

Cure Tooth Decay



**HEAL & PREVENT
CAVITIES**

WITH NUTRITION

RAMIEL NAGEL

Foreword by Timothy Gallagher, D.D.S.

President, Holistic Dental Association

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An Important Note

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Foreword

By Dr. Timothy Gallagher

We live in stress-filled times which unfortunately includes rising medical and dental costs. I see people in my practice who have just lost their job or their house. These people turn to modern foods as a mechanism for coping with their stress, and they wind up with tooth decay. I really understand the difficulty of their situations, and I endeavor to do my best to help my patients by teaching them many of the dietary principles outlined in Ramiel Nagel's landmark book, *Cure Tooth Decay*. Those who follow the principles have a high degree of success in halting their cavities and those who don't come back to me with more and more cavities.

I have been a practicing dentist for over twenty five years. I am a member of the International Academy of Oral Medicine and Toxicology, a member of the American Dental Association, a member of the California Dental Association and a member of the Santa Clara County Dental Society. For many years I was a member of the Biological Dental Association and for the past four years I have served as president of the Holistic Dental Association. Dental health is determined by what we are willing to do for ourselves; it is our responsibility as individuals. Daily food choices we make have a direct effect on the health of our teeth. But so often when we make the wrong choices and our teeth take a turn for the worse we tend to blame genetics, germs, or the aging process rather than the way we live our lives. Accurate information enables us to understand tooth decay's true causes and to make better choices in our quest to consume foods that support the health and longevity of our teeth. *Cure Tooth Decay* is a treasure-trove of this wisdom as it takes the mystery out of dental health. Here you have a valuable tool for making the best dental health choices. All that remains is your desire to use food correctly!

Not long after I graduated from the University of California San Francisco Dental School I found myself with a very busy and growing dental practice. Then one day my feet went numb. I went to several doctors and had the problem misdiagnosed several times. Finally, a doctor found that I was suffering from acute mercury toxicity. I had to have all of my mercury fillings carefully removed followed by over twenty five intravenous chelations to remove the remaining mercury from my body. From that moment on I had to practice dentistry in a different way. Most of the mercury-free dentists I know became mercury free only after suffering the effects of

mercury poisoning themselves. In placing and drilling all of those fillings, dentists are continually exposed to mercury vapors. But the conventional belief, held by most dentists, is that mercury is not problematic, and they continue to say and teach that it is safe. I used to be one of those dentists . . . until I became ill.

Mercury has many effects on the body, it affects the thyroid gland and it is a known neurotoxin. After my sobering experience with mercury toxicity I became involved in several holistic/biological dental organizations where I continued my education of the relationship of the teeth to the rest of the body.

Conventional dentists view the teeth and dental health as unrelated to the rest of the body, so they cannot teach their patients any holistic practices that can help save their teeth. However, your entire body is connected to your mouth. There are meridians, energy channels, and biological pathways such as nerves, veins and arteries that run through your entire body, connecting everything. I hope to see more preservative dentistry or minimally invasive dentistry in the future. In the holistic approach we examine the effects of dental materials on the whole body both chemically and electromagnetically. The end point of a meridian (bioelectrical pathway) is a tooth and what happens to that tooth and related structures can affect the bioelectrical stability of the meridian and all glands and organs associated with that meridian. An infected tooth can therefore also affect a gland at a distant site. An infection or inflammation in the mouth can create a systemic (whole body) inflammation or infection. This whole body inflammation cannot be cleared until the condition of the mouth is addressed first. The immune system, minerals and hormones also interact with the tooth and related structures.

Cure Tooth Decay is an island of clarity in a sea of confusion as it provides you with practical insight into how hormones control the decay process and what you can do to master the process with lifestyle choices. I have observed that when my patients followed the recommendations outlined in this book they created an anabolic drive to rebuild tissue by replenishing and balancing irregular levels of hormones. As a result, they were able to actually stop, prevent and even reverse the deterioration.

