raw to increase the sweetness as described below.



Here's what you need...

- 20 organic strawberries
- 2 cups non fat Greek yogurt
- optional *1/4 cup Stevia In The Raw*
- Wash and hull the strawberries. Mix in a blender until smooth.
- Add yogurt (and Stevia In The Raw, if using) and blend well.
- Pour into an ice cream maker and run until yogurt is frozen and creamy.

Nutritional Analysis: One serving equals: 87 calories, 0g fat, 53mg sodium, 9g carbohydrate, 1g fiber, and 13g protein. *Servings:* 4

Motivate your friends, family and co-workers who have a sweet tooth of their own! Use the "comment" box [HERE](#) for healthy eating tips of your own or share these Sweet Traps article with your friends.



Nordine Zouareg is a former Mr. Universe, an International Fitness Coach, Speaker and Author of the book *Mind Over Body: The Key to Lasting Weight Loss is All in Your Head!* He offers world-class advice on health and fitness, inner balance and stress management, and achieving one's full potential the inner keys to extraordinary performance. An inspiring message of hope and achievement, based on his own extraordinary story. For more information, visit: www.NordineZ.com

*Anti-Aging
Care*



Longevity and Your Healthy Mouth

Dental health can have wide-reaching effects on overall health.

Poor oral health can make you susceptible to other health conditions.

A clean mouth contains several hundred billion bacteria, and this number increases tenfold when the mouth is not sufficiently cleaned.



Periodontitis is a chronic inflammatory oral disease that affects approximately 75% of U.S. adults. Periodontitis has harmful effects on overall wellness. It predisposes people to:

- Diabetes
- Insulin resistance
- Respiratory diseases
- Rheumatoid arthritis
- Obesity
- Osteoporosis
- Complications of pregnancy
- Cardiovascular diseases such as -
 - Atherosclerosis
 - Heart attack
 - Congestive heart failure
 - Coronary artery disease

If you are planning to enjoy longevity, it helps if you still have your own sound teeth. Poor dental health is as life shortening as smoking.

Here are a few suggestions to care for your teeth and gums.

One of the best things you can do for the condition of your mouth is to gargle, or even better, WaterPik® with warm salt water. The salt water will kill many of the bacteria that inhabit your teeth and gums and will do a more effective job of removing and dissolving food debris than water alone.

Brushing and flossing are of course absolutely necessary for most of us but cannot always reach all the food particles in your mouth. That's why we suggest using a WaterPik® as part of your oral hygiene routine. Any bacteria you have in your mouth are there because they have a food source. A WaterPik® can remove nearly all the remaining food particles in your mouth.

Then finish the job with an Oral-B 500 electric toothbrush. It's the best I have found. And don't use detergent, commonly known as commercial toothpaste, on your teeth and gums, especially if you have red or swollen gums. Instead, rejuvenate your teeth and gums with Revitin Oral Therapy. You can find it at www.Revitin.com.



If you are really curious about how you are doing with your oral hygiene, you can buy plaque staining tablets at most pharmacies. The plaque will be temporarily dyed red on your teeth. Once you know where your problem areas are, you can focus on them better. But while brushing and flossing are important, they are not even close to the most important factor for healthy teeth and longevity. What is most important is your diet.

Even your regular dental checkup may be damaging to your teeth.

If you are already experiencing difficulties with your teeth or gums, we suggest you be wary of dentists who are overly eager to drill or perform root canals. Gum abscesses, for instance, are often mistaken for nerve abscesses, which require a root canal. Gum infections can be cured without any surgery, simply by your own aggressive steps, with good oral hygiene or by using antibiotics.

When you have teeth scraped free of tartar, you assume a risk of scraping some of your enamel off as well. It is much more effective to simply dissolve away tartar than to scrape it.

It may also be untrue that you cannot regenerate your teeth if damage has occurred to them. You may be able to remineralize your teeth with a highly concentrated solution of calcium and phosphorus - for as long you have life with longevity.

For more information on these subjects, look at Dr. Robert O. Nara's work. Dr. Nara founded an oral hygiene program called Oramedics. He wrote a book on the subject: *Money by the Mouthful: Everything That You Need to Know About the Health of your Mouth and Body That No Doctor's Going to Tell You.*

Finally, should you have your amalgam (silver) fillings removed?

Some studies show they cause mercury poisoning from the mercury leeching from the fillings. Other studies show the levels of mercury are too low to cause harm and that we are well-adapted to resisting mercury poisoning. It seems some people who are highly sensitive to mercury are the ones most affected, and some are seriously affected.

My recommendation is to never get amalgam fillings if you need your teeth filled. Opt for composites. It may be a good idea to have existing fillings replaced as long as they are removed properly. If not done correctly, removing them could release toxic amounts of mercury into your system. Research and interview dentists. Specialists may belong to the International Academy of Biological Dentistry (IAOBD).



David Kekich (Living Healthy to 120: Anti-Aging Breakthroughs) is President/CEO of Maximum Life Foundation that focuses on aging research, a 501(c)(3) corporation dedicated to curing aging-related diseases. For more information, visit: www.MaxLife.org. David contributes to our column Living Healthy to 120: Anti-Aging Breakthroughs. MaxLife is helping to make the anti-aging dream a reality with cutting edge Bio-Engineering research and products.

Weight **LOSS** Corner

Weight Loss Benefits of Good Oral Health

To do list for a long and healthy life:

- Make healthy food choices
- Exercise regularly
- Rest properly
- Maintain a healthy weight
- Take better care of your teeth

What? Teeth? What do they have to do with anything? Well it turns out that good oral care has many wellness benefits, including weight loss.

