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Natural Tooth Cure for Curing Cavities and Preventing Root Canals

Wednesday, January 30, 2008 by: Rami Nagel
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(NaturalNews) It is not true that conventional dental treatments and fluoride are the only ways to heal your teeth from cavities. When struck with the diagnoses of a dental cavity, most people feel totally helpless or powerless to do anything about it themselves. The common belief about tooth decay is that once you have a cavity, the tooth cavity cannot heal or reverse. The only solution seems to be to rush off to the dentist and have a synthetic material placed in your teeth to cover the breached tooth structure.

No longer should we continue to accept dental surgery or the dangerous chemical, fluoride, as our only hope and solution for tooth decay. There is now a book that describes another way to heal teeth. *Cure Tooth Decay: Heal And Prevent Cavities With Nutrition* by Ramiel Nagel – available for purchase at ([www.curetoothdecay.com](#)) – is a triumph in the face of the medical dogma that believes in disease and suffering. Let me tell you what really causes tooth decay so that you can be empowered to fight it, prevent

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it, and succeed at doing so.

People go to dentists for regular check-ups, or because they have tooth pain or gum swelling. The dentist takes x-rays and then, many times, informs you of the dreadful news – you have a cavity. But you need not worry. For a few hundred dollars, the newest "natural" filling material can be placed in your mouth and the problem is solved.

Or is it?

I began investigating tooth decay, and health in general, because my own daughter was afflicted with tooth decay at the age of one. Children's tooth decay is commonly referred to as "Baby Bottle Mouth" because it is supposed to happen when children drink fruit juices from bottles. My daughter did not eat sweets frequently, never had fruit juice, was breastfed regularly, and has almost never eaten any type of processed foods (which are known to be harmful and decay promoting).

I knew that the current theory was wrong because it did not explain my daughter's tooth decay. I had to find an answer because unlike with adults, young children cannot undergo conventional dental treatments — they cannot sit still, and do not usually like things being forced into their mouths. As a result, a typical dental treatment for a young child is surgery with full anesthesia, or other unpleasant things. As I now understand it, applying these treatments to young children is, from a scientific or medical standpoint, not the best treatment; it's merely a convenient and haphazardly prescribed treatment that is costly in many ways.

To an important degree, my work is based on the research of the world's greatest dentist, Weston A. Price, as well as another top dentist, Melvin Page, who also used his research and even took it further. To say that Weston Price was well respected in the peak of his career, from the early 1900's to his death in 1948, is an understatement. He was the chairman of the Research Section of the National Dental Association (1914-1923), the forerunner to the American Dental Association.

Weston Price was widely respected in his time, and frequently published in many dental journals, including several articles in the Journal of the American Dental Association.

Rather than seek to determine why modern society had unhealthy teeth, Weston Price traveled the world to find out why Indigenous people have healthy teeth. In observing the superb health of Indigenous groups in the 1930's, Dr. Price made a poignant discovery. He realized that something fundamental was,

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and is, radically wrong with the way we live. And as a result, we have lost our pristine state of health. Dr. Price gave us an outline for a tooth decay healing protocol that, under precise and careful conditions, was over 95% percent effective at healing decay without dental surgery. In other words, cavities can be healed with a special type of nutrition.

What is Dental Surgery?

When a dentist finds a small hole in your tooth, or you feel pain due to a hole in your tooth, the dentist's job is to fix this hole. The methodology is to drill a bigger hole in your mouth, and then to fill the hole with a synthetic material. A dentist is a DDS, a doctor of dental surgery. Dental surgery only treats the symptoms of tooth decay, pain, and/or a hole in your tooth. It never addresses the cause, and because of this, people generally lose many of their teeth over time.

In an extensive study of over 15,000 people, the Centers for Disease Control published some statistics regarding tooth decay that should be cause for alarm for most people. Here is a summary: the older you get, more of your teeth become affected by decay. That's why old people have dentures (fake teeth) and most young people do not...yet.

On average, people ages 16-19 have 11.6% of all teeth affected by decay at one time. This steadily increases, and by the time adults are over age 60, more than half of their teeth (62.36%) have been affected by decay and a total of 93.1% of all people over the age of 60 have had teeth affected by tooth decay.

If brushing, flossing, massive fluoridation campaigns, and dental surgery were effective in preventing tooth decay, it would not get worse over time. It would stay the same, or get better. This is what I refer to as an unscientifically sound practice. If we are to examine the effects of our dental care as a society, the statistics clearly show it is a failure, as tooth decay becomes worse and worse over time. Either Nature is fundamentally flawed and has doomed us to a life that includes decaying teeth, or humans are flawed in understanding and utilizing Nature.

