

Cure Tooth Decay

REMINERALIZE CAVITIES
& REPAIR YOUR TEETH
NATURALLY WITH GOOD FOOD

RAMIEL NAGEL

Foreword by Timothy Gallagher, D.D.S.
President, Holistic Dental Association

A Special Note for Book Preview Readers



Fast paced web surfing and the interlinked content of webpages leads to people clicking around from one subject matter to the next. It makes it difficult for the reader to grasp and understand the principals of health to be successful in remineralizaing tooth decay.

The lessons in *Cure Tooth Decay* teach you the principals for how to remineralize tooth decay. It is a carefully designed teaching where your knowledge about healing teeth will grow from one chapter to the next. Pretty much everyone's teeth will begin to remineralize when they change what they eat as described in this book. However, not every specific dental condition will immediately and completely resolve from an improved diet, because many teeth have been damaged by poor dentistry. Poor dentistry requires good dentistry to restore the strength of the tooth. In the book I will show you how to find a good dentist if you need one. No matter what your specific dental need is, as a reader of *Cure Tooth Decay* you will be empowered to significantly improve your dental health, and the strength of your teeth.

When you purchase this book from my website, I guarentee you will be satisfied it with a 45 day money back guarentee. All you need to do is send the book back in resalable condition and all of your money will be completely refunded. We can offer this policy because we have very few returns. Many people who buy *Cure Tooth Decay* loan it to their friends, and then never see the book back because people like to hold on to it.

I do not have the time to answer each persons individual question on how to heal their teeth, that is why I wrote the book. Your health is worth the small investment in purchasing this book. Yours in dental health,

A handwritten signature in black ink that reads "Ruel". The script is fluid and cursive, with a large, prominent 'R' at the beginning.

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Foreword

By Dr. Timothy Gallagher

We live in stress-filled times which unfortunately includes rising medical and dental costs. I see people in my practice who have just lost their job or their house. These people turn to modern foods as a mechanism for coping with their stress, and they wind up with tooth decay. I really understand the difficulty of their situations, and I endeavor to do my best to help my patients by teaching them many of the dietary principles outlined in Ramiel Nagel's landmark book, *Cure Tooth Decay*. Those who follow the principles have a high degree of success in halting their cavities and those who don't come back to me with more and more cavities.

I have been a practicing dentist for over twenty five years. I am a member of the International Academy of Oral Medicine and Toxicology, a member of the American Dental Association, a member of the California Dental Association and a member of the Santa Clara County Dental Society. For many years I was a member of the Biological Dental Association and for the past four years I have served as president of the Holistic Dental Association. Dental health is determined by what we are willing to do for ourselves; it is our responsibility as individuals. Daily food choices we make have a direct effect on the health of our teeth. But so often when we make the wrong choices and our teeth take a turn for the worse we tend to blame genetics, germs, or the aging process rather than the way we live our lives. Accurate information enables us to understand tooth decay's true causes and to make better choices in our quest to consume foods that support the health and longevity of our teeth. *Cure Tooth Decay* is a treasure-trove of this wisdom as it takes the mystery out of dental health. Here you have a valuable tool for making the best dental health choices. All that remains is your desire to use food correctly!

Not long after I graduated from the University of California San Francisco Dental School I found myself with a very busy and growing dental practice. Then one day my feet went numb. I went to several doctors and had the problem misdiagnosed several times. Finally, a doctor found that I was suffering from acute mercury toxicity. I had to have all of my mercury fillings carefully removed followed by over twenty five intravenous chelations to remove the remaining mercury from my body. From that moment on I had to practice dentistry in a different way. Most of the mercury-free dentists I know became mercury free only after suffering the effects of mercury poisoning themselves. In placing and

drilling all of those fillings, dentists are continually exposed to mercury vapors. But the conventional belief, held by most dentists, is that mercury is not problematic, and they continue to say and teach that it is safe. I used to be one of those dentists . . . until I became ill.

Mercury has many effects on the body, it affects the thyroid gland and it is a known neurotoxin. After my sobering experience with mercury toxicity I became involved in several holistic/biological dental organizations where I continued my education of the relationship of the teeth to the rest of the body.

Conventional dentists view the teeth and dental health as unrelated to the rest of the body, so they cannot teach their patients any holistic practices that can help save their teeth. However, your entire body is connected to your mouth. There are meridians, energy channels, and biological pathways such as nerves, veins and arteries that run through your entire body, connecting everything. I hope to see more preservative dentistry or minimally invasive dentistry in the future. In the holistic approach we examine the effects of dental materials on the whole body both chemically and electromagnetically. The end point of a meridian (bioelectrical pathway) is a tooth and what happens to that tooth and related structures can affect the bioelectrical stability of the meridian and all glands and organs associated with that meridian. An infected tooth can therefore also affect a gland at a distant site. An infection or inflammation in the mouth can create a systemic (whole body) inflammation or infection. This whole body inflammation cannot be cleared until the condition of the mouth is addressed first. The immune system, minerals and hormones also interact with the tooth and related structures.

Cure Tooth Decay is an island of clarity in a sea of confusion as it provides you with practical insight into how hormones control the decay process and what you can do to master the process with lifestyle choices. I have observed that when my patients followed the recommendations outlined in this book they created an anabolic drive to rebuild tissue by replenishing and balancing irregular levels of hormones. As a result, they were able to actually stop, prevent and even reverse the deterioration.

Perhaps the greatest strength of Cure Tooth Decay is that so many disciplines are brought together in a comprehensive package. The pioneering works of Drs. Francis Pottenger, Weston Price, and Melvin Page are presented in a way that highlights their convergent messages. Until this book, dentists have had a hard time bringing holistic dentistry concepts together in a way that is both practical and easy for the public to use. Cure Tooth Decay gives the reader a comparative presentation of the different concepts of tooth decay. It embraces new concepts and modern trends together in one elegant text.

Your diet is the key to creating a healthy mouth. There is no other way about it. This is the key issue, and the central theme of Cure Tooth Decay. When people eat too many processed foods, especially sugar and flour products, they wreak

havoc on the body. Insulin levels spike, cortisol goes up, and the flow of parotid gland hormone changes, resulting in cavities. When you consume too much sugar, the hormones that control tooth mineralization change for the worse. When you have adequate healthy hormones, the tooth is healthy and is engaged in the process of maintaining and building healthy tooth structure, through the process of mineralization. When you don't have a good diet, your body's ability to repair and maintain healthy teeth and gums is severely limited. And the result is tooth destruction, or demineralization. If you learn one thing from this book, it should be that eating too much processed sugar and flour products upsets the entire hormone system. This not only sets you up for tooth decay or gum disease, but makes your entire body overly acidic. In the acidic state, harmful bacteria and fungi can thrive.

When people are stressed they often crave comfort foods such as sugar and starch (flour products). The metabolism of an individual who craves sugar is generally in a sugar burning, rather than fat burning mode to produce energy. If people stay off the sugar for seven days and consume adequate amounts of the good saturated fats, they lose their cravings for sugar and their tooth problems significantly improve. After they have stabilized and lost their sugar craving they can have only low sugar fruits: green apple, pear, kiwi and berries (no sugar on top!). If you are susceptible to tooth decay, stay away from all sweet fruits; many of them have all been hybridized to make them as sweet as possible. I once stayed away from all fruits for a period of time, then I bit into a Fuji apple—it tasted like candy!

Cure Tooth Decay is nothing short of a lifesaver for people. The protocol in this book is very effective for preventing cavities and mineralizing teeth. Beyond that, I would expect people to experience increased vitality and vibrancy due to the increased intake of nourishing vitamins and minerals.

Cure Tooth Decay is a godsend for people; I cannot say it enough. It helps readers fully understand how modern, devitalized food causes disease. As a dentist, I know that you don't want to spend so much money on your dental care. I am therefore rooting for all of you to change your lifestyles for the better so that you won't have to. The nutritional approach to treating cavities works! This means people will need fewer fillings in their teeth, and they will walk away much happier from their dental visits. There's nothing better than keeping one's original teeth.

Wishing you a happy smile and a satisfying visit to the dentist, with no new cavities!

Timothy Gallagher D.D.S.

President, Holistic Dental Association, Sunnyvale, California

Introduction

Prepare yourself to be a part of the transformation of dentistry. By learning to utilize nutritional wisdom to support the health of your teeth and gums, you will become one of a growing number of people who will naturally remineralize and repair existing dental caries as well as prevent future cavities from developing. And that change, that step towards dental health, begins with your next bite of food.