Perhaps the greatest strength of *Cure Tooth Decay* is that so many disciplines are brought together in a comprehensive package. The pioneering works of Drs. Francis Pottenger, Weston Price, and Melvin Page are presented in a way that highlights their convergent messages. Until this book, dentists have had a hard time bringing holistic dentistry concepts together in a way that is both practical and easy for the public to use. *Cure Tooth Decay* gives the reader a comparative presentation of the different concepts of tooth decay. It embraces new concepts and modern trends together in one elegant text.

Your diet is the key to creating a healthy mouth. There is no other way about it. This is the key issue, and the central theme of *Cure Tooth Decay*. When people eat

too many processed foods, especially sugar and flour products, they wreak havoc on the body. Insulin levels spike, cortisol goes up, and the flow of parotid gland hormone changes, resulting in cavities. When you consume too much sugar, the hormones that control tooth mineralization change for the worse. When you have adequate healthy hormones, the tooth is healthy and is engaged in the process of maintaining and building healthy tooth structure, through the process of mineralization. When you don't have a good diet, your body's ability to repair and maintain healthy teeth and gums is severely limited. And the result is tooth destruction, or demineralization. If you learn one thing from this book, it should be that eating too much processed sugar and flour products upsets the entire hormone system. This not only sets you up for tooth decay or gum disease, but makes your entire body overly acidic. In the acidic state, harmful bacteria and fungi can thrive.

When people are stressed they often crave comfort foods such as sugar and starch (flour products). The metabolism of an individual who craves sugar is generally in a sugar burning, rather than fat burning mode to produce energy. If people stay off the sugar for seven days and consume adequate amounts of the good saturated fats, they lose their cravings for sugar and their tooth problems significantly improve. After they have stabilized and lost their sugar craving they can have only low sugar fruits: green apple, pear, kiwi and berries (no sugar on top!). If you are susceptible to tooth decay, stay away from all sweet fruits; many of them have all been hybridized to make them as sweet as possible. I once stayed away from all fruits for a period of time, then I bit into a Fuji apple—it tasted like candy!

Cure Tooth Decay is nothing short of a lifesaver for people. The protocol in this book is very effective for preventing cavities and mineralizing teeth. Beyond that, I would expect people to experience increased vitality and vibrancy due to the increased intake of nourishing vitamins and minerals.

Cure Tooth Decay is a godsend for people; I cannot say it enough. It helps readers fully understand how modern, devitalized food causes disease. As a dentist, I know that you don't want to spend so much money on your dental care. I am therefore rooting for all of you to change your lifestyles for the better so that you won't have to. The nutritional approach to treating cavities works! This means people will need fewer fillings in their teeth, and they will walk away much happier from their dental visits. There's nothing better than keeping one's original teeth.

Wishing you a happy smile and a satisfying visit to the dentist, with no new cavities!

TIMOTHY GALLAGHER D.D.S.
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Preface

When conducting research for my book, *Healing Our Children: Because Your New Baby Matters!* I read several dental journal articles from the 1930s written by Dr. Weston Price. In one of the journals, Dr. Price published an outline for a book about healing tooth decay called *The Etiology and Control of Dental Caries*. Etiology means the study of *cause*, so the title of his book could be interpreted as *The Scientific Cause and Cure for Tooth Decay*. I thought to myself, what a wonderful idea: a definitive book that shows people how to take responsibility for their dental health. This concept, made available to everyone, would be a triumphant stance against the medical ignorance now leading people away from the real cause of tooth decay.

I contacted the generous Price-Pottenger Nutrition Foundation, the keepers of Dr. Price's timeless research and the promoters of public health awareness. They did not have any records of Dr. Price having written such a book, although Dr. Price did write volumes about tooth decay. It is my belief and assumption that while Dr. Price was writing this tooth decay book, the profound implications of his research began to dawn on him. That is, the cause of the many forms of diseases, besides the tooth decay so prevalent today, can be found when wise diet traditions have been replaced with refined foods. It follows that the cure and prevention of these many diseases could also be found through nutrition. This realization grew into what became Dr. Price's revolutionary book, *Nutrition and Physical Degeneration*, a book that documents how poor nutrition is the primary cause of degenerative disease. The thought of writing a tooth decay book remained with me for a while. It occurred to me that no one had written about how to heal and control tooth decay, at least not in an accessible manner that actually worked.

