



How to Remineralize Your Teeth



Real smiling customers :)

Contents / Quick Peek List

Introduction

Chapter 1 Getting Started

- Understand tooth decay's mouth/body connection
- Shift your thinking away from myths
- Meet your mouth

Chapter 2 Oral Hygiene Strategies for Stopping Decay and Remineralizing Your Teeth

- Learn how to brush your teeth (like an adult)
- Floss consciously (or practice a good alternative)
- Swish with water after eating or drinking
- Exercise your saliva
- Practice oil pulling
- Nourish your teeth daily

Chapter 3 Dietary Strategies for Remineralization

- How to support remineralization and eliminate decay
- Eat at least one nutrient-dense meal per day
- Habituate eating a savory breakfast
- Eat more quality fats
- Use quality salt
- Check the integrity of your gut health
- Eat quality butter daily (if tolerated)
- Eat natto or supplement vitamin K2
- Eat quality organ meats (if tolerated)
- Reduce consumption of the foods that inhibit remineralization
- Reduce daily sugar consumption
- Reduce daily grain, nut, seed, and legume consumption

Chapter 4 How Lifestyle Supports Remineralization

- The secret to eliminating stressful reactivity
- Get out in the sunshine
- Move your body regularly in health-giving ways
- Get a great night's sleep as the norm
- Choose to speak words of beauty

Next Steps...

Introduction

Once upon a time...

In a place not so far from here, there lived a village of people who had gems for teeth. These gems weren't colored like rubies or emeralds. Their teeth were actually pearl-colored crystals.

Unlike the gems we find in the ground, these mouth gems were alive! The crystals were actually a part of the body and were living tissue.

For many generations, the villagers lived according to the laws of nature, which kept their living crystal teeth strong and healthy.

Then a dark cloud descended on the village, and they lost their traditional understanding of how to maintain excellent health. Not long after the darkness descended, the health of the villagers started to decline, and their living mouth crystals began to weaken and break down.

As generations of villagers continued to live under the dark cloud, their health continued to decline, and one by one, their living crystal teeth weakened and decayed.

Some villagers realized the damage being done and changed their habits back to their traditional ways. Miraculously, their living crystal teeth began to heal. Once again, they experienced vitality and strong, healthy crystal teeth.

As their vitality returned, the once forlorn faces of the weakened people began to soften. They began to smile more.

This book is our attempt to help dispel the dark cloud that obscures our ability to navigate to optimal oral health. The research exists. Now it's up to each of us to walk the path, to understand the research and apply the knowledge in our own lives...

In the words of our friend India Arie, "Stand up for your rights. Keep shining your Light. Show the world your smile!"

Will and Susan Revak
OraWellness Chief Smile Officers :)

Chapter 1 Getting Started



While there are several simple actions anyone can take to help remineralize their teeth, like many things, at least half of the journey is getting your mind wrapped around the process.

So, the first three steps we'll introduce will help get the big picture stuff in place. After that, you'll find several helpful insights grouped into 3 categories: oral hygiene, diet, and lifestyle.

There are several ways you can go about incorporating these ideas into your life. You may choose to take it slow or to take it fast, but the important thing is to take action. To achieve different results than we're getting from our current actions, we must take different actions. Let's start by understanding three steps to grasp the big picture.

Step 1 Understand tooth decay's mouth/body connection, and begin taking small steps toward your goal

We're sure you already know that walking the path to a cavity-free life involves more than just what toothpaste you use. In order to reverse tooth decay and remineralize our teeth, we have to consider both how to best care for our oral hygiene and how to take steps to optimize and support our immune health.

As you read through these helpful insights, take it one step at a time. Perhaps scan the list and check off what you already have in place. Then, pick one or two actions that look particularly easy for you to incorporate into your daily habits. Taking an easy step first is sometimes the best way to gain momentum. You can integrate a new piece to the puzzle every week (or month, if need be). In this way, within a few months, each of us can find ourselves free from tooth decay.

Imagine you're at your next dental appointment and your dentist or hygienist says, "You're boring to work on because there's nothing for me to do!" By turning these simple steps into daily habits, you will find yourself hearing just that in no time. It's rather easy once you grasp (and apply) these steps.

Step 2 Shift your thinking away from myths

There are two main paradigms that must shift if we are going to restore our mouth back to optimal oral health.

Myth #1 To have a healthy mouth, we must kill the microbes in our mouth.

To make any lasting positive change, we must outgrow the simplistic notion that we have to kill everything in our mouths in order to stop decay. This ‘scorched earth, take no prisoners’ approach to oral health is a sure path to future problems.

Balance your oral flora. Become a ‘good conductor’ of the ‘symphony’ in your mouth.

Understand what really causes cavities and you’ll be halfway to a cavity-free life.

We recently heard from a friend whose dentist actually recommended that he swish with diluted bleach. This is a great example of actions based on a ‘scorched earth’ approach, and it epitomizes the second shift we have to make: healing the disconnect with our mouths.



“Understand what really causes cavities and you’ll be halfway to a cavity-free life.”