The purpose of this book is to empower you to take full control of your dental health, and to help you create a feeling of safety regarding tooth decay.

Cure Tooth Decay is the result of five years of research and trial and error. Many people have reported positive results from applying the highly potent tooth remineralization guidelines in this book. You too can hope to achieve the following:

- avoid root canals by healing your teeth
- stop cavities—sometimes instantaneously
- regrow secondary dentin
- form new tooth enamel
- avoid or minimize gum loss
- heal and repair tooth infections
- only use dental treatments when medically necessary
- save your mouth from thousands of dollars of unneeded dental procedures
- increase your overall health and vitality.

100% Real Dental Healing Testimonials

Leroy from Utah

I was ready to have the tooth pulled and a dentist told me I needed a root canal. I had no money for either procedure. I was in pain and my cheek had already begun to swell. But after over a month of following the dietary protocols it was hard for me to feel which tooth was bothering me. Thanks a million, Ramiel. Unbelievable.

Ms. Steuernol from Alberta, Canada

I had several very painful cavities postpartum (after having twins) that kept me up all night in pain and made it so I could barely eat. I could see the decay progressing as well in some of my teeth. After following the advice in this book my tooth pain subsided within 24 hours and no longer hurt at all, my teeth also look nicer and my gums no longer bleed and are a nice pink color. I went to the dentist and there was secondary dentin forming in my decaying teeth (as seen in my x-rays). The dentist was impressed.

Mike from Ashland, Oregon

The practical advice in this book really seems to be reversing my tooth decay!!! Halleluiaah, brother!!! The dentist wanted me to have two major root canals immediately and two other teeth filled. When I asked him if there was anything I could do with nutrition or supplements to get my teeth to heal, he said “maybe you could slow the decay down a little bit” but that essentially the answer was NO.

That dental visit was three months ago and my teeth have stopped aching altogether, are way less temperature sensitive, and feel generally stronger.

Most of us have been totally disempowered regarding the health of our teeth. This information has changed that for me. I bought the book for \$28. What a bargain! The dental work was going to cost well over \$4,000.00. Think I'm excited? You will be too if you use this info to take tooth health into your own hands!

These seemingly amazing results are not miracles, even though to the individual it can feel like it. These results come from understanding and abiding by our bodies' biochemical and physiological laws for building healthy teeth and bones.

These rules are not mine. They belong to Nature. I have synthesized these natural laws from my own experiences of trial and error along with lifetimes of research by some of the world's most influential dentists and health researchers, many of whom have been forgotten by history. These include dentists Weston Price and Melvin Page, and Professors Edward and May Mellanby. What I admire so much about these researchers is that they don't just propose theories; they have

each spent dozens of years treating and preventing people's cavities successfully with diet. Furthermore, *Cure Tooth Decay* synthesizes published but forgotten research from dozens of dentists, scientists and researchers to help you overcome the problem of dental decay.

Pioneering Tooth Cavity Remineralization

In my younger years, I never spent much time thinking about teeth. More recently I assumed that my good diet would keep me free from cavities for my entire life. Yet the glass of my limited beliefs was shattered the day my spouse and I observed that our one-year-old daughter had a small, light-brown spot on the top of her front tooth. I wasn't sure if this spot was a cavity or not.

Days, weeks, and then months went by. To our horror, the spot continued to grow and other teeth also began discoloring. As a natural-healthcare-oriented parent, who protects my daughter from chemical exposure in the forms of processed junk foods and western drugs, I was extremely concerned at the thought of taking my precious little girl to a dentist for drilling and filling. Can you imagine what a dental treatment would be like for a toddler? A one-and-a-half-year-old child cannot sit still for a dentist and would not be able to understand the ordeal she was being put through. The typical dental treatment prescribed for young children with many cavities involves surgery under general anesthesia.

Since I wished to avoid traumatic anesthesia and surgery for my daughter as well as the option of having her teeth pulled, I was left with a grave dilemma. I had to decide whether to subject her to a dental treatment—which to me was inappropriately forceful for a small child who was not experiencing any pain or suffering—or I had to find the real cause of her cavities and stop them. At the peak of my daughter's tooth decay her teeth disintegrated so rapidly that the first decayed tooth crumbled apart within a period of a few weeks. This caused me and my spouse Michelle much distress, along with feelings of helplessness.

I know what it feels like to have tooth cavities. While my daughter's teeth were decaying, I was diagnosed with four new cavities. I was not prepared to have more synthetic materials added to my already overburdened body. At the same time as the new cavities had been discovered, I was also feeling a great deal of sensitivity on the sides of many of my molars, near the gum lines which wouldn't even be addressed by drilling and filling my four cavities.

Five years after the original decay, my teeth, once sensitive and loose in my mouth feel tight, firm and strong like diamonds without sensitivity. Five years later, my daughter has four new, healthy, cavity-free adult teeth, and her baby teeth have ceased to be a problem. Her decayed teeth have protected themselves. Success is not just my own, it comes to people who follow the principles you will learn in this book. It brings me joy every time a parent writes to inform me that

their young child, who had been suffering from tooth decay, has just been spared costly and painful dental surgery, or when I learn of an adult who has saved a tooth from the dentist's drill.

These results were not accomplished by luck, nor by some special product, chemical, or dental treatment, but by food alone. And you will learn here everything you need to know to enjoy the same results.

Important Considerations before We Begin

Please note there are now two versions of *Cure Tooth Decay* available with identical content. New copies of *Cure Tooth Decay: Heal and Prevent Cavities with Nutrition* (ISBN 9780982021309) will have the same content as *Cure Tooth Decay: Remineralize and Repair Cavities Naturally* (ISBN 9780982021323). I have done this due to logistical and marketing hurdles related to online book retail sales.

Anyone can remineralize their tooth cavities. However for some of us with severe health challenges, I estimate between 1-3% of the readership, there will be added steps necessary that are beyond the scope of this book or my knowledge. For these individuals good food alone cannot create optimal health. If you have a serious or debilitating health problem, some of the advice in this book may not benefit you. I also do not advocate avoiding dentists, but rather advocate that you make choices that feel good to you.

Chapter 1

Dentistry's Inability to Cure Cavities

Your teeth are not designed to decay! They were designed to remain strong, resilient and cavity free for your entire life. Why would Nature plan for the failure and pain of disintegrating teeth? Without healthy teeth and gums, we cannot digest food properly and we eventually will not thrive. In this book you will learn that tooth decay is not a result of Nature's failure or a "fact" of aging, but due to the human error of poor food selection.

Decaying teeth can be a scary and painful process. When in a state of fear and panic, we tend to disregard the most sensible decision we could make: to search for the real cause, rather than succumb to the easy and passive response of allowing a dentist to "fix" the problem for us. Yet when searching for the real cause of tooth decay, many people get lost in a maze of misleading information. Your search is over; herein you will find real and natural solutions to tooth decay.

We have been taught, for the most part, that tooth decay is as inevitable as death and taxes, and that we have no choice in the matter. In this chapter you will learn how the power to cure cavities is in your hands. We will examine the history of dentistry so that you can become aware of how false and misleading beliefs about tooth decay can turn you into a dentistry victim.

Reaffirm Your Choice to Cure Your Cavities

Change begins with a decision. By picking up this book you have either made the decision already, or are considering an important decision in your life: the decision to be responsible for your teeth in a new way. For those who have decided "I want to cure my own cavities," I want to affirm to you that this is an enlivening decision to make. For those of you who have yet to decide, I urge you to look deeply within for a moment and see if you are willing to commit to do what it takes to change the fate of your teeth.

The essential keys to remineralizing teeth are found not only in this book. The answers are within your biology but they simply have been lost or misplaced. This is a guidebook designed to help you establish and implement your own tooth or gum healing diet and to restore a connection with your body through food.

You are not a passive victim to tooth decay. Rather by mistake, you have likely contributed to your teeth's own demise. This principal of personal respon-

sibility brings us self-respect, integrity, and a sense of hope that what seems to be outside of our realm is actually under our personal control. I have found that healing cavities is not just about the physical process of substituting nutrient-devoid foods for their nutrient-rich alternatives. It is an opening up to life itself. It is reaching out and growing. It is a small death of the old ways of being. Those who have successfully conquered their tooth decay have embraced the principles of this book and have *taken it upon themselves to heal*. They looked within, trusted themselves, and in some ways acted out of the involuntary consciousness that instructs and guides us. Many people are faced with difficult choices about their teeth in shades of gray. I have found that the answer to these dilemmas, whether concerning your teeth or other matters, bubble forth from within you. I encourage you to take everything I have written in this book as a pointer to your inner knowing and not as a replacement for it. You are the ultimate authority when it comes to your dental health.