I wrote this book because I want to help those who are suffering. Many dental treatments are unnecessary when proper dietary changes are made. People might think that such an idea is whimsical or unrealistic, even unscientific. I can understand this reaction because I too used to think that way. I thought that as long as I ate only organic foods, my teeth would be protected from decay. Many folks put a significant effort into keeping their teeth healthy. When they fail to prevent cavities, they do not understand why. They feel that their decay is only marginally related to

their nutrition and that the endless march of time has the upper hand. I have discovered that this could not be further from the truth.

When my daughter's teeth began rapidly decaying around the age of one I did not know what to do, or to whom to turn. Eventually I resolved to focus my energy and intention on the goal of discovering why her teeth were decaying and how to stop it. This book is the manifestation of my family's triumph against dental caries. It brings me great joy every time a parent writes to inform me that their young child, who had been suffering from tooth decay, has just been spared costly and painful dental surgery from reading my book. The majority of us can take effective steps to avoid the dentist's chair and obtain lasting dental health.

RAMIEL NAGEL
San Jose, California
August 18th, 2008

Introduction

Your teeth are not designed to decay!

Each one of us possesses the genetic potential to be healthy and to have healthy teeth. However, for many of us this genetic potential is never realized. And you are going to learn why that is. In order to restore this potential we must return to obeying nature's laws for health.

The purpose of this book is to help you create a feeling of safety regarding tooth decay. Decaying teeth can be a scary, painful process. When in a state of fear and panic, we disregard the most sensible decision we could make: to search for the real cause, rather than succumb to the easy and passive response of allowing a dentist to "fix" the problem for us. We have been taught, for the most part, that tooth decay is inevitable and that we have no choice in the matter. After reading this book, you will see that this is far from the truth.

The essential causes of tooth decay have been known to the modern world for approximately seventy years. As Harvard Professor Earnest Hooton exclaimed seventy years ago, "It is store food that has given us store teeth." Prevention of tooth decay is possible, necessary, and the only sane next step. As you read on, you will learn a more accurate theory as to why teeth decay. You will find guidelines for reversing tooth decay as well as the answers to many common questions.

The essential keys to remineralizing teeth, and thus preventing or healing tooth decay, are not found only in this book. The answers are within you. This is a guidebook designed to help you establish and implement your own healing diet. By restoring the delicate balance of your body, this diet will build bones and provide you with increased health.

In addition to this protocol, my intention is to inform and guide you. The goal is to become educated about your oral health and to discover why teeth decay. We can reclaim our dental health by not relying on outer authority figures and organizations to tell us what is best for us. When you understand the causes of cavities you become empowered to make better choices for yourself.

Pioneering Nutritional Tooth Cavity Healing

In my younger years, I never spent much time thinking about teeth. I assumed that my good diet would keep me free from cavities for my entire life. Yet the glass of my limited beliefs was shattered the day my partner and I observed that our one-year-old daughter had a small, light-brown spot on the top of her front tooth. I wasn't sure if this spot was a cavity or not.

Days, weeks and then months went by. To our horror, the spot continued to grow and other teeth also began discoloring. As a natural health care-oriented parent, who protects my daughter from chemical exposure in the forms of processed junk foods and western drugs, I was extremely concerned at the thought of taking my precious little girl to a dentist for a dental treatment. Can you imagine what a dental treatment would be like for a toddler? A one-and-a-half-year-old child cannot sit still for a dentist and would not be able to understand the ordeal she was being put through. The typical dental treatment prescribed for young children involves surgery under general anesthesia. Recently I learned that, as an alternative, some pediatric dentists can use local anesthesia or ozone gas.

Wanting to avoid traumatic anesthesia and surgery for my daughter and not wanting to have her teeth pulled, I was left in a grave dilemma. I had to decide whether to subject her to a dental treatment—which to me was inappropriately violent for a small child who was not experiencing any pain or suffering—or I had to find the real cause of cavities. Only through grace, persistence, and hard work did I find a cure. At the peak of my daughter's tooth decay her teeth disintegrated so rapidly that the first decayed tooth crumbled apart within a period of a few weeks. This caused me and my partner Michelle much distress, along with feelings of helplessness. While my daughter's teeth were decaying, I was diagnosed with four new cavities. I was not prepared to have more synthetic materials added to my overburdened body. At the same time as the new diagnosis of four cavities, I was also feeling a great deal of sensitivity on the sides of many of my molars, near the gum lines—a condition which I now know is called abfraction.

