

7 Steps to Dental Health

A Holistic Guide to a Healthy Mouth and Body

This Reference Guide is compiled from the book - 7 Steps to Dental Health: A Holistic Guide to a Healthy Mouth and Body.

Holistic Approach

Holistic or Biological Dentistry is a term used for dentists who undertake a more natural form of dentistry - dentistry that recognizes that dental procedures do affect the entire body.

A holistic approach to healing recognizes that the emotional, mental, spiritual and physical elements of each person comprise a system. By working with this systems approach, the cause of an illness is targeted, rather than just the symptoms.

Awareness of Your Oral Health

We are unaware of our poor dental health unless someone makes us aware of it or we find it the hard way from dental disease. Here are three scenarios, which can make you aware of your poor dental health.

Scenario 1: Ask yourself, “Why have you had some tooth and gum issues requiring treatment, in spite of the fact that you:

1. Brush and floss your teeth regularly
2. Eat healthy food
3. Look after yourself
4. Visit the dentist and hygienist regularly



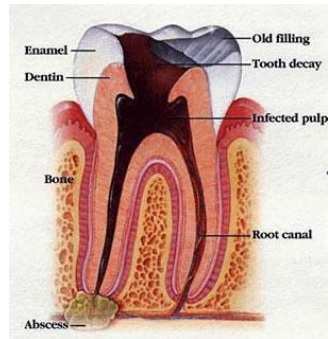
7 Steps to Dental Health will provide you with some answers and various pragmatic guidelines, while we will address here the fundamental cause “Your Dental Hygiene Process”.

Scenario 2: Take this test to assess your dental knowledge and your dental hygiene routine.

Which one of the following is False?

1. The leading cause of tooth loss is Cavities.
2. You can thoroughly clean your teeth simply by thoroughly brushing them.
3. Eating sweets and candy causes tooth decay.
4. You can destroy tooth enamel by sucking on a lemon.
5. Chewing on ice cubes will make your teeth stronger.
6. The presence of gum disease can lead to conditions like pneumonia or diabetes.
7. You should brush your teeth immediately after eating.

(Answers: #1, #2 and #7 are false (also see FAQ 2). Email guide@7stepsdentalhealth.com to receive the explanation).



Scenario 3: Take this challenge

Do you clean your mouth 100%?

Do you access and clean every part of your personal oral structure?

I bet you think you do. If so, consider the following and you will concur with me that most people do not clean their teeth and their mouth 100%:

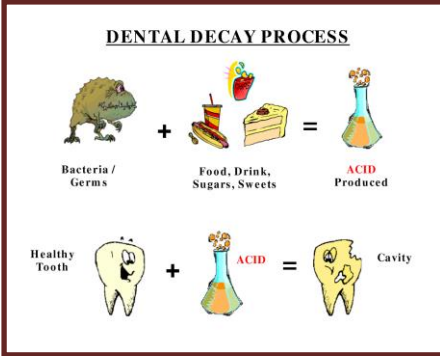
1. Did you brush the spaces between the teeth?
2. Did you remove the sticky deposits (plaque) on the gumline, particularly under the gumline??

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3. Did you clean the inaccessible back surface of your wisdom tooth?
4. Did you clean back of your mouth?
5. Did you clean floor/upper palate of your mouth?
6. Did you clean your Tongue?
7. Did you use an electric brush?

Acidity and Plaque: A Crash Course



When we eat, the **bacteria** convert sugary food (easily absorbable carbohydrates) into **acids**. Acidity not only causes cavity, but it also dissolves minerals in your teeth. The surface of the enamel becomes porous tiny holes appear. After a while, the acid causes the enamel to decalcify. Once it reaches the dentine, it mushrooms into a **cavity**. Live

and dead bacteria, turn into a sticky substance called **plaque** that sticks to our teeth (mostly in the back **molars**). If you do not brush your teeth to remove the plaque, it will **calcify** in roughly 48 hours. It will harden in almost 12 days to form **calculus or tartar**. Repeated build-up of tartar will inflame the **gums**.

