

# cure tooth decay (part I)

a reader question & answer  
from Nourished Kitchen



## Before You Read this Transcript

This is a transcript of a conversation of Jenny McGruther of Nourished Kitchen and Ramiel Nagel, author of *Healing Our Children* and *Cure Tooth Decay*. Nourished Kitchen readers were invited to email their questions on the nutrition, dental health and children's health. This is part I in a two-part series.

**You can find the original video, show notes, links and referenced books here:**  
<http://nourishedkitchen.com/cure-tooth-decay-part-I>

## Here's What You'll Learn

- Conventional Dentistry's Losing Battle with Tooth Decay
- The Healing Protocol in Cure Tooth Decay
- How our ancestors prepared grains
- Why you don't need to go low-carb to remineralize teeth
- What oil pulling is
- A Healing Protocol for Gum Disease
- What to do if you already have fillings
- What the deal is with glycerin and xylitol

## Jenny McGruther interviews Ramiel Nagel of Cure Tooth Decay

**Jennifer:** Hi guys. This is Jenny from [nourishkitchen.com](http://nourishkitchen.com). I am here with Ramiel Nagel from *Cure Tooth Decay*, we can see his book right here.

I read this book a while back and it's really fantastic. What I really appreciated about it its no holds barred look at nutrition and the work of Weston A. Price. In working with lot of the readers of [nourishkitchen.com](http://nourishkitchen.com), I found that this book is an enormously helpful in allowing people to really heal their cavities and their caries etc. So we've got some questions here for Rami and then we are going to get started on your questions as well.

If you could explain a little bit about who you are and what inspired you to write your book, I think it would give us a starting off point.

**Ramiel:** Okay, well, first of all: Hello to all the nourish kitchen readers. I wrote the book.

My daughter had tooth cavities when she was a year, year and half. And I really didn't know much about it. But when we contacted dentists to find treatment solutions, we were very discour-

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aged by what they had to offer, and somewhere back of my mind I had the idea that what they were doing wasn't going to solve the problem just going to hide it.

So I had background and energy medicine and healing, and I had the idea that my way to heal it so I started going down that path and I found the work of Weston Price as part of the journey and we tried to lot of different things. We tried anything from like walnuts to herbs, and we didn't really know what we were doing. Finally when I found the program that worked, I thought that I should share it with other people, and it eventually led me to writing the book.

## Conventional Dentistry's Losing Battle with Tooth Decay

**Jennifer:** Very good. One of the things I found interesting when I read your book was that you mentioned that conventional dentistry is sort of facing kind of a losing battle with this war on bacteria. You brush your teeth religiously to scrub of any trace of food, and then you douce yourself with Listerine, and you floss, and if that doesn't work then you go and drill it out. And you have taken a much different approach, so if you can clarify or elaborate on that I think we would appreciate it.

**Ramiel:** Yeah, well I have little chart in by book, and it's also on the website. May you can put it over there.

[Ramiel shows chart.]

This is aggravated tooth decay. So what it shows is that as people get older, they get more and more cavities. And the basic reality is that the paradigm of bacteria, it hasn't helped anyone stop getting cavities. Dentistry is a \$100 billion per year industry in the United States, and people get worse as they age.

So if everyone is brushing and flossing and using chemicals and drinking fluoridated water, why do their cavities keep getting worse? Why aren't people cured or healed?

So that's the first thing, and the second thing is that there is a lot of different and very interesting evidence. For example, and I am going to post this on my blog, I found study that found that the bacteria streptococcus mutans, which they say causes cavities, is actually a necessary bacterium, and that it prevents the growth of yeast. So we need streptococcus mutans and the problem is that where there is tooth decay, there is an over abundance of them, but it's not the cause of the cavities.

So the secret is that in 2012, today, the American Dentail Association says that bacteria produce acid, and that's what causes tooth decay. But if you rewind back and time to the guy who invent-

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ed this theory, W. D. Miller, he said “Yes, bacteria will produce acid. Yes, that might cause cavities. And, by the way, if your tooth is strong and healthy, it’s immune to acid.”