Now, nearly three years after the original decay, my teeth, once sensitive and loose in my mouth, are now firmly embedded and strong. The sensitive spots have hardened dramatically. Although my daughter's teeth continued to decay to a tiny amount, her teeth have protected themselves. Even with two teeth worn to the gum line, she has no pain, no sign of any infection and no problem eating hard foods (such as peanuts and ice cubes). These results were not accomplished by luck, nor by some special product, chemical, or dental treatment, but by food alone.

1

Our Medieval Theory of Cavities

Years ago, when people were afflicted with various types of ailments and diseases, it was a common practice to blame *evil spirits*. The belief was that the evil spirit had invaded the person's body and was causing the disease. If one could placate these spirits or induce them to leave then the disease would be cured.

People of the world still maintain this same belief today, except that these evil spirits now have a new name. Scientists, doctors, dentists, and government officials have decided that these new "evil spirits" are called micro-organisms (viruses, bacteria, etc.). The prevalent modern theory is that these viruses and bacteria are the *basic* or primary cause of disease.

This theory of disease, labeled the germ theory, became cemented in our minds due to the work of Louis Pasteur (1822–1895). Mr. Pasteur proposed a theory of disease that is now the basis of most forms of modern medicine. This theory projects the idea that pathogenic bacteria exist outside the body and that when the body's defenses are lowered bacteria can invade the body and cause disease. Unfortunately, in our world, which is filled with a substantial amount of corruption and darkness, this "science" has remained the status quo without an adequate scientific debate. The effect of Mr. Pasteur's contribution to medical thought is what has led to our modern system of dental care.

The Law of Personal Responsibility

The modern germ theory of disease cavity formation stems from this medieval belief of capricious disease invasion. The problem with this theory, on an esoteric level, is that it takes away our personal responsibility. It turns us into helpless victims of disease and makes disease into our enemy. When disease is our enemy we have to fight

it. We create war. This war, as you yourself may be experiencing through having had various dental problems throughout your life, cannot be the answer.

The law of personal responsibility is a guiding principle in life. It opens us to opportunity and enables us to succeed. Personal responsibility forces us to see things in their true light. It brings us self-respect, integrity, and a sense of hope that what seems to be outside of our realm is actually under our personal control. Personal responsibility removes our childish conceptions of being omnipotent, and at the same time shows how unrealistic it is to believe that we are life's passive victims.¹

I mention the law of personal responsibility because this law is vital to obtaining increased health. I have found that healing cavities is not just about the physical process of substituting nutrient-devoid foods for their nutrient-rich alternatives. It is an opening up to life itself. It is a reaching out and a growing. It is a small death of the old ways of being. Those who have successfully conquered their decay have embraced the principles of this book and taken it upon themselves to heal. They looked within, trusted themselves, and in some ways acted out of the involuntary consciousness that instructs and guides us. I urge you to tap into this infinite but dormant power. Many people are faced with difficult choices, in shades of gray. I have found that the answer to these dilemmas, whether concerning your teeth or other matters, bubble forth from within you. I encourage you to take everything I have written in this book as a pointer to your inner knowing and not as a replacement for it.

The Modern Theory of Cavities

The “modern” theory of dental disease suggests that we have an almost total lack of power and responsibility concerning this condition. This theory then allows people to stay in their childish beliefs, which state that their behaviors in life have little to do with the amount of cavities in their teeth, or the state of their general health, for that matter. The current theory of tooth decay is then more like a superstition than a scientifically verified truth. People have latched onto Mr. Pasteur's science because, unfortunately, many people want to believe that they are victims of disease. This belief eliminates the transformative potentials inherent in personal responsibility and the need for lifestyle changes.