Myth #2 What goes in the mouth, stays in the mouth.

Our culture teaches us to disassociate from what’s going on in our mouths.

Bottom line, if we want to optimize our oral health, we must heal this disconnect with our mouths.

This mental or psychic disconnect shows up in many ways, from eating disorders to thinking that we can put a toxic ingredient in our mouths and as long as we don’t swallow it, the ingredient won’t get into our system.

This myth, ‘what goes in the mouth stays in the mouth’ is a falsehood that each of us must outgrow if we want to make lasting change. The bottom line is, what we put in our mouths is already in the body. After all, the mouth is the main pathway we use to introduce new stuff into the body!

Step 3 Meet your mouth

The most important action we can take to heal this mental disconnect with our mouths is an exercise we call 'getting to know your mouth'. It involves a simple, yet very powerful discovery time where we look at what's going on in our mouth.

We cannot emphasize enough just how empowering and enlightening this one activity is. Set aside 15 minutes soon to do the exercise explained in the article, '[The First Step to Dental Self Empowerment](#)'.

Taking just 15 minutes to see with your own eyes what's going on in your mouth will do more for improving your oral health than any other single activity. It's that important.

Chapter 1 Recap 3 Steps to Getting Started

Step 1



Understand tooth decay's mouth/body connection, and begin taking small steps toward your goal

Step 2



Shift your thinking away from myths

Step 3



Meet your mouth

Chapter 2 Oral Hygiene Strategies for Stopping Decay and Remineralizing Your Teeth



Learn how to brush your teeth (like an adult)

Have you ever watched a 3-year-old brush their teeth? It's darn cute, but miserably ineffective.

The disconnect we have with our mouths shows up big time with the way many of us brush our teeth. Like we say in the beginning of our video, '[How To Brush Your Teeth To Reduce Gum Disease](#)', we learn to brush our teeth when we're maybe 3 years old, and we do what we can with the motor skills and attention span that we have at that age.

The thing is, we tend to stick with those same brushing habits we initially learned.

As we grow older, most of us never revisit that subject to see if there's any better way to do it.

Brushing our teeth is important for avoiding tooth decay. It's all about managing the plaque, or 'biofilms', in our mouths. We like to refer to this as learning to '[balance our oral flora](#)', because the goal isn't to get rid of the microbes in our mouths altogether, but rather to steward them in the direction that helps us achieve our goal of reversing decay (and optimizing our oral health).

In fact, it's important to point out that [some plaques actually help protect our teeth](#) from damage!

So, learn to brush your teeth gently, feeling for plaque. Our tongues are wonderful tools we can use to feel for any mature biofilms (the types that encourage decay). It's better to take your time and brush your teeth consciously once (or preferably twice) a day than to brush multiple times per day using the mindless scrubbing technique that we learned when we were 3!

The [amount of time we brush](#) depends on what level of clean we want to achieve. Sometimes I brush for several minutes, but when I do, I'm definitely not scrubbing. I'll brush a bit, then feel for plaque, then brush more and reassess, until my teeth are clean. That's being a [good conductor of the 'symphony in our mouths'](#). Sometimes, I'll even brush while watching a movie (at home :) so I can really take my time.

For a deeper dive on conscious brushing, check out our two-part series on '[Electric vs. manual brushes: Which is better?](#)'

Floss consciously (or practice a good alternative)

Recent research has debunked the old dental advice that [flossing helps prevent cavities between the teeth](#). However, flossing is still a wise habit, as long as we do it with awareness.

We coined the term '[conscious flossing](#)' many years ago to describe the benefits we can gain when we are willing to notice any color (blood) or foul smell on the thread after flossing between any particular teeth. Blood or unpleasant odors are really easy signs of trouble. We can gain so much information from this simple habit if we apply a little awareness during the process.

Plus, regular flossing helps reduce the risk of oral bacteria flooding the whole body. There is a direct relationship between [regular flossing and a lowered risk of heart attack](#).

Here's our [analysis of many of the flosses on the market](#) and which ones are our favorites.



“There is a direct relationship between regular flossing and a lowered risk of heart attack.”

Swish with water after eating or drinking

Acids from the foods and drinks we consume habitually are a very real threat to our oral health. Yes, they can be good for us systemically, but in the mouth, [acids dissolve minerals from our teeth](#) .

Here's a remedy.

Take a quick sip of water after finishing any food/drink. Swish it around for a few moments and swallow.

This simple step helps to [normalize the pH in the mouth](#) and [reduces the amount of time](#) acids from foods/drinks sit on our teeth. If you are the type that likes to [brush after a meal](#), be sure to swish before your habitual brushing, as brushing immediately after a meal can increase enamel loss.

Note: Only swish with water after a meal. Swishing with anything else may increase acid damage to our teeth. Also, be mindful that [habitually drinking acidic drinks dissolves and weakens the outer enamel](#). For example, we know people who have caused permanent damage to their teeth by habitually drinking fresh orange juice throughout the day.

