Vitamins and Minerals that support Oral Health

Oral health is influenced by what we eat. The teeth, oral tissues and bone receive vitamins and minerals from food through your circulatory system and your saliva. A healthy, varied diet containing organic whole foods provides the vitamins, minerals and other nutrients essential for healthy teeth and gums.

Vitamins A, B, C, D3, E and K2 for Oral Health

**Vitamin A**: Helps the body assimilate calcium and protein. We receive beta-carotene which is a powerful antioxidant and retinol which is crucial for healthy bones, skin, and eyes. There are two forms of Vitamin A; one contains a powerful antioxidant beta-carotene, and one contains retinol.

Some Food Sources:
- Carrots, spinach, Swiss chard, turnip greens and beet greens - contain beta-carotene
- Grass-fed meat and dairy - contain retinol

**Vitamin B**: Vitamin B helps your body convert food into energy and helps your nervous system function. Vitamin B deficiencies are one of the most common deficiencies that can affect the mouth. Vitamin B deficiency can cause mouth sores, bad breath, oral fungal infections, burning sensation in the mouth, especially on the tongue. People can also have trouble swallowing, and the tongue may feel swollen.

Some Food Sources:
- Thiamin (B1): Pork, whole and enriched grains, legumes, dried beans
- Riboflavin (B2): Milk and milk products, eggs, liver, almonds, shellfish
- Niacin (B3): Protein-rich foods, meat, liver, poultry, fish, whole grains, peanuts
- Pyridoxine (Vitamin B6): Meat, poultry, fish, leafy green vegetables, bananas, whole grains, legumes
- Cobalamin (B12): Fish, meat, poultry, milk and milk products, eggs
- Folic acid (also called folate): Leafy green vegetables, orange juice, legumes, broccoli, and asparagus

**Vitamin C**: Vitamin C is an essential nutrient that serves to maintain the integrity of bone, connective tissue, and teeth. Vitamin C promotes collagen synthesis and is a key factor in wound healing. It is also one of the best natural anti-toxins available. Vitamin C is an electron donor because of its water-soluble properties and thus readily bio-available to the cells. Toxins deplete electron stores at the cell. Cell death occurs when electrons are depleted. Having sufficient electrons inside the cell reverses potential cell death brought on by the bacterial toxins prevalent in oral pathological states.

Some Food Sources:
- Papaya, pineapple, brussel sprouts, oranges, cantaloupe, broccoli, kiwi

**Vitamin D3**: Vitamin D3 is a key player in your overall health. Vitamin D3 is a potent neuro-regulatory steroidal hormone that influences nearly 3,000 of your 25,000 genes. It turns on and off genes that can exacerbate, or prevent many diseases. Bone growth and maintenance are dependent on Vitamin D3.

Some Sources: Very few foods contain vitamin D
- Bathe your skin in the sun for ten to fifteen minutes every day
- The flesh of fatty fish (such as salmon, tuna, and mackerel), egg yolks, beef liver, cod-liver oil

**Vitamin E**: Vitamin E is a powerful antioxidant. It promotes bone health by protecting the bone-making process from damage by free radicals. Vitamin E is also important for boosting the immune system in order to help fight off viruses and bacteria.

Some Food Sources:
- Sunflower seeds, Almonds, Peanuts, Avocado, Swiss chard, Spinach, Turnip Greens
**Vitamin K2** - Vital for bone growth, helps dietary calcium get where it needs to go and removes excess calcium from tissues. Vitamin K2 directs the calcium to your skeleton, while preventing it from being deposited where you don't want it -- i.e., your organs, joint spaces, and arteries. Vitamin K2 and Vitamin D3 work together, are completely synergistic and more important than calcium for forming bones.

Some Food Sources:
Vitamin K2 is found in meat and dairy - grass fed butter, eggs yolks, and cheeses
Vitamin K2 is also manufactured by intestinal flora; great sources are: fermented sauerkraut, kimchi, and natto

**Coenzyme Q10 (CoQ10)**

**Coenzyme Q10** - Coenzyme Q10 is a natural antioxidant synthesized by the body. CoQ10 is a vital participant in the chain of metabolic chemical reactions that generate energy within cells. It is found in every cell of the body. CoQ10 in ubiquinol form is a potent antioxidant that repairs gum tissue and bone matrix. It may also increase saliva production.

Some Food Sources:
Red meats, organ meats, oily fish such as salmon, tuna, herring, fresh sardines and mackerel, soybean oil, sesame seeds, broccoli, cauliflower

**Minerals for Oral Health- Magnesium, Silica, Phosphorus, and Calcium**

**Magnesium** - Magnesium aids in the body's absorption of calcium and also plays a key role in the strength and formation of bones and teeth. Magnesium helps prevent abnormal blood clotting and also helps maintain proper muscle function. Magnesium and phosphorus collaborate with calcium to mineralize bones and teeth; magnesium might also work with potassium to prevent blood from becoming too acidic, which can leach calcium from bones. Chemical reactions in the body, including bone and mineral metabolism, rely on magnesium.