So the founder of the tooth cavity theory, the theory that’s 130 years old, told us that strong teeth were immune to acid and bacteria. If the American Dental Association or your dentist told you that strong teeth will be immune to bacteria, then the next logical question would be “How can I have strong teeth?”

**Jennifer:** Precisely.

**Ramiel:** If they tell you that bacteria are the cause of your problems, and “Oh poor you. You brush and floss, and you couldn’t get rid of the bacteria. Now the bacteria are causing your cavities.” The logical solution to that would be to drill out the bacteria.

So they field and industry of dentistry - the \$100 billion industry - is supported by the bacteria paradigm, and if the paradigm was different, it wouldn’t support the industry as well. And that’s why we have a wrong theory, and a correct theory has been proven by the life work of dentist Ralph Steinman which talks about how our body controls the mechanism of tooth decay. It’s not bacteria that’s controlling it.

**Jennifer:** It’s really about healthy teeth first and foremost - building healthy teeth.

**Ramiel:** It’s about building healthy teeth, and that’s regulated by our glandular system in our body. So the functioning of our glands together, and the glands in our jaw controls whether our teeth re-mineralizes or de-mineralize, and that’s fact overall healthy body chemistry and fact which is primarily a factor of what we eat.

## The Healing Protocol of Cure Tooth Decay

**Jennifer:** And in the healing protocol you describe in your book, *Cure Tooth Decay*, you emphasize foods that are mineral-rich, as well as really rich in fats-soluble vitamins. You mention a lot of organ meats, seafoods, raw milk and things like that, why are these foods in particular critical to the prevention or correction of the tooth decay?

**Ramiel:** So the guidelines of my book are based on the work of Weston Price and what Weston Price did. He studied traditional cultures, and he analyzed their diets and he found that what indigenous cultures ate that we are not eating today is the fat-soluble vitamins, and in order for us to re-mineralize cavities, we need to have fat-soluble vitamins in our diets. That’s why emphasize fat-soluble vitamins. You actually don’t even need to eat a lot of them, it’s just that we need to eat them, and we are not even eating them at all.

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And then, raw milk is this perfect combination of the fat-soluble vitamin, if it's is grass-fed milk, and minerals, because our body needs a gram to a gram-and-a-half of calcium per day and a gram-and-half two grams of phosphorus. It turns out that between 30 or 50% of average Americans don't even get these basic minerals.

So the idea about why do have bone loss and tooth decay, it's because we don't have calcium and phosphorus. If our diet and country emphasized raw milk that's absorbable rather than pasteurized milk that's potentially toxic or factory farm milk which doesn't have the absorbable nutrients, if we emphasized good wholesome milk, then we have a much, much lower rate of cavities and also much lower rate of people in bone problems and broken bones and so forth.

Also raw milk cheese is really, really dense in the minerals our body needs for healthy teeth. So I try to give the people the least work to get the most results. So that's what those foods are.

**Jennifer:** I love it: least work, most results.

In the past we had mentioned that tooth re-mineralization is a possibility. Occasionally I get feedback from readers who say, "Oh, I eat a traditional foods diet. Oh, I eat a nutrient-sense diet, and it hasn't made any difference in my teeth."

I am curious about that, because I also receive tons of comments and emails from people who have adhered to your protocol as well as to traditional foods diets, and they see almost miraculous results. So, I was wondering you could help me to understand why somebody may be experiencing issues even though they adhere to a traditional diet?

**Ramiel:** There is only one person I ever talked to so I can exactly nail down what was happening. So the first possible problem is people think that they're eating a traditional diet, and they aren't really. That's problem number one.

Problem number two: whole grains. People think that they are eating a traditional diet, and eat whole grains. But the tradition of our ancestors is not necessarily to eat whole grains, but to eat grains that are very carefully processed, fermented, soured, aged and sifted and that go through an elaborate process. And that can cause cavities. So that's option two.

Option three is that there's hidden causes of cavities for example: if a person's on prescription medications or taking certain protein powders or certain things that are not necessarily disclosing. Option four is they're just angry people. There is a connection between our feelings and cavities. And anger's definitely emotion that's connected to tooth cavities.

