

Transcript
5 Steps to a Healthy Mouth
Video 3 - Diet and Oral Health: What TO Eat to Create a Healthy Mouth

[Intro music]

Introduction

Will:

Aloha and welcome back!

In the last video, we explored how our diets have a foundational impact on whether our teeth are prone to decay or able to resist decay.

In this video, we will learn what foods contribute to greater oral health, and more importantly, why.

If you haven't watched the previous video on dentinal fluid flow, I strongly encourage you to go and watch video 2 before watching this video. I'm gonna reference the information we learned in the last video, [so] this one will make much more sense if you have the information from the last video firmly in place prior to watching this one.

But first, this information is for educational purposes only. We are not engaged in providing medical advice or services. We provide this information and you, the viewer, accepts with the understanding that everything done or tried as a result from viewing this video is at the viewer's own risk.

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We share this material with you in order to support you and bless you with the information and insights that we have found helpful on our own path to greater oral health.

So with that in place, let's get started.

Dr. Weston A. Price

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Transcript

5 Steps to a Healthy Mouth

Video 3 - Diet and Oral Health: What TO Eat to Create a Healthy Mouth

Any discussion of the subject of the impact of nutrition on oral health must include the landmark work of Dr. Weston A. Price.

Many of you may know this story, so for those of you who are not familiar with the work of Dr. Price, he was a dentist in the 1930s in the United States who decided to travel the world to study people living in isolated areas who were still eating their traditional foods.

In other words, they weren't living on the "foods of commerce" as Dr. Price referred to [the processed foods commonly consumed by United States citizens in the 1930s].

Dr. Price's hope was to identify what was causing the rampant decline in oral health he was seeing in his dental practice back in the United States. So, he travelled the globe to remote locations in Africa, the Pacific Islands, South America, Switzerland, (what is now) Alaska, Australia, [and] Ireland, studying the diets of these isolated villages he visited and their relative levels of oral health.

What he found across the board was that people living the traditional ways had very low [rates] of tooth decay, and in general, were overall very healthy. And in fact, in one village he studied where the residents allowed Dr. Price to study the skulls from the dead from that village, Dr. Price found 1 cavity in 100 skulls. Not 1 cavity in 100 *teeth*—1 cavity in 100 *skulls*. That's 1 cavity in 3,200 teeth!

Now despite very different diets across the world, Dr. Price did find common threads through the traditional foods the various cultures ate around the world. One of the common threads he found was that the traditional peoples consumed 4x the minerals as Americans in the 1930s and 10x the fat-soluble vitamins. Mind you, this was well before the low-fat propaganda blitz hit the United States.

Given this information, it does make sense that we dearly require more minerals in our diets and way more healthy fats than most people in our culture consume on a regular basis.

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We are very grateful for the rise of the “Real Food” Movement—the concept of nutrient dense cooking and the awareness (and awesome work) that so many great researchers, authors, and bloggers are doing to spread the word about the benefits of eating real foods like our ancestors have forever.

It’s not as simple as supplementing more minerals, unfortunately. We think the expression, “We are what we eat” isn’t quite accurate. We find that, “We are what we *assimilate* from what we eat” is a more accurate statement. In other words, if we eat lots of quality foods but have less than optimal digestion and absorption, then we’re still going to fall short of our nutritional needs.

Fat-soluble vitamins

Now let’s move on to how all of us need more fat-soluble vitamins and activators in our diets.

The vitamins we’re referring to here are vitamins A, D, E, and K (particularly K2).

While giving this subject the attention it deserves is beyond the scope of this short tutorial, I’d like to share one example relating to oral health [of] how these vitamins are crucial and work together synergistically.

So, vitamins A and D together stimulate cells in our bones to produce osteocalcin. Osteocalcin is used by the body to build new bone tissue or reinforce bone tissue that needs support. However, osteocalcin needs to be activated, a term that Dr. Price recognized and identified in his research as “Activator X”, for lack of a better term.

Vitamin K2 is what activates osteocalcin and makes it ready to plug into existing bone tissue and heal decay, for example, in the teeth. In other words, without sufficient vitamin K2 in the diet, we can supplement all the vitamin A and D we want, and it won’t have nearly the same impact and benefit as if we have the synergistic work of vitamins A, D, and K2 together.

Sources of fat-soluble vitamins

So the real question is, where can we get these vitamins together in a highly available form (which from our perspective, is in their whole food form)?

Well, it turns out that Dr. Price again identified that the combination of **cod liver oil** and **high vitamin butter oil** were a fabulous combination to supplement to provide our bodies with lots of these fat-soluble vitamins to bring about positive change in our oral health.