On the website of the American Dental Association (ADA), the common theory of tooth decay is illustrated. This is the exact quote:

*[Tooth decay] occurs when foods containing carbohydrates (sugars and starches) such as milk, pop, raisins, cakes or candy are frequently left on the teeth. Bacteria that live in the mouth thrive on these foods, producing acids as a result. Over a period of time, these acids destroy tooth enamel, resulting in tooth decay.*²

What is undisputed and agreed upon by many sources is that sweet foods with sugar cause tooth decay. What is questionable is the theory that cakes, candies and other sticky foods being left on the teeth, which then become food for bacteria, determine a decline in dental health.

The theory that bacteria thrive on sucrose, and then produce acids that eat away our tooth enamel, seems to be convincing. But it defies both science and logic.

The reason the bacterial theory of tooth decay is false is that sugar, and particularly refined white sugar, disables bacterial growth. This is from the Sugar Association's website.

*Sugar incapacitates any microorganisms by its ability to attract water . . . The microorganisms become dehydrated and incapacitated, and are unable to multiply and bring about food spoilage.*³

White flour is produced by the removal of the wheat germ, for the purpose of inhibiting and reducing bacterial growth.

This leaves us with a conundrum. The two foods that are supposed to be the primary causes of tooth decay are white flour and sugar. These denatured foods have been specifically designed by industry and commerce to have a long shelf life. They are refined for the purpose of being made impervious to bacteria through the removal of most or all of the nutrients that bacteria like to eat.

Conversely, the foods that we think do not cause tooth decay, such as beef, chicken, fish, and vegetables, are foods that go rancid rapidly. In other words, these are foods that bacteria like to feed off of. Basically, what I am saying is that if you leave a bowl of white flour and sugar outside next to a piece of raw fish, in a few hours or days the fish will be ridden with bacteria while the flour and sugar will remain the same, nearly impervious to bacterial destruction. Bacteria ignore the processed sugar and flour because these foods no longer contain the nutrients that the bacteria need.

The current theory of tooth decay states that bacteria in our mouth, and specifically *Streptococcus mutans*, thrive on foods in our mouth, producing an acid that dissolves our teeth. If this were true, then hypothetically it would be the foods that the bacteria love the most that would contribute most to tooth decay (i.e., fish, beef, vegetables and fruit).

If the current theory—that bacteria cause tooth decay—were true, then considering that white sugar inhibits bacterial growth, we could hypothetically eliminate tooth decay by chewing on sugar all day long.

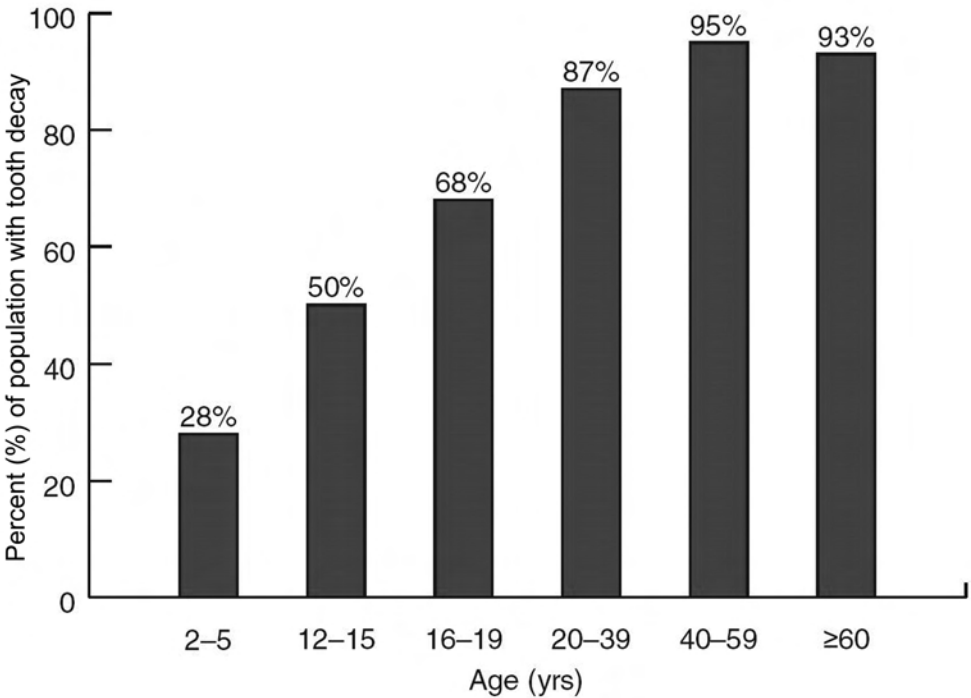
This theory plainly falls apart when the following facts are considered. The supposed acids produced by the bacteria, rather than affecting many teeth evenly, seem to affect only certain teeth and avoid affecting others. Why would those bacteria be so picky and so precise, only eating food and producing acid on some teeth and not on others?