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Also option five: there are a small percent of people who, because of the western diet, because of drugs and vaccines, and so forth, their bodies are quite damaged and, at that point, their body is not using the fat soluble vitamins very well. They can't have raw milk - too inflammatory. So there is a certain percent of population that's need more help than just eating healthy to get their body's back to balance.

But it's not because the theory is wrong. It's just because there is something that's out of balance and needs to be addressed at a more deeper level. They can't just eat some more butter and get better, when, for most people, they just eat more butter and that's enough.

## How did our ancestors prepare grains?

**Jennifer:** I understand. It's interesting that you mentioned emotion and cavities. I think emotion plays an enormous role in overall healing and wellness, and whether or not you're ready to heal. So I thought that was an interesting point that you made. Another one that I found was interesting was your mention of whole grains, and that we are not really eating the whole grains of our ancestors.

If and our ancestor ate whole grains, and, in your book, you suggest that the isolated Swiss villagers who consumed rye bread weren't actually eating whole rye flour or rye bread as we think of it today. I wondering if you could elaborate on that including how what they were doing is different from what we are doing.

**Ramiel:** So, there is two kinds of grains. Grains are seeds of grasses: wheat, rye, barley and spelt. All of the grains that we characterize as grains, those are all grass seeds and the grass seed grains are highly likely to have grain toxins in them versus the non-grass seed grains like quinoa, amaranth and buckwheat. Those have their toxins in different places. So we can potentially eat those without refining them as much.

How do I have the evidence? So the evidence is still a work in progress, but I have several examples of how, in traditional cultures, they remove the bran. So, for example, there is a book written in French about the people living in the French alps who were basically identical to the people Weston Price studied in the Swiss Alps. A woman studied them and lived with them. What they did is, in their grain processing, after they ground fresh rye, they would remove 25% of the grain by weight. So, they would basically remove all the bran and germ, but there would, of course, be little specks of bran and germ even though they sifted it. So you're going to get some special vitamins and nutrients in that.

I have a doctor from Tibet. She has a huge smile, perfect bone structure - right out of the book.

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She she has a bone structure similar to what you will see in *Nutrition and Physical Degeneration* from Weston Price. So I asked her, what did she eating growing up, and do they eat grains, how do they prepare it? In Tibet, they eat a lot of barley, and so I asked her, “Do you eat the bran of the the barley?” She said, “Of course we don’t eat the barley bran! That’s toxic, we give it to the animals.”

In Thailand, they pound their rice to remove the bran. They feed the bran to chickens, and in India which preserves traditional cultures very well. India has a lot of practices that haven’t changed very much. They also mostly de-bran the rice, though I haven’t seen how its done, but it is mixed with rocks. There will be little streaks of bran on the rice, but the rice isn’t hole bran rice. In India, they also age the rice for one year. So they don’t eat the rice fresh, and all those things are evidence that there is toxins in the bran, and that a tiny bit of bran is okay, but the amount of bran we eat is mistake. If you think about it, if we give the bran to a farming animal and the farming animal can digest and use that bran, you’re going to get those minerals in their eggs or in their milk anyway.

**Jennifer:** That’s true. It’s very interesting perspective, and it is one of the things that really stood out to me when I read the book. I think about a lot of the people who do adhere traditional diets, but they are eating the whole grain: it’s not being sifted, it’s not being partially milled milled. It’s the whole unprepared grain.

One of the things that I found particularly interesting in your book was that you actually compare Price’s data on the rye that the isolated Swiss we are eating versus USDA data on just ground rye, and there was a huge difference. That’s also evidence of your idea that they were not eating the whole grain.

**Ramiel:** What I show is that the minerals that they were getting from the rye versus minerals in white flour isn’t that different, so the failure of the modern diet is not necessarily because of the white flour; it’s because of the all the other stuff.