Traditional vs processed diets

But before we get into what other foods are high in fat-soluble vitamins and available minerals, let's reflect on one other comparison that Dr. Price found. He compared people living in their traditional ways with other people from the same villages who had moved into the towns nearby that ate processed, more convenient foods.

He found the average percentage of decay in the people who ate their traditional foods was right around 2% of all the teeth he studied. In contrast, the percentage of decay in the same peoples living on modern diets averaged over 30%, with a high of over 70% among Australian Aborigines living on modern diets.

There's really no way around it—diet plays an integral, foundational part to any path to optimal oral health. If you stop and think about it, it really makes sense. Unless our bodies have the building blocks, the parts necessary to thrive, they will do the best they can with substandard ingredients, which will result in substandard health.

More sources of fat-soluble vitamins

So, what foods provide us with lots of nutrition in the form of minerals and fat-soluble vitamins? Well, many of these happen to be out of favor in what our modern society says [are] “healthy” foods.

Foods like:

- Eggs from animals raised on pasture
- Cream and butter from animals raised on pasture
- Organ meats from animals raised on pasture
- Even some cheeses are high in some of these fat-soluble activators

Do you hear the common thread here? The quality of the food products we eat [is] of paramount importance when it comes to the nutrition that these foods contain.

Animals must live on pasture and have access to lots of sunlight in order for them to get the nutrition they need, which will be passed to us in the products that we consume.

For example, we mentioned the importance of vitamin K2 to activate and make available vitamin A and D for bone production, right? Well, ruminant animals (animals with more than one stomach) create K2 from vitamin K1 that they get from eating green grass.

In fact, the amount of K2 in animal products drops significantly when the animal is off green grass. The lesson here is to source the quality of animal products well. Organic is always wise. You see, healthy animals living on their natural foods accumulate the minerals from the food they eat and concentrate them into a very available form when we consume their products.

I understand how it would be great if we could live healthy, vital lives without having to consume animal products. But from our studies of history and nutrition, we are gratefully and hopelessly dependent on animals to optimize our nutritional needs.

Now let's offer a list of foods that we consider to be some of the highest nutritional bang-for-the-buck of a healthy diet.

One important source is quality products from healthy animals living on their natural environments. This includes:

- Eggs from pastured chickens or ducks

- Fish eggs
- Organ meats of cattle and other grazing animals
- Chickens [pasture raised] and fish [wild-caught, non-toxic sources]
- Dairy products from pastured cattle, goats, and other milk-producing livestock

Another big source of lots of healthy fats and proteins, along with a bunch of very available minerals [are] **homemade bone broths or stocks** made from bones of healthy animals living on pasture.

We really consider bone broths to be a foundational component to a healthy diet. Every traditional culture has their version of “grandma’s chicken soup” that they rely on to provide their families lots of nourishment in a very easy to digest form.

Also, any discussion of optimizing diet for greater oral health wouldn’t be complete without including the vital role of **naturally fermented foods** to increase the beneficial bacteria in our gut. After all, it’s the good bugs in our digestive systems which makes the food we eat available for us to absorb.

We consider foods like **sauerkraut**, as well as **yogurt** and **kefir** (if you do dairy), fundamental parts to a healthy diet, as these foods nourish and support a healthy bacterial colonization in our bellies. What this does is it really optimizes our ability to uptake the nutrition that we eat in our diet.

If you lean toward a vegetarian diet, then look toward the traditional Indian diet and how they eat a lot of dairy products in the form of **yogurt-like cultured milk products** and **clarified butter** (or what is called **ghee**).

We really consider **butter** to have a very foundational place in any healthy diet. However, we have to get the very best butter possible in order to really optimize the benefit to our oral health.

As an interesting side note, consuming animal products like fatty cuts of meat and organ meats is the very best way to stabilize and optimize blood phosphorus—which as you know from the previous video, is the game when it comes to keeping our teeth healthy.

Wrapping up

So, to wrap up today's discussion, we must focus on eating the highest quality foods we can to maximize the minerals and fat-soluble vitamins in our diets if we want to reach optimal oral health like what our ancestors experienced.

We have provided below this video a list of resources of books and other websites that share helpful information regarding eating to maximize our genetic potential.

Learn More

- [OraWellness 'find a dentist' resources](#)
- [OraWellness free ebooks page](#)

In the next video, we'll explore which foods undermine our ability to create optimal oral health and why.

Please comment below if you find benefit from this information. And, as always, if you know someone who could benefit from this information, please help us help others navigate to greater oral health [by sharing this information with them].

Thank you and Aloha! Until the next video! :)