Some Food Sources:
Soybeans, Navy Beans, Black Beans, Cashews, Quinoa, Sesame seeds, Sunflower seeds, chocolate in rawest form

**Silica** - Silica strengthens and supports connective tissue (joint, ligaments and muscles), provides bone strengthening and support through enhanced calcium absorption, strengthens teeth and gums, promotes and maintains healthy skin tissue, involved in rebuilding and maintaining the lining in the G.I. tract.

Some Sources:
the herb horsetail, leeks, green beans, garbanzo beans, strawberries, cucumber, mango, celery, asparagus and rhubarb

**Phosphorus** - Phosphorus is the second most abundant mineral in the human body. Eighty-five percent of it is bound up with calcium in your bones and teeth. Small amounts of phosphorus appear in every cell in your body. It plays a role in most of the body's chemical reactions.

Some Food Sources:
Almonds, meat, poultry, fish, eggs, grapes, citrus fruit, cucumbers, tomatoes, chocolate in rawest form

**Calcium** - Calcium plays a role in making the jaw bones healthy and strong. The bones and teeth contain over 99% of the calcium in the human body. Calcium is also found in the blood, muscles, and other tissue. Calcium in the bones can be used as a reserve that can be released into the body as needed. The concentration of calcium in the body tends to decline as we age because it is released from the body through sweat, skin cells, and waste. In addition, as women age, absorption of calcium tends to decline due to reduced estrogen levels. Bones are always breaking down and rebuilding, and calcium is needed for this process.

Some Food Sources:
Cheese and yogurt, sesame seeds, sardines, tofu, spinach, mustard greens, collard greens

**References:**
Holistic Dental Care by Nadine Artemis
[http://www.eidon.com/silica_article/](http://www.eidon.com/silica_article/)
Mouthwash Recipe for Gingivitis, Periodontal disease or as an everyday mouth rinse (For Adults):

Suggested Use:
Add 8 oz. water to a mason jar/bottle/container of your choice. Add in these supplements/herbal tinctures/essential oils to create your homemade mouth rinse. Shake before each use.

These have Antimicrobial/Anti-inflammatory/Astringent/Immune support properties:

2 tsp. Calcium carbonate
½ tsp. Celtic sea salt – Do NOT use if you have high blood pressure
5 drops ConcenTrace Trace Mineral drops (minerals from the Great Salt Lake); you can add in any brand of trace minerals (powder form use ¼ tsp.)
5 drops Echinacea
5 drops Calendula*
5 drops Myrrh**
5 drops Tea tree oil
5 drops Oregano
5 drops Peppermint
5 drops Goldenseal*
5 drops Thyme*
5 drops Yarrow*
Can add in lavender, cinnamon, spearmint, lemon, etc. to taste preference.

Rinse/Swish/Gargle for 1 minute and spit out. You can adjust the strength to your taste/intuition, making the concentration stronger or more diluted.
**Has all supporting properties
* Has most supporting properties

Herbal tinctures and Essential oils Considered safe for infants and children: Lavender and Roman Chamomile
**Contraindications:**

**Calendula** - No known contraindications, generally considered safe

**Echinacea** - No known contraindications, generally considered safe

**Myrrh** - Contraindicated during pregnancy; may result in very mild thyroid stimulation

**Tea Tree** - No known contraindications but may irritate sensitive skin.

**Oregano** - Generally considered safe in moderate dosage

**Peppermint** - Generally considered safe; best avoided in infants and small children, contraindicated with GERD/acid reflux, it can antidote homeopathic remedies

**Goldenseal** - Not to be used internally during pregnancy or while breast-feeding; best avoided in infants

**Thyme** - No known contraindications, generally considered safe.

**Yarrow** - Contraindicated during pregnancy

**Celtic sea salt** – Do NOT use if you have high blood pressure.

If rash or other side effect manifests due to use of this/these products, discontinue use immediately and seek professional medical care.

The information provided is intended to supplement, not substitute for, the expertise and judgment of a qualified integrative physician. The products listed above have not been evaluated by the Food and Drug Administration. The information provided above is not intended to cover all possible uses, directions, precautions, drug interactions or adverse effects, nor should it be construed to indicate that use of a particular product is safe, appropriate or effective for you or anyone else. A qualified integrative physician or other medical professional should be consulted before taking any natural product, changing your diet or commencing or discontinuing any course of treatment.
Making your own natural toothpaste can be simple and fun with a few household items. The recipe we have created contains so many wonderful properties that help support the teeth, gums, and overall immune system. They have antibacterial, antifungal, antiviral, and anti-inflammatory properties as well as being an astringent, providing immune support, and helping to remineralize the teeth.