Seven Dental Hygiene Tools

You need the following basic tools to perform the correct oral hygiene:



1. *Toothbrush
2. *Rubber Tip
3. *Interdental Toothbrush (Sliding hinge system allows you to change the angle) or *Dental Floss
4. *Tongue Scraper
5. Natural Toothpaste (free from Fluoride, SLS, other toxicity)
6. Baking Soda. The solution of baking soda (with/without salt) in water can be used as a mouthwash.
7. Electric Toothbrush

* For a limited time, these tools with this Reference Gide are provided with the purchase of the book, *7 Steps to Dental Health*; please inquire at 416-891-4937.

Please refer to the book for a detailed description of these and the other tools.

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Seven Steps of Oral Hygiene

Most food, such as fruit, fruit juices, honey, raisins, yogurt, soft drinks and wine are acidic (low pH value). As such, they weaken the enamel of teeth. In such a situation perform Step 1 and wait for 30 minutes before performing rest of the steps. Follow this simplified seven-step routine after every meal. Details of this routine are given in Chapter 2 of the book.



Step 1: Rinsing with a solution of baking soda in water

The purpose is to clean your mouth of food debris and to reduce acidity, which is caused by the bacteria feasting on fermentable carbohydrates in your food.



Step 2: Brushing using the toothpaste

The purpose is to remove most of the food debris and plaque. Brush your teeth using the techniques explained in Chapter 2. Brush all surfaces of teeth (chewing, front and the back). Do not forget to gently brush your upper and lower palate and your cheeks.



Step 3: Cleaning spaces between the teeth using the dental floss

The purpose is to remove food fibres and debris stuck in your teeth, which was not removed by the above step of brushing. Learn the correct technique to floss your teeth. Alternate using an Interdental brush instead of dental floss.



Step 4: Removing plaque on your gumline using a rubber tip

The purpose is to remove freshly formed plaque, so you will not get a buildup of tartar.



Step 5: Final brushing using an electric toothbrush (no toothpaste)

Manual brushes are only 60% effective. The purpose is to remove the rest of the plaque and bacteria and polish your teeth.



Step 6: Scraping using a tongue scraper

The purpose is to remove pathogens on your tongue and the back of the tongue. You will notice your mouth will be refreshed.



Step 7: Massage your gums using your index finger and do a final rinse

The purpose is to enhance circulation of blood ending with a final rinse with the baking soda solution (prepared in step 1).



Please refer to the book to learn details and correct techniques of brushing, flossing, scraping, scaling and massaging.

Frequently Asked Questions (FAQ)

1. Can you get away with not using toothpaste?

If there is no infection in your mouth, you need no toothpaste. If there is an infection, you can use disinfecting or herbal product like Aloe Vera or an essential oil product like, oil of oregano or tea tree oil to kill the germs. You can also use an Ionic toothbrush, which produces negative ions that kill bacteria.

1. Is it better to wait to brush after eating fruits or fruit juices?

Many fruits are very high in sugar and/or acid and will harm the teeth, especially when taken as juice where there is no mechanical cleaning action of the fibrous part of the fruit. When brushing is not convenient, like after lunch at work, it is better to avoid sweet, fruits and juices. First rinse with salt water/mouthwash, then wait for 20 - 30 minutes before brushing your teeth.

2. I know Mercury Amalgams are not good but how can I live with them? I am too scared to get them out of my teeth.

It is only safe to have them removed by a biologically trained dentist. Otherwise, develop a comprehensive and regular heavy metal detox program with your Wellness Counsellor; avoid very hot or acidic foods, do not have your fillings polished by the hygienist and do not chew gum.

3. Can I live with my root canal?

You may get away with the low-grade infection and the toxins it produces for many years, but be aware that root canals are not healthy in 75% of the cases. It can be a factor in many diseases, especially if the body is already under the stress of emotional trauma, viral attack or severe weather. It may not cause a problem today, but it can add to your pile of 'sins'.

4. How is tooth decay formed? What is the process?

The acid formed by the bacteria digesting the sugar etches and dissolves enamel. Once the enamel is penetrated, there is a softer and more vulnerable layer underneath called dentin. Like bone, dentin is comprised of tubules that carry bacteria deep into the tooth and cause cavities to mushroom rapidly.

5. Can you catch gum disease from other people?

Most definitely! Gum disease is contagious.

6. Is gum disease hereditary?

Gum disease, like any infection is not hereditary, but we are vulnerable to infections from our loved ones by the act of kissing if the loved one has a gum disease.

