



Knowledge is  
your secret  
weapon to good  
health.

## BONE HEALTH

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### Healthy Teeth

*It feels so good to have a beautiful, white smile, and fortunately there are many things we can do naturally to promote that! Cavities are one of the most common mouth conditions we wish to combat. When bacteria in the mouth combines with mucous and food debris, it creates a sticky mass called plaque that sticks to the surfaces of teeth. The bacteria feed on ingested sugars and produce an acid that leaches calcium and phosphorus from the teeth. If the deposits are not removed, the teeth erode. Gingivitis is another common mouth disorder, characterized by inflammation of the gums. In its advanced stages, known as periodontal disease, the bone supporting the teeth begins to erode as a result of infection.*

#### Contributing Factors

Dysbiosis (imbalance of good to bad bacteria in the mouth), poor diet (high in sugars, low in vitamins/minerals and fibre), vulnerable/weak tooth enamel, acidic saliva, poor eating habits (snacking frequently without cleaning teeth), poor oral hygiene (improper brushing, flossing, mouth breathing, gum irritation from fillings, smoking, high coffee and/or alcohol intake, stress, weak immune system, hormone and/or blood sugar imbalances)

#### Lifestyle Recommendations

- Avoid sugars, refined/processed foods, and excessive amounts of caffeine or alcohol. These are all damaging to tooth enamel and promote inflammation.
- Brush your teeth 2-3 times per day and don't forget to floss at least once daily! Use a toothbrush with soft bristles and change it monthly. Use a natural toothpaste that includes xylitol to help re-mineralize the teeth, balance the pH of the mouth and prevent tooth decay.
- Try oil pulling with coconut oil. An easy way to help detoxify the mouth and is soothing and anti-inflammatory. To do this, take 1 TBSP of coconut oil in the mouth and swish for 20 minutes. Make sure not to swallow and spit it into the garbage so it doesn't clog the drain!

#### Product Recommendations

- Alkalize the diet: Greens Supplement, Lemon/Aloe/Mineral Drink
- Tooth support nutrients: Calcium, Magnesium, Vitamin D3 & K2, Silica, Fermented Cod Liver Oil/Butter Oil
- Kill bad bacteria: Silver, Goldenseal, Bee Propolis, Oregano, Thyme, Coconut Oil
- Support immunity and inflammation: Plant Sterols, Essential fats (fish oils/GLA)
- Restore balance of good bacteria: Probiotics, especially the Streptococcus Salivarius strain (the most predominant strain of bacteria in the mouth and throat)
- Anti-inflammatory and soothing nutrients to promote gum health: Vitamin A, Buffered Vitamin C, Vitamin E, Zinc, B Vitamins, CoQ10, Quercetin, Turmeric/Curcumin
- Use topically on gums for inflammation: Aloe Vera Gel, Chamomile, Calendula, Vitamin E
- Natural teeth whiteners: Activated Charcoal (Make your own paste with the powder or buy pre-made toothpaste)
- For toothaches: Clove Oil (has numbing properties, only a drop or two on a Q tip and rubbed on area is required)

**Book a free 15 minute consult with a GNN Product Advisor!**

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