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I am so excited to report that at the age of 39 I was able to reverse my cavities, and halt my receding gums and bone loss in my jaw with raw milk, ditching toothpaste and of course...using homeopathy!

Last year at this time my X-ray's showed I had a cavity in between two of my top molars. I also had a cavity just starting to form in my front tooth!

I scheduled for a filling for the one in between my molars and the front tooth cavity we would keep an eye on because it was just starting.

Well, a few days after I had scheduled the filling I panicked. I hate fillings, drilling, and even cleanings. So, I canceled my appointment and vowed to do what I could to reverse it.

I ditched my already natural toothpaste for calcium carbonate and baking soda. I use essential oils from time to time for a little flavor.

I immediately found a raw milk farmer and bought a cow share thanks to your personal guidance and recommendation.

I purchased Calc phos and calc fluor and later added in silicea. I took them as recommended on your blog.

Fast forward to today, my X-ray's showed my bone loss and receding gums halted. My front tooth cavity is no where to be seen. The cavity in between my molars is almost non existent. The doctor said not even to worry about it!

I am beyond thrilled and I was so excited to tell you!!!

I was able to compare last year's X-ray's to this visit's X-

ray's and see the before and after myself! It was a triumphant moment to say the least!