The Current Tooth Decay Theory is Wrong

The current theory of tooth decay according to the American Dental Association:

"[Tooth decay] occurs when foods containing carbohydrates (sugars and starches) such as milk, pop, raisins, cakes or candy are frequently left on the teeth. Bacteria that live in the mouth thrive on these foods, producing acids as a result. Over a period of time, these acids destroy tooth enamel, resulting in tooth decay."

There are several problems with this theory.

- #1) No matter how much you brush, it is impossible to keep your mouth free of bacteria — supposedly we breathe in over 14,000 germs per hour.
- #2) Some groups of Indigenous people who had fermentable carbohydrates stuck on their teeth all of the time, without any brushing or flossing, were mostly or entirely free of tooth decay.
- #3) Bacteria do not eat processed sugars because of the lack of nutrients found in them. In fact, sugars are processed not only to prevent spoilage, but also to prevent consumption by bacteria. It does not make sense that these nutrient-void sugars miraculously become food for bacteria once in your mouth.
- #4) Bacteria does not eat processed flour for the same reason. Processed flours are designed to prevent spoilage, and thus the minerals (bacteria food) are removed. Many times, flours are even further treated to prevent bacteria from eating them.
- #5) Foods that bacteria like to eat include milk, vegetables, meat, fish, and fruit; these are not commonly attributed with being the causes of tooth decay.
- #6) The large CDC survey described above shows that despite all of our prevention efforts, on average about 90% of our population has had tooth decay at least one time. This means that even in the best case, our preventative methods only work for 10% of the people. Of course, the typical answer to this is that those 90% of the people did not get regular dental visits, did not use fluoride, and did not brush their teeth often enough. Unfortunately, this is an example of blaming the victim, rather than looking at the larger problem. People have not been given an honest evaluation of what really causes tooth decay, and so have not been empowered to act to stop it.

What Really Causes Tooth Decay

After reading and studying the work of Weston Price, late Harvard Professor Earnest Hooten said we need to consider the habits and ways of the Indigenous people, because "It is store food that has given us store teeth."

Time and time again, Dr. Price documented the tragic plight of Indigenous people coming into contact with modern industrialization. Many of these groups enjoyed generation after generation of life without significant tooth decay. But after the arrival of industry and commerce, and with them modern foods, their teeth began to degenerate very rapidly.

Published data from food surveys done by the United States Department of Agriculture show that a significant portion of the population is under nourished. It should not be surprising why.

We eat junk food, processed food, denatured food, and chemically-laden foods. These foods lack the

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special fat-soluble vitamins which Indigenous people would, at times, go great lengths to obtain.

That means if you want to be healthy, you need to take time and effort to pay attention to what you eat. You cannot just go to the local convenience store and expect that a packaged food product is designed to give you optimal health. It is important to reflect upon the long term consequences of each and every bite of processed and denatured food you eat.

Through blood tests, Dentist Melvin Page pinpointed the cause of tooth decay in modern people. When our blood chemistry is out of balance, primarily from the consumption of processed foods (especially sugars), the ratio of calcium and phosphorus in our blood deviates from normal. When this happens, minerals are pulled from the bones causing tooth and other bone loss. So, sugar causes tooth decay because it depletes nutrients from the body, not because bacteria eat it and produce acid. In order to restore the ratio of calcium and phosphorus in our blood, and to enable minerals to bond unto our teeth, it is usually not sufficient just to avoid eating too much sweet or processed foods. One must also eat health building foods, containing potent amounts of minerals and vitamins to create a chain reaction that will build glassy hard tooth structure in place of decayed tooth structure.

Freedom From Tooth Decay

This is just an introduction to how you can be free of tooth decay, and avoid those pesky root canals. Our teeth can rebuild themselves, and cover themselves over with a hard and glassy layer, provided we give ourselves the right kind of nutrition.

And what is the right kind of nutrition?

First, it is fat-soluble vitamins that are present in plant and animal foods raised only in pristine harmony with nature. Fat-soluble vitamins are vitamins A, D, E, and K from whole food sources. Grass-fed animal foods, wild fish and shellfish (particularly the organs) are home to these vitamins. You may know from nature videos that the king of the jungle prefers the organs over the flesh meat. And that great powerful bears sometimes only eat the head, or just the brain of the salmon for nourishment, leaving the rest for other animals. This is because the organs contain the vitamins that make our bodies fit for life.

Fat-soluble vitamin E is stored in the germ of grains from wheat, rye, barley and oats. But when we process these grains, the vitamin quickly oxidizes and the grains become rancid. Because store food is improperly processed, it is nearly impossible to find any product made with these grains that contains the whole vitamin. Even in organic varieties, the most essential nutrients are lost because they are improperly prepared, and this results in great harm to our health and to that of our children.

