

## TEETH... a KEY to HEALTH!

By David Scott, A Natural Health Advocate.

*This article does NOT offer medical advice and you should always consult your physician before taking any supplement.*

**O**ur mouth often reflects our health. And keeping our teeth clean is as controversial as choosing the right foods to eat. Everyone has an opinion and the facts are sometimes hard to find from the propaganda.

When the mouth is clean, it feels fresh and alive. I love some of the new products that have hit the market popularizing again the simple basics of care within the mouth.

A mouth free of mercury and other harsh metals or chemicals is key to good health. So is one free of cavities and bacteria. So how can one keep one's mouth clean naturally?

Check out the **MyMagicMud.com** website as one Mother brought to us an activated charcoal and bentonite clay product that leaves the mouth fresh and alive.

leave the mouth fresh and alive. **I love their tooth powders!**

Both of these websites are replete with information on natural healthcare for our teeth. It makes a big difference in our health if our mouth reflects **health**.

One product I use is **OxyLift** from the **OxygenAmerica.com** website. I put drops on the toothbrush after cleaning and flossing -- and let ozone clean up the after effect of a good toothpaste. I love to use the magic mud and the frau fowler tooth paste afterward for a complete cleanse, leaving your mouth with an incredible feeling.

Two good mentions for protecting teeth include using the natural sweetener **Xylitol** which inhibits oral bacteria when chewed as a gum. This is great for after eating when out and about.

A number of companies make oral probiotics which help the good flora flourish in the mouth. My favorite is the chewable **FLORASSIST Oral Hygiene** product by **Life Extension**. Imagine cleaning your teeth at night and following up with the best flora as you go to sleep.

Saving teeth is a priority for many medical professionals today. The teeth maintain structure of the face. They are the first line of defense when we eat. Even with that advice, there is not always agreement as to the best practice. Nothing illustrates this more than

the controversy of Fluoride. I love this article published by the Riordan Clinic on this subject at <https://riordandclinic.org/2012/10/the-truth-about-fluoride/>

True body-mind-spirit wellness is the ex-



pression of a smile. Put a smile on your face -- check out **MyMagicMud.com**

It takes 14 distinct muscle pairs on the face to emote but only one of them make a smile. Put a smile on your face and check out **FrauFowler.com**

I'm always amazed at how tough it is to be sad, doubtful, fearful, or display the sneer or grimace. **Tension is holding on and a SMILE is letting go.**

**Let go** and find where ozone can help oxygenate your life bringing a warm smile of radiant health at [www.OxygenAmerica.com](http://www.OxygenAmerica.com)

**Here's To Your  
GOOD Health!**

Another option is to check out the **FrauFowler.com** website as another incredible resource for options that