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The Real Cause of Cavities

The essential causes of tooth decay have been known to the modern world for approximately eighty years. Harvard Professor Earnest Hooton clearly and succinctly summarized the problem: “It is store food that has given us store teeth.”

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Remembering Your Connection

Healing cavities is about being connected to life. Our modern society generally exists in a fragmented state of disconnection. When we are out of touch with life, or out of touch with ourselves, the connection between the cause of disease and its effects is lost and we can feel like powerless victims of disease, without any real recourse. Since modern society is based upon supporting our disconnection from ourselves and others, it has not been able to support a real cure for cavities. Healing cavities is about reconnecting with yourself, and Nature, through correct food choices.

Fear of the Dentist

Many people are afraid of the dentist and there is a good reason why. Their bodies are giving them a strong message, through the feelings of fear and avoidance. “Do not drill another hole in my teeth!”

How Conventional Dentistry Works

When you go to the dentist for a checkup he (or she) will use x-rays, a dental examiner, and visual inspection to see if there are any cavities present. When a

cavity is found, the dentist gives you the bad news. As they are taught in dental school and legally required to do, dentists offer their patients a surgical treatment for the disease of dental caries in the form of removing the diseased part of the tooth by drilling and replacing it with a synthetic material.

Tooth Drilling

In the drilling procedure conventional dentists will use a high speed drill, because it saves time, which drills as fast as 350,000 rotations per minute. High speed drilling creates high friction and raises the temperature of the tooth nerve causing irreversible nerve damage in 60% of cases. In addition, a negative vacuum pressure from the high speed shatters a portion of the fragile microscopic nutrient tubules within each tooth.¹

In the 1800s dentists originally used gold in a careful way to fill painful teeth with cavities. But gold was too expensive for most people to afford; imagine, for example, paying the equivalent of \$10,000 for one filling today. Since dentistry was unaffordable for many people in the 1830s the Crawcour brothers made their way from France to the United States to popularize a low cost gold alternative—Bells putty. With Bells putty, which consisted of a melted silver coin mixed with mercury, they could fill teeth in two minutes, and no drilling was required.² While effective in the short term, the mercury was very toxic and many teeth discolored or died³ not to mention the other side effects that were caused by mercury exposure. Dentists who placed mercury fillings were called quaks (or quacks) after the old Dutch word for a noisy peddler selling mercury-containing “health” potions and salves: *Quacksalber*.

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Dental Fact

In 1845 the American Society of Dental Surgeons banned the use of mercury fillings because of health concerns.⁴

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The economics of mercury fillings instead of gold triumphed and the American Society of Dental Surgeons fell apart by 1856. In 1899 the American Dental Association came into existence to promote the use of mercury-laden fillings.⁵ In 1896 the fate of our teeth changed forever with the work of dentist G.V. Black. He reformulated mercury fillings making them less toxic and longer lasting. He also developed new drilling protocols which are summarized by the principle of “extension for prevention.” In other words, drill a bigger hole (extension) to give more time before the tooth needs to be retreated. This technique, although changed to some degree in modern times, is the foundation of modern dentistry. G.V. Black’s “innovations” included drilling away all the discolored tooth structure, and then creating a wedge shape within the tooth in order to place a mercury filling that would remain secure. In plain words, dentists are taught to

drill big holes in teeth, because that is what works best with mercury fillings. This procedure became enshrined in the curriculum taught in dental schools, and dentists have been enthusiastically drilling parts of our teeth that are not decayed, or that can remineralize, for the last hundred years. The problem with “extension for prevention” is that we lose healthy tooth structure. A dental student from India wrote to me explaining this dilemma:

“As a dental student I drill teeth every week. I’d rather say that I have to do this to pass my exams. When I see my patients sitting on the dental chair with their eyes closed, I feel for them as they are losing their tooth structure forever.”

Tooth Filling

Once there is a large hole in your tooth something needs to be put in its place. Alzheimer’s disease⁶, Lou Gehrig’s disease (ALS), Multiple Sclerosis, Parkinson’s disease, lupus, and some forms of arthritis all have one thing in common—mercury.⁷ Mercury is considered hazardous waste in fluorescent bulbs at the amount of 22 milligrams. A normal mercury filling has approximately 1000 milligrams of mercury. In watching a video teaching mercury filling placement, I saw myself the messy process of installing mercury fillings as hundreds of shreds of hazardous mercury are spread all over the mouth. When a foreign substance, particularly a metal, is implanted in the body, the body can mount an immune system reaction. This toxic substance can cause or contribute to diseases such as those just mentioned. The book *Whole-Body Dentistry* by dentist Mark Breiner describes dental immune reactions in children. For example: one child became sick and unable to walk from mercury fillings and stainless steel (nickel) crowns, and another child developed leukemia from these same dental materials.⁸

It isn’t just mercury amalgams that are toxic. While less toxic, white composite fillings made up of ground glass and plastic still cause immune reactions on average in 50% of patients. One of the most popular composite fillings caused negative immune reactions in 90% of those who received them.⁹ Conventional dentists do not check filling compatibility with your body. Composites of plastic and glue can contain toxic chemicals like bisphenol A. Modern fillings last on average 5-12 years depending on the material. In the case of amalgam fillings even with all the extra drilling, only 25% will last 8 years or longer.¹⁰ While there are some good composites on the market, with such a short life span, the typical filling is not a long lasting solution for tooth decay.

After the drilling and filling comes our least favorite part—billing. **Drilling, filling, and billing** is the model of conventional dentistry and it is also a business model. The dentist with lots of medical school debt, a family to support, staff to pay and so forth, needs to make a lot of money to stay in business and enjoy a

comfortable lifestyle. The more teeth that are drilled and filled, the more money is made. There isn't much incentive in this system for curing and preventing cavities because without the drilling and filling business model it becomes more of a challenge to turn dentistry into a profitable career. Because many alternative dentists are afraid of being sued or losing their license, they don't want to practice dentistry that is beyond the accepted drilling and filling protocol. The incredibly strong profit motive has many dentists blinded by dollar signs. People know most dentists are in business for the money because they can see it and feel it. It is easy for a conventional dentist to get greedy and recommend the least conservative (as in most profitable) approach to treating cavities. As a result, many people have lost faith in dentistry; with each new dentist they try, the profit-motivated dentist continues to fail to put the patient's needs first. Even dentists have lost faith in their profession. Dentist Marvin Schissel wrote a chilling commentary on the shoddy dental work performed by dentists trying to maximize profits called *Dentistry and Its Victims*, and dentist Robert Nara wrote *Money by the Mouthful*, exposing how easy and common it is for dentists to make money by pushing unnecessary dental treatments.

With all the toxic materials put into people's mouths causing immune system responses, the short life span of fillings, the damage caused by high speed drilling, and unnecessarily prescribed filling treatments, the conventional dentist doesn't really offer his patients true health care, or a permanent solution to tooth decay.

Micro-organisms

In ancient times, when people were afflicted with various types of ailments and diseases, they commonly blamed evil spirits. The belief was that the evil spirit had invaded the person's body and then caused disease. If one could placate these spirits or induce them to leave then the disease would be cured.

Many people around the world still maintain this same belief today, except that these evil spirits now have been identified. Dentists, scientists, doctors, and government officials have decided that disease-causing "evil spirits" are now real, in the form of micro-organisms (viruses, bacteria, etc.). The prevalent and accepted theory is that these viruses and bacteria are the basic or primary cause of disease—including tooth decay. This theory of disease, labeled the germ theory, became cemented in our minds thanks to the work of Louis Pasteur (1822–1895) who is famous for the invention of pasteurization. Mr. Pasteur proposed a theory of disease that is now the basis of most forms of modern medicine. This theory projects the idea that pathogenic bacteria exist outside the body and that when our body's defenses are lowered bacteria can invade the body and cause disease. Pasteur's "science" has remained the status quo despite a large body of evidence showing that bacteria don't invade people, but rather that they evolve and change based upon their environment. The effect of Mr. Pasteur's contribution to medi-

cal thought has led us to our modern system of dental care in which we attempt to cure cavities by killing the evil invading force-bacteria.