Why isn't the ADA promoting the theory of eating sugar, and avoiding meat and vegetables, to inhibit bacterial growth? Why doesn't a simple anti-bacterial rinse cure cavities? A daily mouthwash of some anti-bacterial agent would cure all cavities, if the bacterial theory were true. The answer to these questions is clear: what you have been told about tooth decay is a pure, sweet, child-like fantasy.

Stages of Modern Dentistry

Based on the combination of the belief that tooth decay is caused by bacteria (identified as *Streptococcus mutans* and *Lactobacillus acidophilus*) and the belief that bacteria eat foods in the mouth and produce acid, thus causing the physical structure of teeth to erode, the modern system of dentistry has developed. This modern system and theory then aims to control bacterial growth in the mouth as a treatment to prevent cavities. It can be summarized as follows:

Evidence That Modern Tooth Decay Treatments Don't Cure or Prevent Cavities



Tooth decay over the lifespan, National Center for Health Statistics. ⁴

1. You must brush your teeth all the time to eliminate these dangerous bacteria.
2. You must rinse your mouth with chemicals to eliminate more dangerous bacteria.
3. You must floss to eliminate the remaining bacteria and food particles.
4. When those three tactics do not work, you must have the bacterial infestations removed from your mouth by a dental drill, thus leaving your mouth free of bacteria.
5. When a dental drill cannot remove the bacteria and the bacterial growth progresses, the tooth root can become infected, which then requires a root canal filling. The solution to the infected tooth root is to first remove the top of the tooth and then clean the inside of the tooth with chemicals. Next, this traumatized tooth is filled with a synthetic material, leaving the inside of your tooth sterile.
6. Finally, when all those procedures fail to keep your tooth alive, from the supposed onslaught of bacterial invaders, the tooth must be removed and a fake tooth or no tooth is what remains.

By the time the sixth stage is reached, many people have spent thousands of dollars on dental care. But no matter how much money people spend on dentists and dental treatments, the real cure for cavities still seems elusive. It appears that not enough people have noticed that these methods for treating teeth do not cure the problem. Modern treatments do limit some pain and suffering, but if the basic cause of tooth decay is not addressed, your teeth continue to decay. To be clear, I am not opposed to dental treatments. Sometimes these procedures are the best option for certain people. But for the majority of us, there is another way to halt, prevent and even remineralize decayed teeth.

Here you see the results of a large study of about 16,000 individuals. The study was conducted from 1999 to 2002, by a government agency in the United States. As you can see from the chart, as you age the likelihood that your teeth will be decayed increases. In fact, the statistics for people over the age of 40 are dismal. On average, 45.89 per cent of all teeth in this age group have been affected by decay. That average represents nearly half the teeth in each person's mouth having been affected by decay. This only gets worse. By the time you reach the age of 60, 62.36 per cent of all teeth have been affected by decay.⁵

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If dental drilling, root canals, tooth pulling, mass water fluoridation, tooth brushing and toothpastes were the proper treatments for cavities, then we would not see this increase of tooth decay over time.
.....

Instead we would see a decrease in cavities over time, or at least the level should hold steady.

In general, the older people become the more they are flossing, brushing and having their teeth drilled. It would follow then that their tooth decay should not get worse since they are following the prescribed protocol. Are we to assume that over 90 per cent of the population is not following the prescribed protocol or . . . is something fundamentally wrong with this “modern” approach to preventing and halting cavities?