

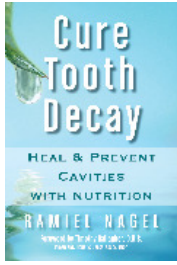
NEW ERA HEALTHY HABITS CLUB: Eat better, prevent cavities

Lancaster New Era
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By SUSAN JURGELSKI, Staff Writer
PREVENT CAVITIES WITH NUTRITION



Want to save money at the dentist?

Ramiel Nagel, author of "Cure Tooth Decay: Heal and Prevent Cavities with Nutrition" (CreateSpace, June 2008, \$28.95), believes his book can help.

According to government actuaries, U.S. dental spending in 2008 could top \$100 billion.

In light of the shaky economy, people under stress may resort to poor eating habits, Nagel says. But by eating healthy, Americans can limit and avoid tooth fillings and costly treatments, like crowns and root canals, he says.

In his book, Nagel offers tips and steps people can take to improve their dental health:

- Eat more organic butter. Organic butter from grass-fed cows has high vitamin content, with a unique form of vitamin K2, Nagel says. It also has highly absorbable forms

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of vitamins A, E and D, which are known to help bond the minerals calcium and phosphorus onto teeth.

- Watch intake of sugary foods and drinks, Nagel says. A diet high in sugar can lead to painful cavities and tooth decay.

- Avoid pasteurized dairy products, which Nagel says are full of antibiotics, pesticides and growth hormones. A healthier alternative is unpasteurized milk from grass-fed Jersey cows.

- Don't drink tap water. Water from the tap is full of fluoride, and there is little evidence fluoride in drinking water helps prevent cavities, Nagel says. Invest in a fluoride water filter, or drink bottled water instead.

THE BEAT

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The Pennsylvania Psychological Association, in cooperation with the American Psychological Association, is calling for nominations from Pennsylvania companies for the Psychologically Healthy Workplace Award.

Awards recognize firms and organizations that demonstrate a commitment to employee health and well-being. Deadline is Dec. 15. Visit www.papsy.org.

Flu prevention

Here are some ways to avoid the flu, from health columnist Dr. Andrew Weil:

Wash your hands with hot water and soap, especially when you're out in public

places.

Get a flu shot.

Take the immune system-boosting herb astragalus and a mushroom extract.

Get daily vitamins and antioxidants.

Keep up on fluids. Staying hydrated keeps nasal passages moist, providing better natural defenses against viruses.



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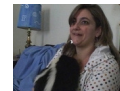
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