Conventional Dentistry's Losing Battle Against Bacteria

When disease like tooth decay is our enemy then we must fight it. We create war and thus inner and outer conflicts. Conventional dentistry is engaged in fighting this war. Bacteria are the enemy and your mouth is the battleground. Yet no matter how much money you spend on dentistry, the war against bacteria never seems to be won.

The modern system of dentistry has evolved from the combination of beliefs that tooth decay is caused by bacteria (identified as *Streptococcus mutans*) and the belief that bacteria eat foods in the mouth and produce acid that causes teeth to decay. Dentistry then aims to control bacterial growth in the mouth for treatment and prevention of tooth cavities. Dentistry's war against bacteria can be summarized as follows:

1. You must brush your teeth all the time to eliminate these "disease causing" bacteria.
2. You must rinse your mouth with chemicals to eliminate more "dangerous" bacteria.
3. You must floss to eliminate the remaining bacteria and food particles.
4. When those three tactics do not work, you must pay a dentist to remove the bacterial infestations with drilling.
5. When a dental drill cannot remove the bacteria and the bacterial growth progresses, the tooth root can become infected. This requires a root canal to attempt to clean out the bacteria from within the tooth.
6. Finally, when all those procedures fail to keep your tooth alive from the supposed onslaught of bacterial invaders, the tooth must be removed and a fake tooth or no tooth is what remains.

By the time the sixth stage is reached, even after spending thousands of dollars on dental care, the war is lost. No matter how much money you spend, or how much a dentist drills your teeth, the cure for cavities remains elusive. Modern treatments do limit some pain and suffering, but if the basic cause of tooth decay (your diet) is not addressed, your teeth continue to decay.

Dental Alert: Bacteria are Not the Primary Cause of Cavities

The foundational theory of modern dentistry was synthesized in 1883 by dentist W. D. Miller. He found that extracted teeth immersed in fermenting mixtures of bread and saliva produced what appeared to be tooth decay. He thought that acids in the mouth that were formed by microorganisms dissolved teeth. Yet Dr. Miller himself never believed that tooth decay was caused by bacteria. Rather he believed that bacteria and their acid were a part of the process of decay. Most importantly he believed that a strong tooth would not decay.

Dr. Miller wrote this:

The extent to which any tooth suffers from the action of the acid depends upon its density and structure, but more particularly upon the perfection of the enamel and the protection of the neck of the tooth by healthy gums. What we might call the perfect tooth would resist indefinitely the same acid to which a tooth of opposite character would succumb in a few weeks.¹¹

In simple terms, Dr. Miller believed a dense strong tooth would “resist indefinitely” an attack from acid, whether it be from bacteria or from food. Meanwhile, a non-dense tooth would succumb quickly to any sort of acid, from bacteria or otherwise. Dr. Miller also wrote that, “The invasion of the micro-organisms is always preceded by the extraction of lime salts.”¹² In plain terms, the tooth loses its mineral density first (lime salts), and then microorganisms can cause trouble.

Over one hundred and twenty years later dentistry and the American Dental Association (ADA) sticks with Dr. Miller’s theory while leaving out vital information. They write,

[Tooth decay] occurs when foods containing carbohydrates (sugars and starches) such as milk, pop, raisins, cakes or candy are frequently left on the teeth. Bacteria that live in the mouth thrive on these foods, producing acids as a result. Over a period of time, these acids destroy tooth enamel, resulting in tooth decay.¹³

The difference from Dr. Miller’s 1883 theory and dentistry’s 2009 theory is that Dr. Miller knew that the tooth’s density and structure are what protected it against tooth decay, whereas today, dentists are taught that it is the bacteria by themselves that cause tooth decay. **Other than in how food sticks to teeth, dentists believe that diet has little to do with tooth cavities.**

The modern theory of tooth decay further dissolves because white sugar actually has the ability to incapacitate microorganisms since it attracts water.¹⁴ In a 20% sugar solution, bacteria will perish.¹⁵ Yes, bacteria are present as a result of the process of tooth decay, but a lot of sugar at once will destroy them. If dentistry is correct about bacteria, then a high sugar diet should eliminate them.

Bacteria exist everywhere and are nearly impossible to get rid of completely. More than 400 different bacteria are now associated with dental disease, and many more have yet to be discovered.¹⁶ Since bacteria are a part of life, with some good ones and some bad ones and trillions of them everywhere, dentistry's approach to eliminate bacteria seems hopeless.

In 1922 dentist Percy Howe read before the ADA that his research team tried and failed to reproduce dental decay by feeding and inoculating guinea pigs with various bacteria associated with gum disease and tooth decay. He said, "In no case did we succeed in establishing dental disease by these means."¹⁷ However Dr. Howe had no problems in creating tooth decay in guinea pigs by removing vitamin C from their diet.

That bacteria are the cause of tooth cavities was adopted from Dr. Miller's research but was never proven. In the 1940s at an International Association of Dental Research meeting the debate about the cause of cavities was put to an end. By the power of vote Dr. Miller's acid / bacterial theory was adopted as fact despite contradictory evidence and theories.¹⁸

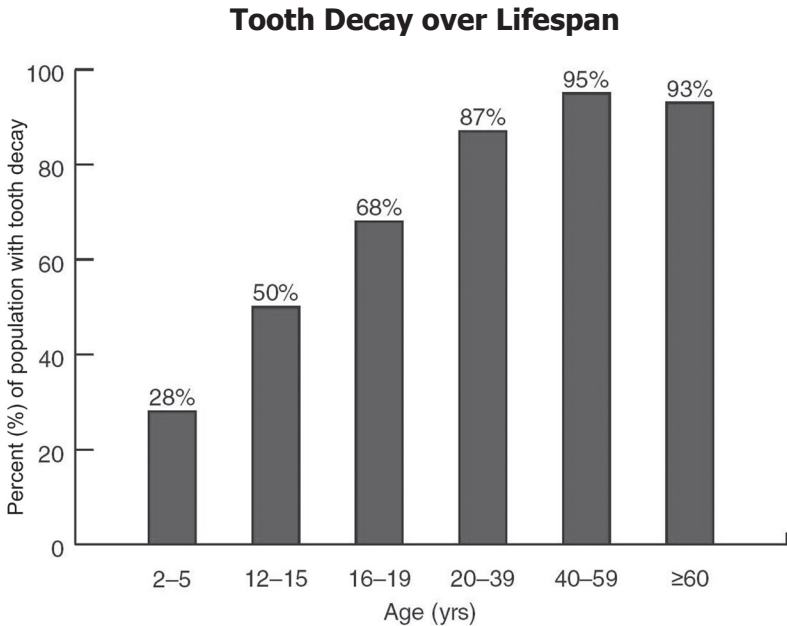
The competing theory of the time was called the proteolysis-chelation theory and was proposed by Dr. Albert Schatz. This theory suggested that enzymes (not bacteria) and chelating agents which are common in plants and animals (not acid) were the cause of tooth decay. In Dr. Schatz's proteolysis-chelation theory, it is diet, trace elements, and hormonal balance that are key factors in triggering enzymes and tooth mineral chelation which results in tooth decay.¹⁹

From 1954 to today, the life work of dentist Ralph Steinman and his colleague Dr. John Leonora give proof that tooth decay is triggered by our bodies' physiology as a result of our diet. The hypothalamus in our brain regulates the relationship between our nervous system and our glandular system through the pituitary gland. Drs. Leonora and Steinman found that the hypothalamus communicates with glands in our jaw called the parotid glands via parotid hormone releasing factor. When the parotid gland is stimulated by the hypothalamus it releases parotid hormone which triggers a movement of mineral rich dental lymph through microscopic channels in our teeth.²⁰ This mineral-rich fluid cleans teeth and remineralizes them. When a cavity-causing diet is ingested, the hypothalamus stops telling the parotid gland to release the hormone that circulates the dental remineralizing fluid. Over time, this interruption of mineral-rich fluid results in tooth destruction, what we know as tooth decay. That the parotid gland is in charge of tooth remineralization explains to me why a small portion of the population is immune to tooth decay, even with a relatively poor diet. They were born with a strong parotid gland. Dr. Steinman's rat studies showed that while bacteria produce acid, **there is no correlation between acid produced by bacteria and the presence of tooth decay.**²¹

Even in Dr. Miller's often cited 1883 bacterial / acid theory of tooth decay, the strength of the tooth is what makes it immune to cavities. In 1922, bacteria were then proven by Dr. Howe not to cause cavities. In the 1940s the theory of tooth decay was voted upon, but could not be proven by dentists. This vote discarded Dr. Schatz's proteolysis-chelation theory which described an alternative biological method of tooth decay from enzymes and chelating agents. Most recently Dr. Steinman has shown that tooth decay is regulated by our glandular system through hormones which are controlled by diet. From 1883 to today, there is a chain of evidence that supports the premise that it is diet, and not bacteria, which causes cavities. On the essential level of responsibility, if germs cause cavities, then humanity will continue to be the victim to the dreaded plague of tooth decay. Yet when diet is understood as the cause of cavities, we have full control to heal and prevent tooth decay.

