



Nutrients
Emotional Clearing
Mud Therapy
Vastu
Dental Health

Dental health is responsible for 20% of our overall health. It works both ways that our digestion affects our teeth and dental health, and our dental health affects the rest of our health. means we really need to nurture our entire body, and look at dental health as part of the Whole-istic approach for health.

Dr Boyajian and I agree in providing support for your body any time you have dental work, so that your body recovers quickly and you continue to feel healthy and strong. For that reason, I have provided some information and numerous remedies for you below. Take a peek and contact us if you'd like to combine healing tools for your dental work. There are so many Simple Solutions. Below are my Simple Solutions for dental health.

Energetically, all dental work drains down the neck and the arms to exit the body. [Physically, everything leaves our body through the bowels, the bladder and the skin. Energetically, everything exits our body via channels down the arms (everything above the navel) and down the legs (below the navel)]. So, it is rather important to keep the lymph glands and the arm channels *clear* and *open*. The simplest method for this is to soak the hands (and wrists) in ionic salt baths (a bucket is fine). For this reason, I highly recommend soaking at least one time each week, to keep the neck and arms clear, and more frequently before and after any dental procedures.

TOOLS AND IDEAS TO KEEP YOUR DENTAL HEALTH IMMACULATE

Basic dental health:

Coconut oil: Swish in mouth 5 mins, 3x/ week to keep teeth and mouth healthy. This may kill bacteria in the mouth, and it helps to restore gum pockets. (Read detailed directions on our website blog.)

Neem oil: an anti infective that works well for the gums. Can use topically or mix 2 drops with coconut oil, for the swish above.

Renaven: basic kidney support that everyone needs (environmental toxins over burden the kidneys and may lead to low back pain).

pH tape: instant measurement of overall health and of current bone status by measuring if the body is acidic or alkaline.

Vitamin C: helps to restore gum health, this is not just any vitamin C, this has all the nutrients the way it's found in nature (like a tangerine vs the popular and synthetic 'Ascorbic acid', which is not actually vitamin C and sadly is what's in most supplements as 'the source of vitamin C').

REMEDIES YOU CAN USE BEFORE AND AFTER DENTAL PROCEDURES

These nutrients and remedies remove toxins that you may have been exposed to in the process of dental work. This will help your body recover quickly from procedures and help to lessen the burden on your body and shorten or remove the down time after any treatment.

When is it helpful to soak my hands?

- after dental injections in our gums
- after a filling
- after dental surgery

What can I do to strengthen my gums?

- Do the coconut oil swish (aka oil pulling. I have a detailed blog on our website about this).
- Take more minerals, electrolytes and antioxidants, especially vitamin C (not the fake ascorbic acid, and not chewable - which tend to be too acidic for the teeth).
- Use Neem oil on the gums. This keeps the bacteria in the mouth balanced.

My kids don't drink milk, how will I know if they get enough calcium to make their teeth strong?

The best way to measure bone health – and overall health – is to check your pH. Purchase pH paper for about \$10. When you pee on it, the color of the paper changes to detect your mineral and bone status. When the body has an alkaline pH, that's the time the bones are getting nourished. When acidic, there are too many toxins or bad bacteria taking over – and we need to remediate this at once. You might take a peek at healthychildren.org for alternative calcium sources, or ask us for customized choices.

My baby is teething, what can help?

Generally, minerals and vitamin C relieve the pain and inflammation associated with teething. We also have numerous products in our office that we can suggest on a personal and customized basis. You can also peruse at arnica.com for an article on Homeopathic arnica products for babies.

Anesthesia and dental injections:

Use these remedies before and up to 10 days after treatments, to have best results.

Medi Bath: It's always a good idea to soak your hands after dental treatments. This pulls toxins and unnecessary debris right out of the body. While its okay to soak the entire body in a bath, it is essential to soak the hands and feet (and the wrists and ankles).

Castor oil: Apply this on the outside of the mouth and throat for 3 minutes prior to showering. Another area to use castor oil is on the liver and kidneys. For a detailed visual of these and other organs where you can use castor oil, please look for the Tapping & Swiping download on our website and it this to your treatment plan for success!

Avoid regular fillings/cavities:

Use these after you have dental work, and you can also do it before.

Medi Bath: Soak hands and wrists.

Coral Minerals: Take 1-2 capsules daily to keep the body alkaline.

pH strips: Be sure your pH is alkaline so your body is forming (under age 30) and maintaining enough bone.

Tips: Chew gum with xylitol; use DentaVen supplement regularly, and toothpaste with Neem or xylitol.

Mercury removal, or redoing a Root Canal:

Even in perfect conditions, during the process of removing old fillings, it is highly likely some of the vapors get into your body. This could act like toxins and can put a burden on your body's defense and detox system. During this hopefully short time, the body could easily get depleted. For this reason, and to just cleanse out any anesthesia you used, I recommend the following program for a week to be sure you feel good and have little to no down time.

Detox ND: 3 tsp/day for 1 week. Just put in water bottle and sip.

CoQuinol: 3 caps/day early in the AM and then take 3 every time you feel a little 'off' – headache or body ache.

Medi bath for hands: Soak hands and wrists in the water.

Coral minerals: 4/day with food. Keep taking until you finish these.

Zinc: 1 shot/day with food. Continue to take 1x/week until you finish the bottle.

Asta Complete: 1 in the AM and 1 midday. Keep taking until you finish these.

For more information on these and other natural remedies, please call to schedule a one-on-one consultation with Julie E.

Order online at
www.JulieEHealth.com

Use code **TEETH** for
15% off your first order.

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Dr. AJ Boyajian is a holistic dentist in the Los Angeles area. He has 20 years of experience and provides his patients with biologic dental treatments using the latest and best technology available.