

Help Your Kids Suffer Less at the Dentist

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Do you dread taking your children to the dentist? Do you have kids who refuse to go? Are your dentist appointments far and few between, very unpleasant and expensive to boot? You do not have to rely exclusively on your dentist for oral health care you know. Caring for your children's oral environment can help save money and painful procedures.

Personally, I'm always procrastinating about making the next dentist appointment for my kids, so it never comes out that we actually go ever six months. Having this "weakness" and always preferring to take the natural way (ever take a look at

the ingredients in toothpaste and mouthwash?), I've looked into what we can do at home to keep those teeth from needing a dentist in the first place. These simple techniques have worked really well for us, so I am sharing some tips with you today.

This is not just about oral care ladies, it's about a mother being her family's primary health care provider! That is one of our roles so let's do it!

Feeding and cleaning one's mouth with alkaline as opposed to acidic food and cleansers, is the key to making your appointment more successful and most likely less expensive. So here we go...

1. Decrease processed food, sugar, gluten, and corn products. These foods create an acidic environment in the mouth (and body), inhibit the endocrine system, and cause sugar spikes, all of which harm and weaken the teeth.

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2. Use a natural, nontoxic toothpaste. If the toothpaste out there was so effective, why are cavities at an all-time high? Think about that one. A natural, toxin free toothpaste is much more effective. You can even make your own:

30 ml Coconut Oil
20 ml Baking Soda
20 drops Peppermint
10 drops Frankincense
10 drops Cinnamon

Liquefy coconut oil in a double boiler and add in the other

ingredients.

Mix together, pour into jars (a different jar for each person in the family),
and pop in the fridge to solidify.

Once solidified, it can be kept out of the fridge.

Optional add ins:

5ml activated charcoal, or

4 capsules of powdered probiotics

3. Make sure you are taking care of the alkaline. Unhealthy gums can lead to many oral care issues. In a clean jar, mix 1 tsp of frankincense or myrrh essential oils with 2 tsp of coconut or MCT oil. Apply a drop to the gums at night.
4. Alkalize the mouth with a non-acidic mouth wash. Mix 1 cup of water with a teaspoon of baking soda or grey salt or magnesium, or a combination of all three. This will alkalize the saliva instead of acidifying it as a regular mouth wash does, which causes the enamel on the teeth to dissolve and creates an bacteria friendly environment.



Make sure you are taking care of the gums!

5. Whiten the teeth naturally and create oral health at the same time: mix $\frac{1}{2}$ teaspoon of 3 percent hydrogen peroxide with a teaspoon of baking soda. Place this mixture on a dry toothbrush and brush twice a month.
6. Every once in a while, switch brushing with natural toothpaste to brushing with one of the following essential oils: thyme, cardamom, clove, or cinnamon. Dab a drop or two on a toothbrush.

It's not just about oral health, less pain and needless expenses. It's about empowering ourselves to take care of our family in the best way possible. If brushing and flossing or anything else for that matter, doesn't seem to be working (as can be seen from the huge number of cavities, root canals and tooth extractions out there), we need to show our family that we (and they for that matter), can always find a better way, a more effective solution, new and empowering information.

Happy alkalizing ☐