The Failure of Conventional Dentistry

As we age, tooth decay becomes more and more prevalent as seen in the "tooth decay over lifespan" chart. As we age we also lose more teeth. Not including wisdom teeth the average 20 to 39-year-old is missing 1 tooth, the average 40 to 59-year-old 3.5 teeth, and those aged 60 and over are missing 8 teeth.



National Center for Health Statistics.²³

Further tooth decay statistics for people over the age of 40 are dismal. On average, 45.89 per cent of all teeth in this age group have been affected by decay. That average represents nearly half the teeth in each person’s mouth having been affected by decay. This situation only gets worse. By the time you reach the age of 60, 62.36 per cent of all teeth have been affected by decay.²²

While one can argue that the increase of tooth decay with age is due to the inherent break down of the body over time, it doesn’t explain why tooth decay is now on the rise among young children. Tooth decay in primary (baby) teeth of children aged 2 to 5 years increased from 24 percent to 28 percent between 1988-1994 and 1999-2004.²⁴ Along with this increase in decay came an increase in dental treatments. If tooth decay is caused by the aging process, why are more young children suffering from it? And why hasn’t the increase in dental treatments in these young children stopped the tooth decay?

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If dental drilling, root canals, tooth pulling, mass water fluoridation, tooth brushing and toothpastes were the proper treatments for cavities, then we would not see this increase in tooth decay over time.

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Are we to assume that over 90 percent of the population is not following the prescribed protocol? I don’t think so. Rather there is something fundamentally wrong with this “modern” war-on-bacteria approach to preventing and treating tooth decay.

Chapter 2

Dentist Weston Price Discovers the Cure

In 1915 prominent dentist Weston Price was appointed as the first research director of the National Dental Association. A few years later the association changed its name to The American Dental Association (ADA). In 1936, writing in the *Journal of the American Dental Association* (which is still in publication), Dr. Price painted a picture of tooth decay that was very different from the one we have today. He wrote of people who did not use toothbrushes, yet were immune to tooth decay.

All groups having a liberal supply of minerals particularly phosphorus, and a liberal supply of fat-soluble activators, had 100 per cent immunity to dental caries.²⁵

Let's examine some of Dr. Price's fascinating field studies of people immune to tooth decay.

Lack of Nutrition is the Cause of Physical Degeneration

Dr. Weston Price realized that something was fundamentally wrong with the way we live and set out to explore the world to find out what it was. During the 1930s, Dr. Price was able to document the sharp decline in health experienced by previously healthy people who came into contact with modern civilization. The revealing findings of Dr. Price, published in his book *Nutrition and Physical Degeneration*, along with his telling photographs, bring home the important fact that our modern food and lifestyle are the primary causes of tooth decay.

The Healthy People of the Loetschental Valley, Switzerland

In 1931 and 1932, Dr. Price traveled to the remote Loetschental Valley in the Swiss Alps. The people of the valley lived in harmony with nature, which resulted in a seemingly peaceful existence. Dr. Price wrote of the superior character and health of these people and the sublime lands of the isolated valleys in the remote Swiss Alps:

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The exciting content in pages 12-27 is
available when you purchase this
book.

Chapter 3

Make Your Teeth Strong with Fat-Soluble Vitamins

Dentist Melvin Page followed in the footsteps of Weston Price’s findings, and then added the science of blood testing to his research. Dr. Page believed that it requires a 25% imbalance of body chemistry to cause teeth to decay.⁶⁷ After 30 years and 40,000 blood tests, Dr. Page discovered the biochemical cause of tooth decay and gum disease: a disturbance in the ratio of calcium to phosphorus in the blood. A ratio of 8.75mg of calcium per 100cc of blood, and 3.5mg of phosphorus per 100cc of blood, with normal blood sugar levels, creates immunity to tooth decay.⁶⁸ The healthy blood sugar level is 85 milligrams per 100 cc of blood.⁶⁹ When there are blood sugar spikes, minerals like calcium are pulled from our bones. When the amounts of calcium or phosphorus in the blood deviate from these levels, or if they are not in the exact proportion of 2.5 parts calcium to one part phosphorus, minerals are withdrawn from the tooth or other tissues, resulting in tooth decay or gum disease or both.⁷⁰ Dr. Page wrote:

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It takes a continued low level of phosphorus, over a period of several months, to deplete the dentin of its mineral structure.⁷¹

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Amazingly Dr. Price also believed that phosphorus was the essential and vital mineral for perfect teeth. Dr. Page’s tests reveal the biochemical nature of what we saw in Dr. Price’s photographs and observations. The rapid decline in health of native peoples subsisting on a modern diet is chiefly the result of not enough available calcium and phosphorus in the blood. Throughout the rest of this book, I will teach you how to use diet to restore your calcium and phosphorous balance to stop tooth decay.

How Teeth Remineralize 101

Let’s look at how are teeth are designed so you can fully understand the process of tooth cavity healing (remineralization) and tooth cavity formation (demineralization). Dentin is the hard, bone-like middle layer of teeth. Enamel is the hard white surface covering your teeth. The root of the tooth is embedded in the jaw. The tooth pulp is in the middle of the tooth. The pulp contains blood vessels, nerves, and cellular elements including tooth building cells. Each tooth has

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is available when you purchase this
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Chapter 4

Remineralize Your Teeth with Wise Food Choices

Eating well is about connecting with what really nourishes you. In this chapter you will learn how to eat to maximize your nutrient absorption and tooth remineralization. In the last chapter you learned that fat-soluble vitamins are essential to remineralize decayed teeth. Now you will learn how to increase the minerals and the fat-soluble nutrient content of your diet. You are going to learn how to replace processed foods with whole foods, and learn ways to prepare food that will help ensure its optimal nutrient absorption.

Cavities in our teeth appear for a reason. And people with cavities have frequent food habits that create cavities. The problem is most people do not know which foods cause the cavities, so it seems like cavities strike them out of nowhere. Even within the framework of the entrenched bacterial theory of tooth decay, the dental establishment acknowledges that the root of tooth decay lies in what foods are eaten. The convenient difference between what conventional dentistry focuses on and what we are looking at here is that dentistry points to foods your bacteria might be feeding off of, rather than to what foods you are feeding your bacteria. Tooth decay comes from eating foods that are harmful to your body. So tooth decay is a specific biological reaction to a set of environmental factors. It is not a random or mistaken occurrence. This chapter will illustrate what these harmful foods are. Many of us typically consume as a staple certain foods that harm our teeth, without knowing it. Pay particular attention to your consistent food habits since one or more of them may be the cause of your misery. Sometimes just removing the tooth-decay-promoting foods will make decayed soft teeth hard as stone again.

The Town without a Toothache

Hereford, Texas became known as the “Town without a Toothache” in 1942 due to the pioneering work of dentist George Heard and author of *Man Versus Toothache*. Dr. Heard explains the town’s secret:

After a newcomer has lived in Hereford a few years, provided he had drunk lots of raw whole milk, he develops resistance to tooth decay. Even the tooth cavities which he brings with him when he comes to Hereford will be glazed over, if he has drunk raw milk.

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Chapter 5

Nutrition Protocols that Remineralize and Repair Cavities

Hippocrates believed in *vis medicatrix naturae*—Nature’s innate ability to heal. Weston Price also acknowledged this same principle, concluding that “Life in all its fullness is this mother nature obeyed.”²⁰³ All you need to do to heal cavities is understand Nature’s rules for health, and then follow them. When you follow these rules, the built-in ability for your teeth to heal will take over. Dr. Price’s tooth decay prevention protocol has shown a success rate of over 90%.²⁰⁴ To heal your teeth, align yourself with this subtle natural force, and change how you eat.

