

TEETH

“The teeth are always involved” – Dr. Thomas Rau

I will be honest and say that I was totally ignorant about the impact of teeth on overall health. Little did I know that what was going on inside my mouth effected the health of the rest of my body. My dental saga cost over \$15,000 and included 3 tooth extractions, 1 failed implant, 1 failed bridge, 3 root canals (2 of which had to be redone twice) and the cleaning of 4 wisdom teeth cavitations.

As I continued to struggle with many dental issues I learned the three main causes related to teeth which affect overall health are: mercury fillings, root canals, and cavitations. To truly understand the impact your teeth have on the rest of your body you must look at the TOOTH/ORGAN MERIDIAN CHART. When a tooth becomes infected or diseased, the organ on the same acupuncture meridian can also become unhealthy. The opposite is also true: dysfunction in a specific organ can lead to a problem in the corresponding tooth. <http://toothbody.com/interactive-meridian-tooth-chart/> It is important to note however that toxins from root canal teeth know so specific boundaries – so there may not always be a match up with a diseased tooth and the meridian chart.

The impact of teeth was stressed by Dr. Crist when I was a patient of his – being treated for Lyme disease. He said he had great respect for the mouth in terms of health and that Lyme or other infections could spread to your jawbone – and it turns out that happened to me. At that point I had an infected root canal tooth removed and felt a whole lot better once it was out. I learned that root canals are often an overlooked source of infection that silently undermine health.

A clue to your dental status could be **low neutrophils** which is a type of white blood cells. Dr. Natasha Campbell-McBride believes that many problems with teeth cause this condition: including root canals, cavitations and amalgam fillings. There are blood tests that can be performed to see if your body has developed a toxic reaction to a metal. Dr McBride is from the UK and recommends a blood test called MELISA. There are several US companies that offer blood testing for dental materials that I have listed below.

Root Canals

Root canals are performed to treat infected roots of teeth and I didn't think twice when I was told I needed a root canal. The problem is that these treatments can leave behind infections that may be small but can't be healed because blood can't reach them. Bacteria can be left and thrive in the roots or dentin tubes which are about **3 miles long**. It gets really interesting when people who are ill – look at the tooth-meridian chart and realize that a lot of the symptoms they have in the rest of their body – correspond to teeth where they have had root canals or tooth extractions. **Is there a connection to root canals and breast cancer?** How could that be? In Chinese medicine each tooth is associated with an energy meridian, tied to specific organs and systems. **In breast cancer Dr. Rau has documented that a large percentage of cases are accompanied by chronic low-level dental infections, called foci. Women**

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should be made aware of which teeth are on the breast meridian and can therefore affect their breast health. They are teeth #2,3,14,15,20,21,28,29.

Wisdom Teeth Cavitations

Jaw cavitations can occur after tooth extractions when the socket doesn't heal correctly and becomes infected. The most common jaw cavitations are from wisdom teeth extractions. After addressing Lyme disease and parasites I was still chronically fatigued and couldn't figure out why. I had always blamed a lot of my digestive issues on my appendectomy. I was having really significant heart palpitations and even wound up in the emergency room once. Continually looking for solutions -I journeyed to see Dr. Haskell at his clinic in Salt Lake City. He looked at my blood under a darkfield microscope and rated the bacteria/spirochetes in my blood a 7 out of 10. After filling him in on all my dental issues he determined that the bacteria was mostly likely coming from my mouth which he confirmed using a bio-meridian tool. My next stop was Dr. Rehme a biological dentist in St. Louis. After doing a 3D cone scan he diagnosed cavitations in all 4 of my wisdom teeth – he described cavitations as a piece of rotting wood left in the socket. As soon as Dr Rehme cleaned out my cavitations my health improved dramatically. My heart palpitations – gone, digestion – improved, fatigue gone!. I returned to Dr. Haskell's Clear Health Centers Clinic. He rechecked my blood under the darkfield microscope – my bacteria level had dropped dramatically from a 7 to a 3 as a result of having my wisdom teeth cavitations cleaned out. Anyone who has ever **had Lyme disease** should be aware of cavitations as a potential hiding spot for Lyme bacteria. **Cavitations are now being recognized as a piece of the Lyme puzzle – having them cleaned out can have a huge impact on overall health.**