Now, I don’t promote people eating white flour, because it is toxic - especially today, but it just shows us that there is this idea that we don’t get enough nutrients from a partially refined grain, and that’s not totally accurate. Also, the main source of nutrients in a grain is going to come from how fertile the soil is. So if you want healthy grains, you want it from fertile soil. You don’t necessarily want to eat every little bit of grain.

Also in my book and in my presentation, I talk about the research of Edward Mellanby who did decades of experiment with grain-feeding experiments with animals, and he proved how the grain and germ are toxic to the animals and that the grains without the bran and germ are less toxic.

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So there is just a overwhelming abundance of evidence that shows that we should be very careful about the bran and germ, and I think that's why a lot of people end up going on a grain-free diet. The whole grain diet is toxic, so they just abandon the grains altogether, and they haven't found the middle road.

## What about root canals?

**Jennifer:** I'm more about the middle road, personally.

Anyway, I am going to go ahead and get to some of our readers' questions. We invited Nourished Kitchen readers to submit questions to you.

Kim was wondering what you can do if your tooth needs a root canal. She's also on the GAPS diet. She's throwing her hands up into the air here. Her dentist tells her she needs root canal. You talked a little bit about that in your book, what's your prospective on root canals?

**Ramiel:** Well, crowns and root canals are the most profitable procedures for dentists, and the amount of dentists who are doing root canals is at a all time high.

So it's helpful for Kim if we just break down on a root canal is. In a root canal, they remove the top of the tooth, they remove the inside guts of the tooth, and they attempt to sterilize the teeth, it is hard to totally sterilize properly, then they fill it with a synthetic material. That's a root canal.

The idea of doing that is that there's an infection in the tooth that the body can't heal. So first of all, can we decide that she really does have an infection. Is it painful? Can she not bite on that tooth? There is just so many different cases, but if the nerve is dead and there is rotting, festering gunk in the tooth, maybe root canal will help.

Most of the time the root canals are over-prescribed so may be someone has a small infection, and that infection can be healed naturally. Now, if she is on the GAPS diet and has an infection that's not healing, that's a sign there is a deeper problem. Maybe she is a little allergic to some of the foods that she is eating.

It is hard to comment more, because there's a lot of details missing. The general book approach on root canals is you don't want to do root canal unless you absolutely, absolutely have no other choice. Many conservative dentists will try to put a large filling on the tooth. They will try to crown the tooth before doing a root canal, and then the biggest problem is that most teeth don't even need root canal in the first place.

So the first step is for Kim to get second opinion and really evaluate how bad the tooth is. Just

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very basic guidelines: if she can chew on that tooth, it probably doesn't need a root canal. Root canals are for people can't function. The tooth hurts so bad they don't know what to do. They are dying. The dentist will do this heroic thing and to try to save the tooth.

Then there is whole discussion about whether these toxic or not and should we do root canal or pull the tooth. And, again, I always promote the least invasive, most conservative treatment. because if that fails, you can always go and get a more aggressive treatment. Once you pull the tooth or do something really aggressive, it's gone.

## Do I have to go low-carb to remineralize teeth?

**Jennifer:** Kendahl wrote in, and she said, "Can you remineralize your teeth were not going low-carb?" which she perceives as having a lot of issues. So, what is that middle road, essentially?

**Ramiel:** Well, I do not promote a low carb diet. The only time I recommend low carb is if someone has a tooth infection, then temporarily avoiding grains for a few days and reducing carbs for a few days is an excellent idea. On the same hand, I don't say people shouldn't do low-carb. I kind of give a structure and guidelines for people follow.

For grains, in my book, I give difference levels of grain awareness that you can have. So the simple grain guys is you could don't take much work it just to have some sourdough bread, if you want to have have rice, have some white rice. That's the easiest guideline, and then you can get more advanced and have rice with some bran, and you can soak your rice. You can make rice pancakes. You can make lentil pancakes. You can make your own bread.

Teeth will absolutely re-mineralize without going low-carb, and I just give a structure. You can eat all kinds of carbs that you enjoy within that structure.

I definitely promote a low-sugar diet. But you can have potatoes. You can have sourdough bread. You can have rice. You can have quinoa. You can have squashes. It really depends on your individualized tastes.

