



Natural Treatment Methods To Cure Acne

By *visitor*

Created 02/27/2013 - 06:37

Submitted by visitor on Wed, 02/27/2013 - 06:37

Some of them get tripped-up on which type of policy, term or cash value, is most appropriate for their situation. Others may have misconceptions about how much life insurance coverage is needed.

Copyright 2012 Faceless39. All rights reserved.

Using 3-D imaging technology, Invisalign aligners are custom fit to the patient's mouth, depicting the entire treatment timeline. The aligners are changed dependent upon the amount of the correction necessary. Invisalign is a great solution for both teens and adults as long as adjustments needed are only minor. Children and individuals with severe malocclusions will find greater success with traditional wire braces. There are some articles that emphasize eating only certain types of grains such as quinoa or buckwheat. See the article, [Healthy Foods That Make Teeth Rot](#). See the articles, [Whole Grains Can Cause Tooth Decay - Cure Tooth Decay](#) and, [Whole Health Source: Reversing Tooth Decay](#). For some kids, milk or fruit juice decays their teeth. For others it's whole grains. The issue is that some children, teenagers, and adults are sensitive to the sugars that form when grains remain around the teeth and raise the insulin levels in the bloodstream thereby causing a change in the ratio of phosphorus to calcium. When the balance is disturbed by foods such as grains and sweets, tooth decay happens from the inside out, known in the past as "tooth-neck disease." In addition, insulin levels in the bloodstream may rise, which has a more rapid aging process of arteries and organs, filling them up with plaque and raising LDL cholesterol levels as well as downsizing the LDL particles so small, they get lodged in arteries and organs. The bigger problem is that some people have hyperplastic reactions to grains, one cause of teeth quickly rotting when eating any type of grains or cereals, even soaked whole grains. Hyperplastic issues Some children have a condition of 'weak' or 'hyperplastic' issues whereby eating daily whole grains, no matter how carefully soaked overnight and properly cooked will rot out their teeth. It's as if the toxins in the whole grains cause the teeth to rot from inside out. Your children's teeth respond to specifically tailored diets that prevent tooth decay. What's in your kid's lunchbox? Other kids aren't affected by eating cereals. How does your child's teeth respond to whole grains? And is there a difference if the whole grains are fermented such as in sour dough bread before eating to remove some of the phytic acid or other toxins? You need some phytic acid to ward of cancer, but how a child responds to whole grains is an individual response that moves from the inside out. Check out the site, [Health foods rot your teeth! Food Myths Busted](#). And for some it's a combination of grains, milk, and fruit. But how many kids will stick to a Paleo diet of chicken or beef livers grilled with onions, green and orange vegetables, eggs and if not made ill by fermented milk products such as kefir a hunk of aged, raw cheese? How many adults and children are immune to tooth decay based on what they eat--or on not eating sweets or drinking too much milk? In the early 1930s anthropologists, dentists, and physicians visited the Maya of Yucatan and found they were almost totally immune to tooth decay on their diet of beans, corn, with some vegetables and fruit. These isolated peoples had not eaten a western diet or sugar. Anthropologists such as Morris Steggerda and others visited the Maya. At the other end of the planet, the Arctic peoples studied had almost no contact with vegetables and fruits, eating fermented or raw seafood and seal meat, fat, and liver. If you look at the nation before the Gold Rush era, the Native Americans living here did not have much tooth decay. See, [Guts and Grease: The Diet of Native Americans](#). Yet, American parents today are concerned about baby bottle tooth decay in infants. See, [Baby Bottle Tooth Decay Not Prevented by Fluoride](#). Modern peoples use mouthwash, toothbrushes, toothpaste, fluoride, and six-month cleanings at the dentist's. But why do numerous Sacramentans have a specific tooth decay rate? See, [An Epidemic Of Tooth Decay Threatens Low-Income Children](#). Could it be something they are eating? Why have tribal peoples remained immune to tooth decay for thousands of years when they didn't brush their teeth just rinsed with water but as soon as they changed to standard Western diets, lost most of their teeth due to decay and infections followed by degenerative diseases? According to scientists, neither the Maya nor the Arctic peoples ever brushed their teeth. And if you look at the medieval Norsemen and



