

Health Reflections



Tooth Island

In an episode of the children's cartoon, *Spongebob Squarepants*, we visit a place called Tooth Island. According to the script it's a haven for baby teeth as "they can soak in the calcium pools all day or sleep in the comfort of the pink gum trees. They get to swing on floss vines and never, ever have to worry about cavities."

As we perform our daily brushing ritual we may be perpetuating another script that conveys the mouth and teeth as islands in themselves, with no connection to the rest of the body. When schools make tooth brushing part of the educational routine (with a huge model of a lonesome mouth held up by the teacher) dental health is conveyed as an isolated subject that's dependent on exterior cleanliness. We forget the tiny internal tubules connecting each living tooth to the rest of the living body.

Patients are often surprised to hear me, a homeopath, pressing for details of jaw shape, braces, amalgams, root canals, fluoride treatments, anaesthetics etc – but this history is important in gathering a person's whole picture. As I gather this totality, I'm aware that it's rare for anybody other than the dentist to show such keen interest in a patient's oral health.



Thankfully, more and more dentists will now speak of the value of holism (even though most dental clinics remain remote from other healthcare facilities!) Indeed, if all our organs and body systems and microbiomes can finely tune their communications with each other, why can't we as healthcare professionals do the same?

We should be able to empower our patients as partners in this equation too - after all, the patients are the ones who can provide top nutrition for their teeth from stocks and healthy fats, and monitor better stability in blood glucose as the need for snacks decreases. They are also key players when it comes to practicing good breathing techniques. And when scheduling stressful procedures, such as removal of fillings, it's paramount to coordinate the timing not only with the patient's diary, but with the phases of nature too.

Decay is influenced from the inside. Tooth decay is a systemic event. It's not just about the tooth's surface, and can't be prevented by brushing alone. For example, the fluid flowing through teeth reflects blood sugar levels and endocrine health. When we consume fruit juices, sweet cereals and jams, the influence of resultant blood sugar spikes gets transported into the tooth's core.

Mouthwash has an ingredients list! And so does toothpaste, so why not read them before you next buy? Some recent brands contain probiotics – explore! And as part of your personal, informed choice-making, don't forget that for one nearby endocrine organ – the thyroid – fluoride is dangerous. Remember too that a holistic approach to tooth remineralisation includes those nutrient-dense foods that also benefit energy, mood and memory.

Dental treatments can affect the whole.

From mercury leaching from old fillings to bowel flora wiped out by a course of (perhaps much needed) antibiotics, the long-term effects of dental medicine can stay with patients for decades. If and when homeopathic help is then sought, it can involve the detoxifying and rebalancing of a whole community of organs, hormones, microbes and emotions because no man, no mouth and no tooth's an island!

THINK BEFORE YOU SPEAK ♥ READ BEFORE YOU THINK*

Why Decayed Teeth – A Mouth Full of Evidence of Systemic Decline: Eric Davis (www.ericdavisdental.com, 2020);

The Dental Diet: Steven Lin (Hay House, 2018);

Nourishing Broth: Sally Fallon Morell (Grand Central Life & Style, 2014);

The Dental Prescriber: Colin Lessel (British Homeopathic Association, 2009);

The Problem with Fluoride: Dr Griffin Cole with Hilda Labrada Gore (www.westonaprice.org, 2019);

Interactive Tooth Chart: Elmar Jung (www.dr-elmar-jung.com, 2021).

*Fran Lebowitz - Social Studies

Mercury in the Mouth

In Hahnemann's time, a mercury bath was a common medical treatment. Now, we find mercury inside people's grey amalgam fillings instead – not a great improvement considering how toxic a substance it is!

Last year a new patient presented like this -

“I've never been well since 20 amalgam fillings were put in my mouth in a very short timeframe, 24 years ago.”

He went on to describe the acute diarrhoea, headache, sweating and malaise that he had experienced after each lot of new fillings, as well as the decade of severe fatigue that followed.

Eventually, he found a homeopath (an older colleague of mine who has since passed away) and was given Lycopodium 10M, with great relief. So apt was that prescription, and so in tune with himself was the patient, that he had been able to keep to a personal minimum dose of one pillule every 6 months or so for the last 10 years. In doing so, he had managed to stay on top of symptoms and hold down a job and income.

Of course, he still had a maintaining cause right there in his mouth, and had therefore never completely recovered from his compromised health. But recently he had all of his teeth removed. With this disturbance, his symptoms returned with force and he found that Lycopodium was not serving him as it had in the past.

We agreed to take things slowly and spent several months preparing his body for the later removal of metal toxicity. This involved homeopathic liver support, homeopathic rebalancing of bowel flora and oral flora and the introduction of gut healing foods. Together, we also established the best ways for him to take in sufficient dietary zinc and selenium, important for when the time came for his body to clear out the metals.

Feeling better in mood, energy, sleeping pattern and digestive health, we then proceeded to address the amalgam-related toxicity at the same time as supporting his newly emerging constitutional picture. During this 8-week phase the patient experienced a degree of returning symptoms, including itching and tiredness, which he understood to be part of the healing process. These were alleviated with acute homeopathic remedies, plenty of rest and good nutrition.

Such work takes patience, and we are now working on supporting his gums as he adjusts to life with false teeth.



Meat or Fish Stock

Meat or fish stock is a **nourishing** food in that it provides building blocks for cell maintenance and repair. Taking stock daily can aid in healing the whole economy including the gut wall, blood sugar regulation and the specialised immune system inside each living tooth. A large weekly batch of stock can be made with -

★ Plenty of raw lamb bones or beef bones or oxtails, fish frames, raw chicken carcasses or several packs of raw organic chicken wings. Ask a local butcher who may have these ingredients available for a minimal price if not for free. Meat raised kindly on species-appropriate food and without the use of routine antibiotics is ideal.

★ Fresh onions, quartered, and a few garlic cloves if desired and enough water to cover everything.

★ Pepper, herbs and sea salt or rock salt to taste.

Bring all ingredients to a simmer for 2-3 hours. Cool, strain and refrigerate in glass jars. Heat up a mugful to drink with all meals or use daily as the basis for vegetable soups, cup-a-soups, stews and curries.



Bone Broth

Bone broth is a **cleansing** food and for that reason, GAPSters do not start with bone broth: they need the nourishment of meat stock first and foremost. When digestive health is much improved and the individual is clear of histamine reactions, bone broth can be introduced and may support tooth remineralisation.

To make broth, take bare bones such as from roasted meat and bring to a day long or overnight simmer. A tablespoon of apple cider vinegar will help extract more minerals out of the bones. Be mindful of broth's natural glutamate content and build up consumption gradually.

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AUDE SAPERE – MENTRA WYBOD – DARE TO GET IT

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