Nature’s Rules for Healing Teeth

Let us review some key points of the book thus far to help you align with and understand the principles that govern the functions of your body and teeth:

- Tooth decay is caused by environmental forces such as food; you have complete control over your diet.
- “Dangerous” bacteria are not the cause of cavities and do not randomly attack innocent victims.
- Our modern diet is deficient in fat-soluble vitamins and minerals needed for healthy teeth and bones.
- Tooth decay occurs when your body chemistry falls out of balance and your body sends hormonal signals that tell your teeth to stop remineralizing. The imbalance is caused by blood sugar spikes and a disruption in your calcium and phosphorous metabolism. Eating plenty of vegetables, limiting your sugar intake, eating enough proteins and a diet that includes plenty of fat-soluble vitamins usually resolves this imbalance.
- Dentists are surgeons who treat the symptoms of dental disease with surgery. Dental treatments usually provide only short term results. Dentistry has never promised to remineralize cavities or to prevent future cavities.

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Chapter 6

Stop Cavities with Your Next Meal Recipes and Meal Plans

Eating healthy is about getting in touch with your roots. Eating healthy is about what connects you to life. It is about what connects you to the Earth and to a feeling of being well here. One way to connect to your roots is to recall some experience of real food in your life, particularly from your past. See what comes to mind for you right now. One example might be the memory of a family member who cooked a traditional dish from your cultural heritage. Or for someone who has immigrated to the United States, it would be the favorite foods from the past from your home country that were real foods. Meals made from foods from your family's roots evoke memories of feeling connected. Often these homemade meals consisted of nutrient-dense dishes made with bone broths, organ meats, and high quality fats. From my past it was as simple as my cousins who ate wild salmon every day, and my father who would prepare a simple dinner of rice, vegetables and fish or chicken. My grandmother would make chicken soup with the entire chicken, and eat the marrow in the bones. In my more ancient roots, before I was born, my grandfather grew up where people carried animal skin bags of fresh pastured goat milk and drank from them all day. No matter where you are from, one key to finding a healthy diet for you is to go back to your own past. Maybe that connection was a special restaurant or a memorable meal in a friend's or relative's home. See if you can recall that wholesome good food from your past. Many people have grandparents who used to eat wholesome foods, or own nearly forgotten cookery books full of golden recipes for real foods. And here lies the untapped wisdom of the older generations. No matter where you live, connecting to your roots can connect you with a diet that is nourishing, life sustaining, and rich in fat-soluble vitamins. No matter where you are from, or where you live, reach for that distant but ever-so-close connection to wholesome foods. And then make it present here and now in your life. Seek out the old family recipes, contact relatives who live in far off lands, or create your own traditional foods with a little help from recipe books. It will probably take some work, but the rewards will be more health and happiness.

In this chapter I will present you with specific recipes, meal ideas and I will tackle the complex question of how to prepare grains safely.

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When you buy this book you can read
pages 108-120.

Chapter 7

Healthy Gums Lead to Healthy Teeth

Having healthy gums will significantly aid your chances of having healthy teeth. Healthy gums also will improve your overall health and resistance to disease. Gum disease has been directly correlated as a significant risk factor for heart disease and stroke.²¹¹ Most people are not even aware that they have the beginnings of gum disease. Symptoms of gum disease include receding, swollen and bleeding gums, loose teeth, increased gum pocket size, dying gum tissue and tooth loss. Periodontal disease, pyorrhea, and gingivitis are some of the many names for different types and stages of gum disease. About 75% of the US population is afflicted with gum disease. As with tooth decay, gum disease gets worse with age.²¹² This is not because gum disease is a part of the aging process, but it is a symptom of physical decay and degeneration that results from our modern lifestyle.

Dentist W.D. Miller, the originator of the most commonly held theory of the etiology of tooth decay, believed that one of the essential keys to immunity to tooth decay was “the protection of the neck of the tooth by healthy gums.” Even if you do not have any noticeable gum disease, the advice in this chapter will teach you how to make your gums healthier. And healthier gums mean healthier teeth and a healthier body.

I am going to share with you the best of the best solutions that have rapidly induced healing in gum tissues. There is no guarantee that these methods will work for you. And not all of this advice may be suitable or accurate for someone with severe gum disease and concurrent loss of teeth.

Gum disease is a disease of modern humans. Weston Price explains:

*Many primitive peoples not only retain all of their teeth, many of them to an old age, but also have a healthy flesh supporting these teeth. This has occurred in spite of the fact that the primitives have not had dentists to remove the deposits and no means for doing so for themselves.*²¹³

Many ancient skulls found around the planet still have most or all of their teeth firmly rooted. So tooth loss from gum disease was either rare or non-existent in our ancestors.

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you purchase this book.

Chapter 8

Dentistry and its High Price

Modern dentistry is a profound failure. The enormity of suffering and disease caused by dentistry is so massive that is beyond comprehension. Dentistry is built on the false premise that bacteria cause cavities. Its treatment methods of drilling and filling are highly damaging to teeth. The materials used in dentistry are extremely toxic and have been connected to diseases that are severe, painful and widespread. Conventional dentistry has placed highly poisonous mercury in the mouths of hundreds of millions of people. The mercury exposure of dentists and suffering caused by dentistry explains in part why dentists have one of the highest suicide rates of any profession. Tens of millions of needless root canals have been performed. Modern dentistry has drilled deeply into healthy parts of millions of teeth because of the failed treatment policy of “extension for prevention.” It has caused irreversible pulp damage in millions of tooth nerves with drills that spin too fast. The profit-motivated system of dentistry has led to tens of millions of needless dental procedures. Modern dentistry has poisoned tens of millions of children by promoting the topical and internal use of the unproven poison fluoride. And dentistry has in some cases killed innocent children slowly from the side effects of dental surgery, from swallowing fluoride, and from deadly side effects of disease-inciting metals implanted in children’s mouths. If this dental massacre had any benefits to show then perhaps it could be exonerated. But it does not. After the age of sixty, the average individual has more than half of the teeth affected by tooth decay. And after this age, the average person has lost more than eight teeth, not including the wisdom teeth.

Many of us are literally carrying around dental trauma as mercury fillings from this war on bacteria. I myself am also a victim. I had seven mercury-based fillings placed during my teenage years. None of these teeth ever hurt me prior to their butchery by the dental drill. During a checkup large holes were drilled unnecessarily into my teeth because of some tiny specks that appeared on an x-ray. Each one of those teeth is now permanently and irrevocably damaged from the excavations of the dental drill. I will discuss the disaster of modern orthodontics in the next chapter.

In light of all this, when people are hesitant to go to the dentist, or are afraid of the dentist, I am not surprised. **How could you not be afraid of the dentist?**

In this chapter you will learn how to navigate through the swamp of bad dentistry. You will learn what the hazards of conventional dentistry are and how to

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Do not miss out on pages 129-168, buy
this book!

Chapter 9

Your Bite: A Hidden Cause of Cavities

A Fresh Look at Orthodontics and TMJ

I want to introduce you to an extraordinary world that is literally right under your nose: your bite. Your bite has a substantial relationship to your overall health, your strength, your vitality, your level of attractiveness as well as your susceptibility to tooth decay. Super athletes know these facts and regularly wear mouth guards such as the Pure Power Mouthguard™ which slides the jaw into a more correct muscular and skeletal position. These adjustments increase overall muscle strength and endurance.

In this chapter you will discover the reasons for temporomandibular joint (TMJ) dysfunction, a deeper understanding of the mechanics of orthodontics and braces, and the important connections between the position of your bite to tooth decay and your overall health. Best of all, you will discover how to improve your health through correcting the position of your bite. Theories about the treatment and alignment of the bite are often obscured by contention, closed-mindedness and limited vision. Therefore be prepared to be met with that attitude from many practitioners in the field if you bring them information that is beyond the realm of their belief systems, such as what I will present here.

Your Ideal Jaw Position and Enjoyment of Life

To understand how our jaw and skull are supposed to be aligned, let us look at examples of ideal physical development as our template. Native peoples across the globe who displayed immunity to tooth decay also possessed what Weston Price called “splendidly formed dental arches.”²⁶³ The dental arch is comprised of the maxilla, the upper palate of the mouth, and the mandible, the jaw bone. In general, the better the nutrition of the individual throughout life, beginning from before conception, the wider the dental arches (the upper and lower jaws) will be. Wider arches mean wider, rounder faces that we subconsciously associate with both robust health and natural attractiveness. These qualities can influence how one chooses a partner who will likely be a successful mother with excellent reproductive capacities, since generally a wide dental arch indicates the pelvic

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Pages 170-186 are amazing!