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Ozone Therapy for Dental Health

Ozone (O₃), an energized form of oxygen, is a proven potent anti-microbial and anti-inflammatory agent. As a gas, it can penetrate easily and with a strong negative charge, ozone gets pulled like a magnet towards the infection. Ozone is more effective than 5000 times the equivalent of chlorine. Ozone can be viewed as an amplification of our own natural defense. White blood cells produce ozone to combat disease. Ozone should be ubiquitous in dentistry. Ozone can disinfect root canals and fillings. It can be used to prevent and treat infections including after surgery. In addition, ozone is an excellent preventative tool for the gums and teeth. Schecter Dental Practice in Toronto is pioneer in the application of Ozone Therapy.

Essential Oils (EO) and Oral Health

Essential oils (EO) are the pure essence of the plants and can provide both psychological and physical benefits when used properly.

Your oral hygiene could be vastly improved simply by adding proven and potent EO which are antiseptics, safe, and natural; more importantly kill bacteria, fungus and parasites. EO that are often used for oral hygiene includes peppermint, wintergreen, eucalyptus, thyme, clove, lemon, cinnamon, oregano and rosemary.

The Journal of the American Dental Association has documented over 100 studies on the effectiveness on how essential oils kill microbes that cause tooth decay and gingivitis.



Essential oils of thyme, clove, and cinnamon possess significant inhibitory effects against 23 different types of bacteria including pathogenic organisms for tooth decay, gingivitis and bad breath. Oil of clove has been used by dentists for decades to numb gums and kill infection.

Essential oils have proven to be even more effective than FDA recognized plaque-control drugs, such as fluoride. A 1999 study found that an essential oil mouth rinse containing thymol, menthol and eucalyptus was far more effective than an antiseptic mouthwash with fluoride.

Oil Pulling for Healthy Gums

Oil Pulling is an Ayurvedic (ancient Indian) tradition of cleaning the mouth by using oil, which claims that not only does it kill bacteria in your mouth and gums but also cures (or prevents) many diseases. Oil Pulling is based on Ayurvedic life science that the tongue is mapped by organ-locations, that is, each section of the tongue is connected to all organs. It involves vigorously "chewing" two teaspoons (start with one) of Coconut oil for about 20 minutes (start with 10 minutes) and spitting it out. Adding a drop of essential oil such as Cinnamon (or any will do) will expedite the gum treatment.

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Resource

This Reference Guide is compiled from **7 Steps to Dental Health, A Holistic Guide to a Healthy Mouth and Body**, authored by Max Haroon with Dr. Oksana Sawik and Klaus Ferlow. A presentation based on the book is available for any group/organisation



This book (over 200 pages) is the result of over three years of research and collaboration among seven professionals in medicine, dentistry, dental hygiene, nutrition and herbology.

- 100+ point plan to assess your oral health and conduct self-examination of your mouth
- Dental infections and their connection to the body
- A seven-step process to clean your teeth and mouth to achieve optimal oral health
- Harmful chemicals commonly used in toothpastes and mouthwashes
- Mercury amalgam fillings, protocols to remove these fillings and metal-free replacement alternatives
- Tooth conditions and their treatments
- Practices of holistic hygienists & dentists
- Seven Essential Principles of nutrition for your body and teeth
- Nutritional supplements for your oral health
- Forty frequently asked questions about dental care
- Resources for Dental and Holistic Health



For a limited time five of the Basic Dental Hygiene tools are packaged free with the book. Available at the Book's Website <http://7stepsdentalhealth.com>.

The book and this Reference Guide are published by Life Transformations Institute. Look for more Resources and Reference Guides: www.life-transformation-institute.org

Enquire about educational workshop, based on Reference Guides and the book for your groups or organisations.

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Max Haroon, a social entrepreneur, publisher and an author is a retired IT entrepreneur, has a passion for holistic health and alternative medicine. He is the founder of the Society of Internet Professionals, www.sipgroup.org, the Life Transformation Institute www.life-transformation-institute.org. Max has authored even books and Reference Guides in conjunction with subject matter experts called Life Learning Series. Visit: www.maxharoon.org email: max@maxharoon.org



Staying healthy is a full-time job! Regaining health is a gargantuan one - sometimes too daunting for people to undertake, so they choose the "quick fix" symptom-relief path that conventional medicine offers. So starts the downward spiral of drug side effects, management of chronic illness and general decline in quality of life until we end up in the nursing home, unable to enjoy the full life we were meant to have until at least the age of 100.