**Jennifer:** Very good. That's a relief to hear for a lot of people. It really is also about not necessarily what you avoid in terms of grains, but making sure that you are getting adequate minerals and fat-soluble vitamins and things like that which you also write about in your book as well.

**Ramiel:** I also just want to say everyone's constitution and chemistry is different. So I find it's a bad idea just from the book that tells someone to teeth is narrow-minded diet, because it could be exactly opposite to the diet that they need to be healthy. So, rather, I think people should take what they normally eat, and then read my book and upgrade how they eat and fine tune it so

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that it stops cavities without completely overhauling everything they eat.

## What's the deal with glycerin?

**Jennifer:** That's also something that people can do. You don't lose their steam quite as easily if you're modifying what you already do, and what works for you.

Elizabeth writes "I heard that glycerin may prevent re-mineralization. Is there any evidence or indication of that?" So, with regard to glycerin, how does that affect tooth re-mineralization?

**Ramiel:** There is a chemist Gerard Judd who has passed away, he was the first "heal your teeth: guy on the internet, and he is the one who said glycerin prevents tooth re-mineralization. I don't know if there is scientific studies that say it's true.

His idea was that the tooth remineralized from the surface. Regardless of whether it is true or not, I can say that the glycerin used today is quite a nasty product. It's overly sweet. It can definitely affect your tissues, so we are better off avoiding glycerin for our overall health. A long time ago glycerin was the byproduct of candle manufacturing, and it was made from beef fat. Today, it is not usually made from that. So, it just something that is very sweet and really should not be in our mouths.

## What is oil pulling and how is it helpful?

**Jennifer:** Do you have any opinion on oil pulling and gum disease is another question we get. I know that oil pulling is very popular with many of the readers on Nourished Kitchen, what is your opinion on oil pulling?

**Ramiel:** Oil pulling is helpful.

**Jennifer:** For those who don't know what oil pulling is can you clarify or provide a little information?

**Ramiel:** You use organic oil. I think in it's from Ayurvedic medicine, so I think they originally used sesame seed oil. It is really hard to get that nice pure cold-pressed sesame oil, but you can use coconut oil or olive oil. You swish it in your mouth for as long as you can: five or ten minutes, and it helps detox your mouth. I think it's a good practice if somebody likes it.

## What can I do if I have gum disease?

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**Jennifer:** Very good. We had maybe three or four different readers write in about a protocol for a receding gums, so could you clarify how gum disease happens and how one might be able to heal receding gums.

**Ramiel:** Yes. I haven't, let's say, conquered gum disease. I'm at 50-70% on it.

Gum disease is mouth arthritis. Your tissues are degenerating, and it's just in your mouth and on your gums. The cause of that is digestive imbalances, malabsorptions and food allergies, because it is caused by the digestive imbalance. Gum disease can also be caused by mercury fillings, and possibly other heavy metal poisoning that we are not aware of.

The protocol for reversing gum disease, I do have some things that are very helpful.

Number one: you want a food base vitamin C such as camu camu berries or any natural vitamin C concentrate - one to two teaspoons per day. The synthetic vitamin C does not work as well.

The second thing is there is a connection between gum disease and grains, so you really want to be mindful of your whole grains.

Third thing: you want to clean or irrigate the gum pockets, and there is two ways to do this: one is with an oral irrigator or kind of syringe. You can irrigate with different herbal solutions. I would try sea water, or sea salt. So irrigate the gums with sea salt and there is quinton hypertonic sea water which should probably work better, and I'm going to be experimenting with that. That's one of the best remedies for gum disease: just sea waters, swishing mouth wash with sea water or water with sea salt additive.

And the fourth thing: on the holistic dental store website, there is a video about a gum cleaning technique which is based on a dentist by the name of Dr. Phillips, and use your brush to tap your gum tissues and that helps remove the plaque.