Irish in Iceland, they had no grain, few vegetables, and yet had no cavities living on a diet of seafood, some meat, and actually making puddings out of the blood of lambs, until they adopted modern Western diets. They had raw milk cheeses and shellfish, including seaweed. Anthropologists rarely found teeth with decay as they do in today's youth eating snacks of jam, bread, and whipped cream. The Arctic peoples of Asia were immune to tooth decay until they started eating a Western diet of cookies, candy, sugary foods, and lots of white flour instead of their fermented fish and seal meat and fat. So on one hand you have the Maya, immune to tooth decay on a beans, corn, and vegetables diet, and the Inuit or Chukchi, and similar Arctic peoples eating few or no vegetables other than some seaweed, but they, too, with their trace minerals, were immune to tooth decay and many degenerative diseases linked to mouth inflammations. Where can you find in your own city local preventive dentistry? Did you ever take your family to a local holistic dentist who is trained in nutritional endocrinology? If so, you'll probably get a diet to follow after your calcium-to-phosphorus ratio has been measured with a blood test. Check out the various directories online of holistic dentists. Pick your home town and state and look up lists of holistic dentists in your area of the nation. But generally, dentists don't give people blood tests to see whether they have an imbalance in their body chemistry as far as the calcium to phosphorous ratio, which is important in whether your teeth are relatively immune to tooth decay or not. Simply eating a quarter pound of candy chocolates made with sugar may make your phosphorous levels shoot up after less than two hours and out of balance with your calcium levels, possibly putting you in harm's way of tooth decay. You see, tooth decay probably isn't going to happen when your diet keeps your phosphorous to calcium ratio in balance. But first you have to be aware of what that ratio is. It has been found that a constant ratio of calcium and phosphorous 10-4 in your blood plasma is the optimum requirement for adults. There's a higher and varying level of phosphorous requirement for growing children. And there's a lower but still proportional levels of calcium to phosphorous being required when you're in your older years. Whether you get tooth decay or not depends upon a certain proportion of calcium and phosphorous in your blood. Also decalcification of your teeth happens when there's a mineral imbalance in your saliva. And repeated tests have long proven that a mineral imbalance in your saliva is a reflection of your calcium-to-phosphorous ratio. When the calcium-phosphorous ratio is imbalanced in your blood, your salivary secretions are no longer acid, and erosion of your teeth stops happening. Some holistic dentists follow the teachings of Dr. Melvin E. Page, who is co-author of the book, *Your Body is Your Best Doctor*. If your holistic dentist is using the teachings found by numerous holistic dentists in the field of nutritional endocrinology, then your holistic dentist will probably tell you that it's the ratio of calcium to phosphorous in your body that probably determines whether or not you'll get tooth decay. Weston Price, DDS inspired Dr. Page, as Dr. Price believed that an unbalanced ratio of calcium to phosphorous in your body led to a variety of degenerative diseases including some of the chronic diseases and also tooth decay, tooth infection, and inflammation. Basically, Dr. Page found that the ideal ratio of calcium to phosphorus in your body for ideal health should be around 2 1/2:1. This ratio was then used by Dr. Page to determine the correct nutritional diet and/or supplements dosages in order to balance the chemistry of your body. That's how nutrition and endocrinology becomes linked, by using nutrition to help balance the chemistry of your body. Also body measurement was used. For example the length and circumference of your lower leg and lower arm. The lower limbs were measured to determine inherited glandular patterns in your body. This happened many years before the concept of tailoring your diet to your genes became popular. In those days the balancing focused on your body chemistry and endocrinology. The idea was that slight glandular imbalances may lead to degenerative diseases. And nutrition can help to bring back balance in the chemistry in your body. For example, too much calcium in your blood may lead to too much tartar or plaque accumulating on your teeth. Too much acid in your mouth, and you have tooth decay. Too much alkaline in your mouth, and you have gum disease. To rebalance your body chemistry in various parts of your body from your calcified pineal gland to your constant tooth decay required changing your diet. Sometimes the culprit was drinking too much milk. Or perhaps your teeth have been ruined by too much sugar. Page made these discoveries more than 40 years ago. Why hasn't your dentist handed you a diet sheet about nutrition and endocrinology today? Could it be because of lack of training as a holistic dentist schooled in nutritional endocrinology? Concepts such as inflammation in a tooth joint, known as pyorrhea is related to inflammation in a joint known as arthritis. It is about these parallels that holistic dentistry researches. The goal is to correct body chemistry through nutrition. For further information, see the book *Your Body is Your Best Doctor*, by Melvin E. Page, DDS and H. Leon Abrams, Jr. Pages 194-200 are especially important as far as explaining how nutrition helps to prevent tooth decay. Cold cereal grains and tooth decay in some sensitive people?



The Concern About Getting Care Too Early Some kids today are getting braces on at eight years old or younger. These are kids who are still losing baby teeth and who still have many adult teeth that haven't made their debut yet. In fact, some of those teeth may not even been fully formed under the gum line yet. In addition, these kids largely have not gone through their major growth spurts that occur in their teen years, and these growth spurts can change the amount of space in the mouth and even the shape of the jaw slightly. Many people believe that getting braces on too soon is a waste of money because the teeth in the mouth are still moving around. Sequestration The extraction of wisdom teeth often requires that the bone lining that surrounds the tooth be expanded and sometimes broken to release the tooth. These fractures generally heal quickly on their own, but if the fractures get attacked by bacteria, they may lose blood supply and become dead tissue.

If you're ready to learn more in regards to [what do braces cost](#) [1] have a look at <http://dental-quote.com/braces-cost/> [1]

Tags:

- [General Discussions](#) [2]

- [General Discussions](#)

Source URL (retrieved on 01/22/2021 - 20:00):

<http://younganimatorsclub.org/content/natural-treatment-methods-cure-acne>

Links:

[1] <http://dental-quote.com/braces-cost/>

[2] <http://younganimatorsclub.org/taxonomy/term/10>