Baking soda—sodium bicarbonate is a major element present in all bodily fluids and organs. It is found in the saliva, is secreted by our stomachs and is necessary for digestion. Baking soda is perfectly safe to use to clean the teeth and it can even be taken as a supplement to maintain pH levels. Baking soda’s natural alkalinity neutralizes bacterial acidity, it decreases dental plaque, prevents dental caries through its buffering capacity, increases calcium uptake to the enamel and neutralizes the effect of harmful metabolic acids.

Suggested Use:

2 tsp. Baking soda—sodium bicarbonate
2 tsp. Calcium carbonate/calcium citrate
½ tsp. Celtic sea salt – Do NOT use if you have high blood pressure
½ tsp. Xylitol crystals or powder (from birch tree)/Non-GMO
5 drops ConcenTrace Trace Mineral drops (minerals from the Great Salt Lake); you can add in any brand of trace minerals (powder form use ¼ tsp.)
5 drops Tea Tree Oil
5 drops Thyme

Slowly mix in filtered/distilled water to make a paste. Dab onto clean fingertip and rub onto surfaces of the teeth, and leave on overnight. Do not eat or drink after you have applied the paste.

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CONDITIONS OF USE: The information in this database is intended to supplement, not substitute for, the expertise and judgment of healthcare professionals. The information is not intended to cover all possible uses, directions, precautions, drug interactions or adverse effects, nor should it be construed to indicate that use of a particular drug is safe, appropriate effective for you or anyone else. A healthcare professional should be consulted before taking any drug, changing any diet or commencing or discontinuing any course of treatment.
Periodontal disease is an active progressive process. It begins when bacteria build up under the gum line. This bacterial infection triggers the immune system and the body’s inflammatory response activates. When the body’s immune system is overcome by the growing bacteria levels and inflammation, a toxic threshold limit is met and the infectious state of the disease begins. Active periodontal disease affects the ligament, connective tissue and bone which surround and anchor the teeth in place. Gums separate from the teeth, forming pockets (spaces between the teeth and gums) that become infected. As the disease progresses, the pockets deepen and more gum tissue and bone are destroyed. As periodontal disease continues to progress, the teeth become loose and may ultimately need to be removed. The disease causing bacteria and the toxins created by these bacteria easily enter the bloodstream and from there the entire body. Periodontal Disease has been scientifically proven to be a contributing factor in heart disease, stroke, diabetes, Alzheimer’s and low birth weight.

Our goal at Tara Kaur, DDS, is to find the cause of the disease progression, stop the infection and help return you to health and vitality. We believe in taking a holistic approach to patient care at Tara Kaur, DDS. Each visit with our innovative dental hygiene team allows for a thorough assessment including dental history, medical history, review of medications and supplements, and lifestyle analysis. These holistic assessments allow for identification and diagnosis of imbalance and disease. We go beneath the symptom to reveal the cause. This guides us in establishing the best approach in our treatment plan to help you achieve optimal health and well-being. At Tara Kaur, DDS, we apply a non-surgical and non-invasive approach to identifying and treating Periodontal Disease. This is accomplished through our individualized holistic periodontal therapy which includes:

- **Ultrasonic and Laser Therapies**: remove bacteria, calculus and diseased tissues
- **Herbal Tonics**: applied above and below the gum line with an oral irrigator
- **Herbs and Supplements**: promote healthy bone and gum tissue as well as immune function
- **Personalized Home Care and Education**: collaboration to create best possible outcome
- **Integrated Care**: working together with your primary care provider(s) to assist in diagnosing and correcting imbalances in pH levels, mineral absorption, hormonal cascade, adrenal function, nutritional deficiencies, etc.

Our commitment is to provide you with patient centered holistic periodontal therapy and we are honored to be a part of your wellness team!
Laser-Assisted Periodontal Therapy (LAPT)

Laser-Assisted Periodontal Therapy (LAPT) is a conservative, non-invasive technique which utilizes photonic light to selectively and precisely target diseased tissue and bacteria, leaving healthy tissue intact. It is a nonsurgical, painless procedure which effectively bio-stimulates the body to increase circulation and collagen production at the base of periodontal pockets. Patients are able to return to work immediately without the pain or discomfort associated with gum surgery.

The iLase utilized in the Laser-Assisted Periodontal Therapy has been FDA approved as safe and effective in the treatment of periodontal disease. There are no known medical contraindications to LAPT treatment. Bonnie Flores, RDH, Director of the Holistic Hygiene and Periodontal Programs at Tara Kaur, DDS, PLLC has completed advanced training and is certified to perform LAPT.