What happens is dead skin and toxins in our gums - our cells are constantly growing and then dying, and after they die, they get released. So the cells in our gums, after they die, they can collect in the gum pockets and eventually if they don't get cleaned away, or if there is too many toxins in it the gum part gets started expanding that's the theory of gum disease.

Vitamins A and D from cod liver oil can be very helpful for gum disease. Those are the best things.

The good news about gum disease is that a lot of treatments that the dentist has for it can actually be helpful. So if you have moderate gum disease, these treatments I am suggesting are going work. If it is severe, then you might need something a little more advanced, but the surgi-

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cal procedures that dentists offer - may be you don't need them all the time, may be they are over prescribed - but, for gum disease, they seem to be helpful. So, if the protocol doesn't work; you're still struggling then find a dentist who is a gum expert and try surgical treatment.

**Jennifer:** And the brushing technique that you mentioned that's called blotting, am I correct?

**Ramiel:** Blotting, yeah.

**Jennifer:** I just wanted to put this in for the readers, after reading his book, I actually went to his website and looked up that video that he described a little bit earlier. It has actually helped me personally. So we'll put in a link to that. It's been fantastic for me.

**Ramiel:** You just massage your gums and stimulate them, and that helps the problem, but I would consider that a topical solution. It's not getting to the root of the imbalance. But anything we can do to have healthy teeth and healthy gums, why not?

## I already have fillings. What can be done?

**Jennifer:** Exactly, we've got another question here: Tonya asked what can be done if you already have fillings?

**Ramiel:** Anything you want can be done. Here is issue: the teeth that have the fillings, especially mercury fillings, are the teeth that are going to need crowns and root canals in the future. So you are going to want to do your best to have a healthy diet. Teeth with fillings can re-mineralize, dental fillings only hide the problem of cavities and rarely are they really beneficial.

I would say there are cases where filling does help when you have a large cavity, a filling is a good idea, but for when the dentist is drilling away healthy tooth structure that's a bad idea. So you want to eat a healthy diet even though you have fillings, because the average filling is going to fail in 5 to 12 years, so you want to retain the tooth, retain the filling and, if the filling breaks down and your tooth is still strong, you could just get a new filling right there without the dentist drilling; they could just clean the area and put in a new filling.

## I'm dairy-free. What can I do to help remineralize my teeth?

**Jennifer:** Janet asks, "If you are allergic to casein in milk and cheese, what is the best way to get these minerals?" You mentioned grass-fed cheese and grass-fed raw milk or such potent source of these minerals and fat-soluble activators, what would be an option for somebody who needs to be dairy-free?

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**Ramiel:** Well, first of all, I would recommend they try the fermented milk like kefir or yogurt. Goat milk seems to be a little more easy going in people are sensitive. So try that. The second thing I would try if that doesn't work, I would try buttermilk and whey. So you can make fresh whey, and the whey still has half to one-third of the calcium that milk doesm but is very very not irritating to the body.

If you totally cannot do dairy - and there are people who are sensitive to dairy, even if it is raw and grass-fed - then you have to get it from vegetables and seafoods. And you need about ten to twelve cups of cooked vegetables per day to get your minimum calcium, now that might sound like a lot but in Asian countries and some countries where they don't have dairy, they have tons of vegetables with their rice every meal, and they probably get ten to twelve cups of vegetables. But that's also why some people in other countries are shorter, because they have less calcium. In the body, overtime, it adapts to diet and the others have smaller bone structure. In the African tribes where they live off dairy, they are huge, because all the calcium can produce strong bones.

## Do I really need Green Pasture High Vitamin Butter Oil?

**Jennifer:** Robin writes she is kind of stumped by the price of the high vitamin butter oil. She is adhering to the protocol in *Cure Tooth Decay*, and she is wandering if different brands have different rates of efficacy, and if the more expensive brands are worth it?

**Ramiel:** There is only one high vitamin butter oil, and that's from Green Pasture.

**Jennifer:** That's the only one I am familiar with.

**Ramiel:** Correct, now there is ghee that has the activator X. It depends how bad your cavities are. The butter oils concentrated and really effective for tooth cavities. That's the bottom line. I recommend people take the royal blend which is one third butter oil, two thirds cod liver oil. You don't even need to take a lot, you could take a half a dozen and probably be in good shape.