Many of us want to lose weight because we are concerned with the medical risk or health complications of being overweight. Obesity threats include heart disease, diabetes, joint pain and sleep apnea, among others.

The Journal of Periodontology reviewed a study that showed your body can fight gum disease more effectively when fat cells, which trigger inflammation, disappear.

Case Western Reserve University School of Dental Medicine created a pilot study with 31 obese people, each with gum disease. The group was divided into two groups:

- Those agreeing to gastric bypass surgery
- Those who do not agree to have gastric bypass surgery

Everybody, regardless of which group they were in, received equal gum disease treatment and home care instructions. Both groups showed improvements in the their gum disease. However, one group had more significant improvements than the other. Which group was that?



The group that had gastric bypass surgery reversed their gum disease more dramatically than the group that did not.

There are two theories that explain the improvement in gum disease:

- Losing weight improves the diabetic status of patient, which increases the effectiveness of periodontal treatment.
- The presence of the appetite-regulating hormone leptin, which is linked to inflammation. Leptin production is reduced after bariatric surgery and may be one explanation for the better outcomes.

In any case, the study adds improved dental health to the list of benefits of significant weight loss.



**Product
Reviews**



Xylitol Review

What is Xylitol

Xylitol is a sugar alcohol considered less potent than actual sugar. It is found in fruits such as plums, strawberries, and raspberries. Xylitol is used as a sweetener in some "sugarless" gums and candies, as well as being praised safe for diabetics. There is plenty of evidence proving xylitol's tooth-friendly benefits, namely its ability to prevent tooth decay by inhibiting the growth of bacteria that cause cavities, such as *Streptococcus mutans*.

It is also possibly effective for reducing episodes of ear infections (bacterial) in preschool children.

Keep in mind that the xylitol in chewing gum is not necessarily the same thing as xylitol in fruits or vegetables. The xylitol is created by extracting sugar crystals from the fruit. This is akin to the differences between synthetic vitamins and naturally occurring vitamins in foods.

Benefits of Xylitol

Many studies, including several under the auspices of the World Health Organization, have evaluated xylitol gums, toothpastes, and candies for preventing dental cavities, with good results. In all of these studies, xylitol users developed fewer cavities than those receiving either placebo or no treatment. Xylitol has also been studied and proven to provide some protection against gum disease.

Since xylitol is a naturally occurring food compound, it is "Generally Recognized As Safe" (GRAS) by the FDA and, therefore, exempt from the approval process mandatory for artificial substitutes regulated as food additives.

Dosage

For prevention of cavities in adults and children, a wide range of doses has been used. Typically, doses are from 7 to 20 grams per day divided into three to five doses, usually given as candies or chewing gum that contact the gums.

Safety Concerns

There seems to be no long term safety data about the long term health effects of regularly consuming xylitol. Xylitol is believed to be safe, but doses higher than 30 g per day can cause stomach discomfort and possibly diarrhea.

Xylitol might inhibit bacteria growth in your mouth (and ear), but it is a processed sugar.

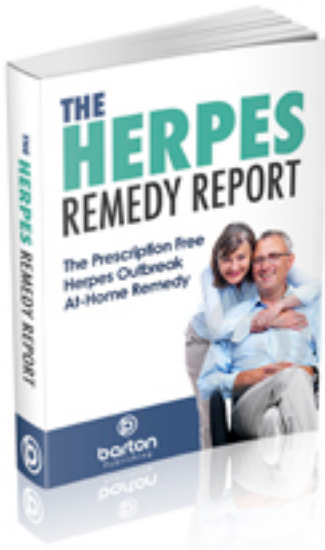
What You Should Know

The way to prevent and control cavities is not with a processed sugar chewing gum or mint, but rather with a good diet. A good diet that is capable of preventing cavities is generally:

- Low in sugar



- High in absorbable vitamins and minerals
- Contains fat-soluble vitamins in foods like:
 - Avocado
 - Coconut
 - Wheat germ
 - Raw/unpasteurized milk
 - Pastured organ meats
 - Sea foods



Free Remedy Report:

The Herpes Remedy Report

The 72-Hour Prescription Free Herpes Outbreak At-Home Remedy

The various forms of herpes viruses produce infections that result in cold sores, genital herpes, shingles, mononucleosis and chronic fatigue syndrome.

However, the two major forms of herpes are oral herpes and genital herpes. This report will describe the difference between the two types of viruses, as well as how to prevent the creeping, infectious pattern of blisters from forming.

With this 72-Hour Herpes Relief Guide, you will discover:

- How to use 3 immune system boosting easy to find ingredients that when taken will build a wall of protection against your outbreaks!
- Some of the most amazing facts about herpes transmission and how to avoid giving this virus to anyone you love!
- Healing oils secrets revealed! If you are in pain, these easy to find and very inexpensive oils will make your pain sail away and offer immense soothing relief!
- Vitamins that when taken will offer you complete control over your herpes outbreaks. This section covers exactly what to take and why you should take some of the most powerful vitamins that will change your life and win the battle against herpes.

This little book is packed with all the information you need to get back in control. You will find information about herpes or the virus that causes it, the way it can spread, the typical symptoms, tips on preventing infection amongst your near and dear ones, as well as some very useful information on treatment, both by modern medicine as well as by natural remedies. You will also find some useful tips on the appropriate nutrition that assists in recovery.

Download your free copy of the Herpes Natural Relief Guide Remedy Report:

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