4 Strategies for a Perfect Grin

1.) Bones, Fat and Cream:

Build and maintain healthy teeth by keeping a plentiful amount of calcium-rich and high-fat foods in your daily diet. For robust bones, drink raw milk daily. High-quality cheese is another good source; go for raw cheeses whenever you can. Yogurt and kefir are two superb dairy foods, and they're even more digestible thanks to their live enzymes and probiotics. Skip the reduced-fat version, and if you're ambitious, make your own.



Foods cooked, baked and fried (yes, I said fried) in coconut oil, butter, tallow or lard provide high fats, as does the skin of chickens, nitrate-free ham and bacon. Don't forget to include marrow bones in this equation too.

I teach my students and clients that it's always best to get your nutrients from *foods* … or superfoods … not vitamin pills. Not only are nutrients in their original food source easier for the body to access and absorb, but they are also found in

conjunction with other vitamins, minerals and fats that help the body utilize the food to its fullest potential.

In short, don’t short-change yourself with pricey supplements; they’re frequently made of questionable ingredients, such as soy, and can lead to an excess of a given nutrient. That can lead to vitamin toxicity, which is highly unlikely if you eat your nutrients instead of taking them.

2.) Your Toothpowder in a Pretty Dish

Have you read the ingredients in your “all-natural” toothpaste? Eee-u. I bypass the store-bought version for a fraction of the price and the confidence that my ingredients are upfront and pure.

Here’s my recipe:

Mix together the following ingredients and store in a pretty porcelain dish

- 1 cup baking soda
- ¼ cup French Clay (found at most health food stores)
- 1 drop essential oil (I like to use cinnamon oil, but other great choices are clove, anise, fennel, myrrh, rosemary, lemon or even orange or tangerine oils.
- To use this mixture, just wet your brush and dip it into the toothpowder. Important note: Because baking soda is an abrasive, using too much can be detrimental, so very little goes a long way. Too much powder on your brush can be too abrasive and remove the enamel.



3.) Strong Teeth the Homeopathic Way

It generally takes a good amount of time, but *Calc phos* 6X and *Calc fluor* 12X taken thrice daily for many months have been shown to strengthen and aid in the growth of teeth in children. These two remedies make a great combination because *Calc phos* helps to form bone and teeth while *Calc fluor* is present on the surface of both bones and teeth.

These remedies are specific for growth as well, and it is not uncommon for children who have problems with their teeth to display other growth issues, too. Remember, the condition of the teeth is a reflection of the condition of the bones.

A simple technique for administering these remedies is to add them directly to jugs of milk. In one gallon of milk, add 10 pills of each, stir, and the job is complete. As your children ingest their milk throughout the day, they'll get these two remedies in each sip.

4.) Dental Fears Halted with Homeopathy

I hate the dentist's office: the sounds, the smells and the awful anticipation. Want a great method of stilling the nerves? Try one of these tried-and-true homeopathics.

***Aconitum*:** The most important remedy for that horrible worry, especially for children, is *Aconitum.* Those who need it sometimes display anger by stamping their feet and kicking

with indignation. As a youngster, one of my sons crawled under the chair and resolutely clung to the underpinnings. No amount of coaxing could unfurl his grip. This was before I knew he had this problem, so we visited the dentist unprepared. A few doses of *Aconitum* 30 would have relieved the problem.

Gelsemium: For those who are fearful, with a sensation of weakness, particularly in the gastrointestinal tract (like accompanying diarrhea before the dreaded event), *Gelsemium* will likely improve the sensations. Other concomitant symptoms for the use of *Gelsemium* include sleepiness, memory loss and confusion.

Argentum nitricum: When the dental patient is more on the animated side, with rapid loquacity and accompanying tremors from fear, then *Argenticum nitricum* will likely be useful.

In any of these cases, the more intense the situation, the more frequent the repetition. So, my son's extreme fear would have best been met with *Aconitum* 30C every 15 minutes until improvement. Usually, it takes no more than 2-5 doses to witness a reaction. Then you stop unless it returns.

There you have it. 32 pearly whites, four ways to protect and keep them. Easy, mostly at-home measures, inexpensive and with just the right amount of guts, spunk and moxie. Learn to treat your family and yourself.

If this intrigues you, consider finding out more. Go to Cure Yourself and Family with Homeopathy and up your self-sufficiency!

I love spreading good news!

This is something you want to know about. Our good friends at the Village Green Network are hosting a live FREE online

Healthy Life Summit… seven exciting days starting March 24, 2013.

If finding time to learn and stay current about a wide range of health topics is important to you, The Healthy Life Summit is an online event you will want to know about.

As you are all familiar with my learning technique of listening to recordings while I do my chores around the house, you'll likely want to take advantage of the special discounted price for all of the audio and video presentation recordings.

This summit is a FREE virtual conference happening March 24-30, 2013.

Enjoy!