So you can have one bottle. It's \$48 and it could last you two months.

I think people should be really careful about trying to save every last penny. If you get good butter, you can use storebought Kerrygold pasteurized butter - it has been enough to re-mineralize some people's teeth. It really depends on what you need. It's not right or wrong; it's you try to do your best for your particular situation.

But the reason why the green pasture's high vitamin butter oil is expensive is because high quality cream and butter is expensive, and you are getting a highly concentrated version of it. I am sure if they could make it cheaper, and sell more they would.

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## Will kombucha damage my teeth?

**Jennifer:** I tend to agree. Do you have any thoughts on Kombucha and its affect on teeth. That's a question from Ilene, and I think she is concerned about the acidity in Kombucha and how it may or may not affect the teeth?

**Ramiel:** Yeah, so what W. D. Miller said in 1882 is that a perfect tooth will resist acid, will resist bacteria, will resist anything you throw at it, you can hit it with things; it will never decay, never degrade. Nothing will happen to it.

So if your teeth are perfect any your new to cavities then you can drink a Kombucha all day long. However ,Kombucha is sugary. Kombucha is acidic, and if you have sensitive teeth, if you are on the borderline then you will want to avoid it if you have tooth cavities. If your teeth are strong and mineralized then the saliva will quickly neutralize the acid, and your teeth will be totally fine, but I would say be careful with kombucha because there is sugar in it, and I don't think it is something you supposed to be drinking cups and cups of it everyday. If you make Kombucha at home, that stuff is really strong I mean you can drink more than half a cup, it's the store-bought kombucha is little watered down where you can drink a lot more of it because they reduce the potency.

## How do essential oils stack up as a tooth cleanser?

**Jennifer:** Yeah, I think it's more of a medicinal tonic, rather than a substitute for juices and sodas. For me it is not a daily thing.

Meredith writes, "What's your perspective on essential oil based tooth cleansers as opposed to something like tooth paste for cleansing the teeth?" There is quite a few different essential oil base cleansers on the market right now. Do you have any perspective on those and how they may help or hinder dental health?

**Ramiel:** Essential oils are very, very potent and people don't realize that - how strong they are. On the other hand, they're also not toxic whereas almost all the other toothpastes have toxic, industrial garbage ingredients in them. So I will say essential oil tooth cleaners are okay. Use with caution.

My partner at the holistic dentistry store is working on non-essential oil, high quality tooth cleansers. The reason why people use essential oils is that it's easy to manufacture the product. You just buy essential oils mix it in a bottle, and you're done, rather than making an infusion or tincture which is a lot more work. I believe that highest is an infusion or tincture; middle ground is essential oil, but people do benefit from them. They are nice. I'll just say to use with caution and modera-

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tion, and I absolutely say avoid toothpaste.

Is xylitol as good as they make it out to be?

**Jennifer:** Do you have any thoughts on the use of xylitol? Xylitol is in a lot of natural tooth pastes, gums and things like that. What are your thoughts on xylitol?

**Ramiel:** These natural brands for tooth paste are as natural as these companies that make hybrid vehicles saying that they're now environmentally friendly. A hybrid vehicle still uses gasoline, just a little less gasoline. These natural products are not really that natural.

There's is nothing natural about all these industrial ingredients. Xylitol is a synthetic sugar. It's not even a sugar; it is sugar alcohol. And they have this interesting theory that says that if you could put on your teeth it disables the bacteria, therefore it's good for you. But I have more and more evidence our body needs the bacteria, so we don't want things that kills our bacteria.

So that's one issue. The other issue is because its synthetic, I don't use any synthetic products. It is processed in the liver. I do not recommended people use it.