Benefits of Laser-Assisted Periodontal Therapy:
- Reduction of periodontal disease-causing bacteria
- Reduced gingival (gum tissue) inflammation
- Reduced post-periodontal treatment discomfort
- Increased tissue healing
- Increase in collagen formation
- Increase in fibroblast and osteoblast activity
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<th>Emotion</th>
<th>Organ</th>
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*Abridged, from various sources – credits on website: Dr. Ralph Wilson www.NaturalWordHealing.com*
**Acupuncture Tooth-Organ Relationships** from various sources including Gleditsch and Klinghardt (www.NeuralTherapy.com). Compiled by Dr. Ralph Wilson
**Herbs for Oral Health**

Can be used as poultices, tinctures, infused oils, salves, balms, and teas.

Uses a plant's seeds, berries, roots, leaves, bark, or flowers for medicinal purposes to treat and or prevent disease. Can also be used for aromatherapy. Works mostly on the physical body.

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<tr>
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<th>Antifungal</th>
<th>Antiviral</th>
<th>Astringent (helps tight tissue)</th>
<th>Anti-inflammatory</th>
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<tr>
<td>Neem</td>
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</table>

**Immune Support**

Styptic - Control bleeding

| Capsicum | Cinnamon | Oak | Yarrow |

Vulnerary - Heal wounds

| Calendula | Echinacea | Myrrh | Neem |

Antioxidant

| Calendula | Capsicum | Cinnamon | Myrrh |

Analgesic

| Capsicum | Cinnamon | Myrrh |

Ant-inflammatory
**Essential oils- use organic therapeutic-grade essential oils**

(non therapeutic-grade oils can contain synthetic chemicals or compounds)

Are extracted through steam distillation or cold pressing, can be diffused, inhaled, applied topically, some can also be taken internally. They work on the physical, mental, and emotional bodies.

<table>
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<tr>
<th>Antimicrobial</th>
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<th>Astringent</th>
<th>Fight plaque build up</th>
<th>Prevent caries</th>
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<table>
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<tr>
<th>Mouth odor</th>
<th>Antiseptic- numb</th>
<th>Teething</th>
<th>Toothache</th>
<th>Abcess</th>
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</table>

Top 7 Essential oils

**Myrrh oil**- antimicrobial- has all three, antibacterial, antifungal, antiviral, antiseptic and a soother,
also helps gum tissue heal quickly by supporting the flow of blood in the gum tissue.

**Tea Tree oil**- antimicrobial- has all three, antibacterial, antifungal, antiviral.

**Oregano oil**- antimicrobial- has all three, antibacterial, antifungal, antiviral.

**Cinnamon oil**- antibacterial, antifungal-antimicrobial potency against streptococcus mutans,
the bacteria responsible for tooth decay, and lactobacillus plantarum, one of the bacteria responsible in gum disease.

**Peppermint oil**- is extremely effective at killing anaerobic bacteria, therefore helps prevent gum disease.

**Spearmint oil**- is a strong antiseptic, eliminating germs and helping any wounds heal more quickly.

It is also soothing to soft tissues like gum tissue.

**Clove oil**- antiseptic, inhibits many pathogenic bacteria, and has moderately strong germicidal properties.
**Homeopathic remedies:** Works on the principle of similiars.

It initiates a healing response from your body’s energetic system. They work on the mental, emotional, and physical body.

Homeopathics are created by taking the remedy: a plant, mineral, chemical, or animal substance, diluting it in water and shaking it vigorously. The more it is sequentially diluted and shaken, the more potent the medicine, this is why minuscule doses are used. After dilution the remedy is added to lactose tablets or pellets. "Like cures Like". Example:

* A full strength dose of Ipeca will cause vomiting.
* In a very diluted dose, it becomes a remedy to control nausea and vomiting.

- **Belladonna:** abscesses, and TMJ disorder
- **Hypericum:** repairing tissue that has been damaged by bacteria
- **Arnica:** for any dental work, dental trauma, extractions or pain from swelling (periodontal disease)
- **Plantago:** tooth ache remedy
- **Coffea:** for severe tooth ache- that makes one feel "crazy"
- **Calc Fluorica:** deficient enamel of teeth; brittle enamel; toothache aggravated by food
- **Calc Phos:** rapid decay of teeth; inflamed gums; sensitive teeth; tingling toothache
- **Crabapple:** feeling unclean inside and out
- **Ferrum Phos:** toothache, anti-inflammatory
- **Gorse:** stagnation has taken hold
- **Kali Phos:** bleeding gums; aching teeth; toothache with bleeding gums, mouth odor
- **Mag Phos:** sensitive teeth; shooting toothache

**There are no contraindications for homeopathic remedies and no known side effects**