Chapter 10

Your Teeth Can Heal Naturally!

The Evidence and Proof That Cavities can Remineralize and Heal

Dr. Price writes regarding the x-rays on the next pages:

The pulp chambers and pulp tissues of the root canals are shown as dark streaks in the center of the tooth. The very large cavities that had decalcified the tooth to the pulp chamber are shown as large dark areas in the crown. Temporary fillings had to be placed because of pain produced by the pressure of food on the pulp below the decayed dentine. After the nutrition was improved, the tissues of the pulp built in secondary dentine thus reincasing itself in a closed chamber.²⁸⁵

Dr. Price writes of the ability of teeth to remineralize as a natural result of a diet high in vitamins and minerals:

*[A] progressive filling in of the pulp chambers can be noted from the deposition of secondary dentine, making a roof over the pulp and thereby providing a protection which enabled the pulp to remain vital and useful for an extended period. This is frequently experienced as a result of reinforcing the diet with high-vitamin and high-activator butter, together with reducing the carbohydrate intake to a normal level as supplied by natural foods and by increasing the foods that provide body-building and tooth-forming minerals, **in many cases a hard and even glassy surface resulting.**²⁸⁶ (Emphasis added.)*

Dr. Price also shared an example of a 14-year-old girl whose dentist recommended the removal of all of her teeth. After 7 months of a special nutritional program, her teeth were saved and none were removed. (In this case, cosmetic restorations and 4 root canals were still done even though the teeth were saved.)

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Pages 188-192 are amazing!

Bonus Chapter

Remineralize and Repair Your Child's Tooth Cavities Naturally

Disclaimer for Children's Section

Your child's health is a delicate matter. This material has been written and published solely for educational purposes and is not intended as a replacement for medical or dental advice. The author and publisher shall have neither liability nor responsibility to any person or entity with respect to any loss, damage or injury caused, or alleged to be caused directly or indirectly by the information contained in this book.

Only you can make the best decisions for your child. I strongly advise you to play an active role and to carefully monitor your child's teeth for decay.

Note: The material in this chapter can also be useful for adults healing their own cavities.

The Depths of Despair

With our daughter facing severe tooth decay, my partner and I both experienced a substantial amount of fear. Watching our daughter's teeth decay before our eyes created a feeling of shock within us. I experienced a tangible terror and sense of powerlessness because my child's body was clearly in less than ideal health. This sinking feeling of fear and helplessness would occur frequently and it is one of the most painful feelings for any parent to experience. Almost every time our daughter pointed to her mouth when she was between 12-20 months old, Michelle and I thought, "Oh no, she has a toothache; what do we do?" If you experience even half of that fear on behalf of your child's health, please know that it is utterly normal to feel this way. Our children are so precious to us; we do not want them to suffer. However, out of the depths of my despair, I have begun to experience my greatest faith and an unsurpassed trust and safety in life, in nature, and in the world.

Many parents are concerned about the long term effects of their children's tooth decay, if the tooth decay is not treated by a dentist with dental surgery. My

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You know that you can enjoy pages
194-221 when you buy this book!

Cure Tooth Decay Reader Feedback

Highlights of Testimonials:

--This book is a must read for everyone interested in improving their health.-
- *Pam Killeen, NY Times bestselling author*

--The protocol in this book is very effective for preventing and mineralizing cavities.-- *Timothy Gallagher, D.D.S. President, Holistic Dental Association*

--It is a life and thought changing book written by a man who's not trying to sell you anything. How rare is that? -- *David, Idaho*

--This is a very different type of health book, written from the heart. The dietary advice put forth in this book is not only crucial for preventing tooth decay but for preserving the health of the human race. -- *Margie, Connecticut*

--I was ready to have a tooth pulled and the dentist told me I needed a root canal but I had no money. I was in pain and the cheek had actually started to swell up. Within three weeks of trying the diet I could tell I was turning the corner. The tooth stopped hurting; my teeth all over became whiter. After over a month on the diet it is hard for me to feel which tooth was bothering me. When I look at it in the mirror it still has a hole but the tooth feels like it is healing. Thanks a million to Ramiel Nagel for writing this book. Unbelievable! -- *Leroy, Utah*

--If you are discouraged and don't know what to do, get this book. I was very worried and upset about my daughter's teeth at first, but now I am actually very calm because I know I am doing the right thing. -- *Marina, Canada*

--The great thing about this book is that it allowed me to take control over problems that I had once felt I had little control over no matter how hard I tried. I highly recommend this book to anyone who is interested in taking responsibility for their own health and want to live a life of optimal health. -- *Michael, California*

-- I've been following many of your recommendations as best as I can ever since, and I do feel that my teeth and health have both improved substantially. -- *Boris*

--This book belongs in every American household, and especially in every single dentist's office in this country! -- *Ilona – Health Consultant*

-- The bottom line is, it works for me. -- *Otmar Raus (Melbourne, Australia)*

-- Ramiel proposes practical life-changing choices that are worthwhile reading and definitely worth following. -- *Arta Vakhsboori, D.D.S., California*

-- If only someone could have given me this book before the conception of my first child! Still, I am so grateful for this book and Ramiel Nagel is for me a genius! -- *Ira - Mother*

-- Me and my husband are getting there, his toothache is gone so it won't be having root canal." -- *Magdaly, England*

-- My relief at this outcome is immeasurable. -- *Stacy M*

-- I must say it is fantastic! -- (Referring to the book) *Corenya 19 years old*

-- Nagel's book is admirable for its honesty, clarity and inspirational power, and deserves to be taken as the deeply valuable resource which it is.. -- *Joseph A. Marchello (Northfield, MA)*

-- This book gave me the insights I needed.. -- *Teresa Ann Foxworthy*

-- I would recommend this book. -- *Jay Holiday*

The book has excellent information on the cause of decay and the effects of various commonly used dental treatments. -- *S. Wallace in California*

Cure Tooth Decay Detailed Testimonials

Dear Ramiel,

I purchased your book several weeks ago after getting my teeth checked at a dental clinic. The dentist suggested that I get my four wisdom teeth pulled and have root canals & caps done on several (5 or 6) of my other teeth. This was just way too radical for me, especially since my teeth weren't bothering me that much. I knew I had a couple of cavities and some gum problems due to occasional pain and discomfort here and there, and so I only expected nothing more than a filling or two.

Anyway, rather than going through weeks of unnecessary and undesirable dental surgery I ended up searching on the Net for whether teeth can heal naturally and ended up finding your videos and book. Thank you very much for all the information you provide. **I've been following many of your recommendations as best as I can ever since, and I do feel that my teeth and health have both improved substantially.** I no longer have any irritating gum problems, my teeth are definitely stronger now, and I rarely have any tooth pain. If and when I do, it's comparatively very little to what I was experiencing beforehand.

Additionally, your protocol also seems to have helped alleviate persistent adrenal fatigue I've been suffering from for many years. I really needed to eliminate sugar and all kinds of processed, nutrient depleted, non-foods from my diet, and start eating real nourishing foods. It seems that that's exactly what my teeth were telling me.

Kind Regards,
Boris

J. Steuernol (Alberta, Canada)

"This is a must read! I had several very painful cavities postpartum (after having twins) that kept me up all night in pain and made it so I could barely eat. I could see the decay progressing as well in some of my teeth. I bought this book and read it again and again for the best understanding, I recommend reading it alongside Nutrition and Physical Degeneration and/or Nourishing Traditions by Sally Fallon. I just found that helpful, but those two books are not enough, you must read this book if you're serious about reversing and preventing tooth decay. My son also had a cavity (he's 3 1/2). After following the advice in this book accurately my tooth pain subsided within 24 hours and no longer hurt at all, my teeth also look nicer and my gums no longer bleed and are a nice pink color. The brown color on my son's tooth is going away and his tooth no longer hurts him. After just a couple of months (without a repeat of pain whatsoever) I went to the dentist and there was secondary dentin forming in my decaying teeth (as seen in my x-rays). The dentist was impressed with how strong my teeth were and that the tissues were so healthy despite having some cavities. It's not something they usually see. If they haven't been improving so well, he said he would have wanted to pull 2 of my teeth out. But since the tooth decay is reversing and there's no sign of infection at all, etc. my teeth are saved! The advice works! But you have to have an open mind and be willing to do your best to follow the advice to the letter, it's worth it! "

Stacy M (San Francisco, California)

"I noticed some deterioration in my teeth last year, so I started searching online to find out whether anyone knew anything about healing teeth. I found Rami's website and decided to buy his book.