Mercury Fillings

Mercury amalgam fillings are now recognized as having an adverse effect on overall health. The unstable mercury leaches into the body causing heavy metal toxicity. Heavy metals wreak havoc on immune function and cause endless inflammation. I was lucky enough to have had a dentist who was ahead of his time and had the foresight to remove all of my mercury fillings over 25 years ago. Thank you Dr. Zedeker. If you have mercury fillings and are having health issues you should consider having them removed by a biological dentist. According to Dr. McBride swallowing mercury from amalgam fillings and other toxins from dental work can over time lead to gastritis – or inflammation of the stomach lining.

Implants

While implants may not cause problems for some – for others they can be problematic down the road. While my body rejected my implant immediately - other people can become reactive over time. According to Dr. Rau implants made of titanium can be a source of focal inflammation. “Many patients are not initially sensitive to titanium in their mouths but become reactive over time. Not

surprisingly, about 50% of all such implants fail within a decade". If you have to get an implant chose **zirconium** not titanium.

Partials

I have been asked "what should I do if I have to have a tooth removed. Your options are an implant (which some biological dentists won't even do), a bridge where the adjoining healthy teeth are ground down to stumps, or a partial which is a fake tooth that you take out at night. Having done all three I would opt for possibly the most inconvenient – but also the least invasive -a partial.

BIOLOGICAL DENTISTS

The impact of teeth on overall health is recognized by biological dentists. When seeking out a dentist or oral surgeon ask them if they offer or incorporate these methods in their practice.

Ozone: ozone water and ozone gas are effective in killing pathogens

Platelet Rich Plasma (PRP) and Platelet Rich Fibrin (PRF): although this option is expensive I think it is worth it. The growth factors in the platelets accelerate wound healing. All that is required from you is a simple blood draw – your blood is then spun using a special technique to make the platelets.

Tooth extractions: If getting a tooth extracted ask if they remove the **periodontal ligament** when doing an extraction. This is important since it helps to prevent bacterial growth and infection in the extraction site. If the dental office has no idea what this is – hang up and find another dentist who does.

3-D Cone Scan: this is a panoramic image offering high resolution with little radiation that allows the dentist to diagnose failing root canals and cavitations

TESTING FOR DENTAL MATERIALS

It never occurred to me to ask what materials the dentist/oral surgeon was putting in my mouth. Is it possible that if I used one of the following labs prior to getting an implant the results would have shown that my body would have a reaction to the titanium used in the implant– and that I would have saved thousands of dollars on a failed implant. If you are having health issues and have had dental work or are considering new dental work that involves implants/crowns/bridges etc you could opt to having a lab test to check for material compatibility. Below are 2 labs that offer testing.

- BioComp - Biocompatibility Testing & Dental Toxicity www.biocomplaboratories.com
- Clifford Consulting & Research www.cclrlab.com

Biological Dentist:

Dr Michael Rehme:
St. Louis, MO
314-997-2550
www.toothbody.com

Lawrence Dental Solutions
545 Columbia Drive
Lawrence, KS 66049
888-993-1707
www.lawrencedentalsolutions.com

Dr. Gary Hochstetler
Horton, KS
785-486-2807
www.TheNaturalDentist.net

Cleaning Teeth:

Toothpaste: use a toothpaste that is fluoride free and sulphate free.

- Davids toothpaste – www.davids.com (my current favorite)
- Activated Charcoal toothpaste – www.mymagicmud.com (great but messy)
- Good natural products including toothpaste: www.weleda.com.
- Of course it doesn't get more natural than baking soda – which is a great way to clean your teeth.

Oil Pulling

Refer to the oil pulling section for more info. For popular oil pulling kits check out www.skinnyandcompany.com

Resources:

For an in-depth look at root canals on health you can read the *Root Canal Cover-Up* by George E. Meinig

For the link between dental health and nutrition check out the Weston A Price Foundation www.westonaprice.org

The Holistic Dental Matrix by Nicholas Meyer- a great book on how your teeth effect your overall health on what state of the art tools are available.

For an Interactive Tooth Meridian Chart

<http://toothbody.com/interactive-meridian-tooth-chart/>

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