We have tooth decay today because our food supply is so poor that many foods are lacking in the fat-soluble vitamins A, D, E, and K.

So, to begin to obtain freedom from tooth decay, your food sources must include the fat-soluble vitamins. If you eat grains, like wheat and corn, they must be freshly ground. Grains usually need to be fermented to release trapped nutrients and make them digestible.

I used to eat what I thought was a healthy diet: organic fruits and vegetables, organic grains, and organic fish and chicken. Even still, I developed tooth decay because my diet did not contain enough fat-soluble vitamins, and it did not contain enough bio-available minerals.

For animal food eaters, we need to eat grass-fed raw milk, butter, cream and cheese made from cows that eat the rapidly-growing grass of the spring and summer. Also, we need to eat moderate amounts, with almost every meal, of at least some of the organs of land and/or sea animals, or truly free-ranging chicken eggs.

The second mistake that can contribute to tooth decay in many people is eating too many sweet foods. Yes, natural sweets do not affect the blood sugar level as adversely as processed sweets; because of this they can easily promote tooth decay. If you are prone to tooth decay, I suggest paying attention to the amount of sweet foods in your daily diet, including the use of carrots, bananas, dates, honey, maple syrup, and any other type of fruit. Any sweet food can produce a change in our blood sugar, which can contribute to minerals being pulled from our bones.

Living Without Tooth Decay

I wrote an entire book on how to live without tooth decay and how to heal your teeth with good nutrition. I cannot give you all the answers in an article, but I can let you know that there is a new way to promoting healthy teeth.

I was diagnosed with three cavities two and a half years ago. But through regulating my diet, and eating special foods, my teeth have become stronger and the cavities have halted. My daughter has lived with her tooth decay without the need for dental surgery for close to three years now. With enhanced nutrition her mood has improved, and her teeth have protected themselves internally from infection; this is called arrested decay. For me it is really priceless to be able to avoid Novocain shots, radiation exposure from x-rays and having holes drilled in my teeth. And for my daughter, the savings for me as a parent, are really beyond words and explanation; I feel eternally grateful.

In our society we have deep and unfelt beliefs in disease and suffering. We believe that "life is suffering." Or some say that "to be human is to be in a state of sin." Many of us are not totally conscious of these beliefs, or others like them, so we inadvertently look past answers staring us blatantly in the face. We promote systems such as dental surgery and water fluoridation, which are many times not necessary given the light of knowledge showing us that our teeth are not designed to decay.



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You can minimize your tooth decay, prevent it entirely, and even heal tooth decay once a cavity has formed, if you make good choices for yourself based on the knowledge of the lifestyle led by decay-free indigenous people.

We continue to fool ourselves, saying that diseases are not curable. But it is time to move away from these limiting beliefs. The cause of tooth decay is known, and knowable. From this knowledge, let us become empowered to take more responsibility for our dental health.

You can learn how to live without tooth decay. You can heal and prevent cavities. To purchase a digital or print copy of Cure Tooth Decay, visit (www.curetoothdecay.com)

About the author

Ramiel Nagel is the internationally published author of [Cure Tooth Decay](#) and [Healing Our Children](#) In "Cure Tooth Decay" Nagel, reveals how your teeth can heal naturally because they were never designed to decay in the first place! Now there is a natural way to take control of your dental health by changing the food that you eat. [Receive 19 free lessons on how to stop cavities](#)

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Very interesting article. Not sure how true "curing" the decay is but preventing it sounds correct.
Reply · 1 · Like · December 28, 2011 at 6:47am
-  **Liz Stevens-Madavi**
Good to no, thank you~.



Lori Irving

This is awesome and great info. I'm focusing more on my teeth. I am a recent graduate from TIN in New York and appreciating finding your site. I am in search of a good tooth paste that helps eliminate yellowing of the teeth keeping away plaque and helping sensitivity. I just learned baking soda and strawberry helps lessen yellowing. I look forward to comments and may get the book or books you recommended. I've already improved my diet greatly and can tell many differences.

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Mohan Lal Geologist · Geologist at Larsen & Toubro

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argh, going to the dentist since one of my fillings cracked. I am committed to strong, beautiful, healthy teeth. Great article! I'm going to get the book too!

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Eleanor Makins · Aberfoyle Park High School

There is so much wrong with this article I wouldn't know where to start...

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hmmm, such as??

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Camy Lopez · RMIT University

his theory on the cause of tooth decay is correct, but i wouldn't know as to the validity of stopping it or curing it.

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Mickey Payne

don't knock it, if you haven't tried it...black tea halt's tooth decay

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