Now, supposedly there are some studies that say it's helpful. There's other studies in American Dental Association that suggest more evidence is needed - that it doesn't really stop cavities. Again, with the coming of the industrial revolution and industrial foods, there came another concept of industrialism and that is called marketing. It's because of marketing and the influence of the marketing and the business and our government that has created false knowledge and information. The purpose of false knowledge and information is to sell products, not to promote health. So most of the xylitol advertising is to sell a product, and not necessarily because it's good for you. But caveat is this: if you take xylitol and it helps you, and it helps you to avoid getting your tooth drilled, then that's helpful. So perhaps it's better than other treatments, but it's not something I recommend.

**Jennifer:** I understand. I get questions about using a xylitol in recipes, and I always tell them, "You're better of using nothing, or just a small amount of a truly natural sweetener."

**Ramiel:** Just to comment on that: Xylitol is is not generally recognized as safe. The reason why you don't see xylitol soda or xylitol cookies at the store is because the large food manufacturers that have legal appointers and lawyers, they know that they are not supposed to use and cook with that food, because it's not a legal food. It's only legal for topical solutions. That's why the only people you see using xylitol as an internal product are these tiny health food manufacturers

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a reader question & answer  
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that have no clue what they're doing. That's why you'll usually find xylitol in the supplement section of the food store, not by the sugar and maple syrup.

## What can be done for yellow teeth?

**Jennifer:** Christina wonders what causes yellow teeth, and is it diet-related.

**Ramiel:** I think it has something to do with the liver and how well you digest and use food. That's as far as I've gone on this. I have heard one story of someone who came from a background where he grew up in another country; he didn't have vaccines or toxic foods, and his teeth became yellow when he moved to the United States. But then he stopped eating all processed sugar, and his teeth became white again. I think it's a liver issue. Our livers are little bit toxic. You can also get staining from coffee, cigarettes and herbs.

**Jennifer:** Do you have any answer as to if there are any natural ways to whiten teeth for children or adults. So, "What would be a tooth-whitening protocol?" is her question - assuming you would avoid all whitening tooth pastes, strips and things like that?

**Ramiel:** The problem with whitening products is that they have the potential to damage your enamel. There is some whitening with bleach that a dentist can do that, maybe, is not as bad. You want to use charcoal or baking soda to whiten, and it's much gentler on the teeth, but it's not going to get them as white or you're going to have to do numerous, numerous applications.

## Who should read this book?

**Jennifer:** Lastly, who would you recommended read this book? Is it just for the people who have dental issues? When I read it, I thought that parents of small children should definitely take a look at this book, but I'm interested in your perspective.

**Ramiel:** Well, the average person over the age of 60 is missing 8 teeth. That's why they have dentures and partials. If you go to the dentist and you have cavities; if you're not immune to tooth cavities, you should read the book. 90% of the population should read the book. If you go to the dentist, you should read this book so that you can avoid bad and unnecessary dentistry, because most dentistry is not necessary.

I forgot to mention this earlier when you asked about readers who say the program doesn't work. What happens is your teeth can remineralize, and a lot of dentists don't recognize it because there might still be a little indent there where the cavity was; and it seals up, and they'll go and fill that even though it's totally remineralized. So the sixth reason why someone doesn't heal cavities is their cavities have healed, and the dentist doesn't want to see that cavity heal and will want to

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continue to drill the tooth for no reason.

So to avoid unnecessary dentistry, and to be educated when you go to see the dentist. So if you have questions about dentistry or are curious about it, you fit into that “should get the book” category.

**Jennifer:** So that’s pretty much everyone in that broad spectrum. I think it’s a great book - I really enjoyed it. Lastly, can you give us two or three simple tips that adults can take away that can help their dental health through nutrition?

**Ramiel:** Well, number one is eat butter, eat grass-fed butter. Number two is avoid whole grains, especially storebought whole grain products like sprouted grain breads, crackers with bran and germ in it. And option number three, I’m going to have to go with liver. Eat some organic, grass-fed liver. Eat a little bit of it once or twice a week, or bone marrow. Follow the habits of our healthy ancestors that ate organ meats regularly as part of their diet.

**Jennifer:** Alright, Rami’s book is Cure Tooth Decay. I’ll include in link to it, and some other topics we discussed today on Nourished Kitchen. Thank you so much.