Although I had heard of Weston Price and Nourishing Traditions before, it was through Rami's book that I really came face to face with that information. It made a lot of sense to me. Especially thought-provoking for me was Rami's message to vegetarians (I had been one for 15 years). It was also helpful that he had actually set down a dietary protocol whose specific objective is to help teeth heal, which Dr. Price reportedly did not do. The protocol is challenging for me, but I have been introducing elements of it to the best of my ability.

Then I lost a filling. The first dentist I saw diagnosed decay and a probable need for a root canal, and said that the tooth might already be dead. Her pronouncement caused me untold agony over the next several weeks. Then a holistic dentist determined that the tooth is alive and recognized that it has totally re-enamelized. He simply replaced the lost filling. He told me I am lucky, because most people are not able to get their teeth to re-enamelize like that. Well, I am now a believer. Nourishing Traditions is for real, and it was with Rami's explanation and guidance that I found a way to help my body contain the damage in my teeth. **My relief at this outcome is immeasurable.**

We have been conditioned to believe that the only opinions worth having are those that come from people who have been formally trained and licensed, but I believe that formal training can be restricted and biased, and does not necessarily consider all possibilities. Here is the work of someone who questions the knee-jerk assumptions of the industry and who has taken the trouble to do the research and the self-experimentation in an effort to find a better way. I am very appreciative that Rami has chosen to share his findings, relieving us from each having to go through the whole process of trial and error from scratch. And he brings some much-needed balance to a subject that is approached by so many from a place of fear.

(Maki, Los Angeles California)

"I was diagnosed by various dentists that I would have to remove several teeth and get implants and redo some root canals as well. I didn't like the idea since I have had a lot of work done in my mouth already and it seemed that I was just digging a bigger hole. I was very stressed about it since all the estimates were sky high as well.

When I found your book and spoke with you I was enlightened and full of hope. I followed your advice and not only my gum infections receded but I lost 10 lbs and my migraines disappeared! (I used to have about one migraine a week). I went to the dentist two months ago and he said that we just need to keep an eye on one of the teeth but the rest is ok. So, I'm saved from doing all that dental work, I'm in better health and migraine free. I just wanted to share my story with you because since I read your book I have completely changed my lifestyle and I feel more in harmony with my body and I am so grateful for your existence!!! Thank you so much!!!"

(Corenya 19 years old)

"Have just bought and read your Ebook. **I must say it is fantastic!** It is the best and most complete information I have found anywhere. I literally spent days researching ways to cure dental decay/infections with very little to show for it... then I stumbled upon your website. Thankyou so much! I have been following almost all of your guidelines for 3 days now and am already feeling better

(Ludmil, Bulgaria)

"At about the age of 2 his teeth started getting brown spots on them. The dentist said there's nothing that can be done. Well we came across the work of Weston Price and your lectures on YouTube (I translated them in Bulgarian, remember?). So we put the nature wisdom into practice - started making homemade goat cheese since and growing sunflower and alfalfa sprouts. He (our son) would eat two bowls of salad with goat cheese every day. Today, 1 year later, the brown spots are gone!

(Olivier, United Kingdom)

"I finally read your book and it was really interesting. **I wish I had it when first published** as my front tooth that had a root canal and it didn't have any caries at all, it was just falling out and the dentist told me that it was because my body was rejecting it, therefore, lets have a root canal. Not knowing, I agreed.

Dr Mercola, just after I had it done was totally against such surgery on one of his video as well. I was just one month too early. Sob.... Before I read your book, I had a blood test as I was wondering why was I loosing bone mass and teeth etc... Plus the gout was still there, 3 month after stopping the booze, drinking fresh juices in the morning... I always more or less eat quite healthy as I cook everything, rarely get a take away or a sandwich and never a ready meal in years. I didn't know what was wrong.

Anyway, the analyse came back and I was borderline on vitamin D. Borderline meant deficient (still Dr Mercolas advice). The next day I went to get some D3 in form of oily fish, amazingly the gout dropped in 24 hours after the supplement. That was great. Then I start reading your book and it show that same pattern with malnutrition/ lack of vitamins etc... I could see from where I was

coming from with your knowledge. It was great. I haven't been brave enough yet to eat raw livers (the only one organically grown are chicken), I did few pate though.

I am having 2 raw eggs every morning with my juice (as you and Dr mercola suggest, both of you are on the same line). Usually carrot/apple/orange/kiwi (I know, the sweets one...)

I stopped drinking coffee. Less bread, but I need it for my butter...

Taking about 3000 IU D3 everyday from fish livers (sardines, mackerel and another that I can't remember)

All together now the 2 teeth that have a major bone loss are not as sensitive, this is great improvement. The teeth that had a root canal still feel odd, I guess this will never cease.

My health is bak to so much better, vibrant, alive. About my daughter we give her some D3 as well, not many sweet at all (she was never really raised on sweet), good food cooked by mummy.

Yellow butter as you suggested. I'll see her on the 21 for

Christmas, I could then see the improvement. After this long time I like to thank you for your writing, it was really an eye opener. I have been thinking now for few years why do we have too many teeth in the mouth (wisdom teeth), you answer my question spot on. Brilliant.

All the best. Have a great weekend and a happy Christmas caries free."

Satisfaction Guarantee

You can see for yourself that these testimonials are real by trying the book, for yourself, with minimal financial risk. CureToothDecay.com offer's a 45 day money back guarantee. Your refund includes taxes, and the price of the book. Shipping is not refunded. You must be completely satisfied with the book, the protocols and the results, or your money back – Guaranteed!

Book Description:

There is a holistic alternative to conventional dental treatments which can help you heal tooth pain, reduce tooth infections, halt tooth decay and inhibit gum disease. Learn about a flexible whole foods dietary program pioneered by the head of research at the National Dental Association, Weston Price D.D.S. that proved 90-95% effective in halting cavities. Cure Tooth Decay provides clear and easy to understand dental facts so you can make healthy, life affirming choices about your dental health, including a non-surgical approach to halt baby-bottle tooth decay. Learn five nutritional programs that Nagel used to cure his own cavities, and halt his daughter's severe cavities. Restore dental and oral health through nutrition and lifestyle, not harmful chemicals and surgery. Dr. Gallagher the president of the Holistic Dental Association says, "Cure Tooth Decay is treasure-trove of wisdom as it takes the mystery out of dental health."

BECAUSE YOU DESERVE HEALTHY TEETH!

DISCOVER A PROTOCOL BASED ON ANCIENT WISDOM FROM THE WORLD'S INDIGENOUS CULTURES, A PROGRAM THAT CAN BE OVER 90% EFFECTIVE IN HALTING AND PREVENTING TOOTH CAVITIES WITHOUT DENTAL SURGERY OR CHEMICALS.

In *Cure Tooth Decay* you will learn how special healing foods can:

- Make cavity-prone teeth cavity-resistant
- Slow or reverse gum disease
- Limit or heal tooth infections
- Halt cavities and make soft teeth hard as stone

Discover the formula for having long lasting healthy teeth. Reclaim your dental health!

"*Cure Tooth Decay* is a godsend for those seeking a comprehensive, holistic approach to their dental health that really works. The protocol in this book is very effective for preventing and mineralizing cavities."

—Timothy Gallagher, D.D.S., President, Holistic Dental Association

"This book is a must read for anyone interested in improving their health."

—Pam Killeen, *New York Times* bestselling author

"Ramiel proposes practical life-changing choices that are worthwhile reading and definitely worth following."

—Arta Vakhshoori, D.D.S., California

"This is a very different type of health book, written from the heart."

—Margie, Connecticut

"I was ready to have a tooth pulled and the dentist told me I needed a root canal, but I had no money for either procedure. I was in pain and my cheek had already begun to swell. But after just over a month of following Ramiel's dietary protocols it is hard for me to feel which tooth was bothering me.

Thanks a million to Ramiel Nagel for writing this book. Unbelievable!"

—Leroy, Utah

"I had been very worried and upset about my daughter's teeth, but now I am calm because I know I am doing the right thing."

—Marina, Canada

"Perhaps the best thing about this book is that it helped me to take control over problems that I once felt I could neither influence nor improve, no matter how hard I tried."

—Michael, California

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