Exercise your saliva (and use it consciously)

If there is one overlooked hero in our mouths, saliva would be it.

Saliva remineralizes teeth, neutralizes acids from foods/drinks, fights 'bad bugs', helps us resist gum disease, inoculates our gut microbiome, begins digestion, and so much more! [It's a free and very powerful healing ally.](#)

We have to stop treating our saliva like spit. :)

Learn to differentiate between healthy saliva and phlegm. The body produces phlegm to encapsulate toxins and help remove them from the system (think of the nasty, colored stuff you cough up from your throat or chest when you have a cold).

On the other hand, saliva is the watery fluid that's regularly secreted into your mouth from under your tongue.

Spit out toxic phlegm, but use saliva to maximize health.

Gathering saliva in your mouth and swishing it around your teeth consciously is a very, very healthy habit. It's a little like oil pulling with the most health-giving substance possible for your mouth.

However, unlike oil pulling (where you swish for 15 to 20 minutes and then spit out the mixture), when swishing saliva, just swish for a minute or two and then swallow it. This will bathe the rest of your digestive tract with the health-giving components contained in saliva.

[Here's a silly video we made detailing this health-giving habit.](#)

Practice oil pulling

By now, most of us have heard of the benefits of oil pulling and maybe even tried it. If this term is new to you, please do yourself a favor and [learn how to practice oil pulling.](#)

While not as powerful of an oral healing agent as swishing saliva, oil pulling has the added benefit of supporting greater whole body health, too. In fact, if practiced correctly, [oil pulling can help heal leaky gut.](#)

Like our ayurvedic neurologist friend said to us, "Oil pulling has only been popular for about 5000 years in India. It's time to join the party." :)

Nourish your teeth daily

Every day we use products to nourish our skin, hair, and even nails. We eat foods (some or most of the time) to nourish our bodies. But our mouths get left to being treated with potentially toxic ingredients? It just doesn't add up.

Yet another aspect of the mental disconnect we have with our mouths.

Our teeth need support both internally (via nutrition from our diet) and locally (via the right minerals touching them).

For local support, saliva is one way to get the right minerals touching your teeth.

But what else can we do to help nourish our teeth locally?

OraWellness Shine remineralizing tooth whitening powder is our 'go to' solution to nourish our teeth. Shine provides the [right combination of minerals, in the right particle size, and delivers these minerals exactly to areas of decay that need remineralization.](#)



Customer Reviews

Here are just a couple reviews customers have shared with us:

“The dentist confirmed the existing decay on our daughter’s tooth is no longer a cavity as it has remineralized!” **Dr. Jon C, Wisconsin**

“On my last visit my Dentist said, ‘Whatever you are doing...just keep it up!’ My husband & friends compliment me on my smile & white teeth consistently!” **Lisa H, California**

[Learn more about OraWellness Shine and how you can use it to help stop cavities and remineralize your teeth.](#)

Chapter 3 Dietary Strategies for Remineralization



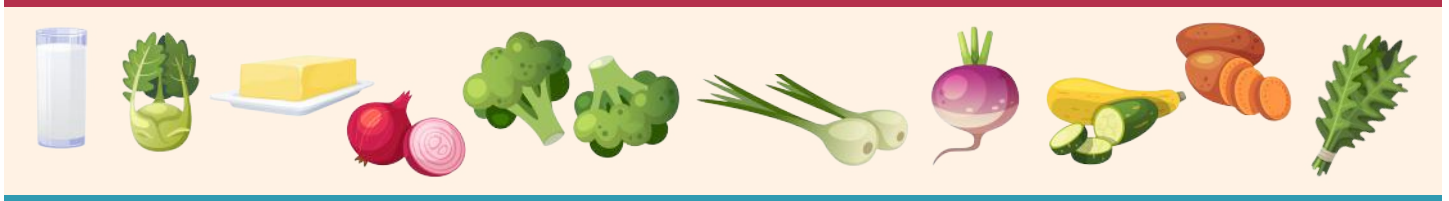
Now that we have applied some 'in the mouth' strategies, let's ramp up the healing power of the body.

How to support remineralization and eliminate decay

While supporting vitality through diet has several components to it, really it boils down to eating more foods that support healing, eating fewer foods that undermine our health, and making sure that we're absorbing the nutrition we eat.

To help make these easier to incorporate into your life, let's start with adding more of the good stuff into our daily habits before we talk about reducing anything.

Eat at least one nutrient-dense meal per day



If you incorporate just one habit from this guide on diet, this is the one with the biggest impact.

Dr. Weston Price was very successful in reversing existing tooth decay in children by feeding them one nutrient-rich meal each day. The children were in a school program where they ate one meal in the program 5 days per week.

Notice, the children still ate whatever they normally ate with their family for breakfast and dinner. But once a day, the kids would be fed a hearty stew, rich with meat and veggies, whole wheat sourdough rolls made from fresh ground flour, and a glass of raw milk.

Dr. Price also supplemented the kids with cod liver oil and high vitamin butter oil to ensure they had plenty of vitamins A, D and K2.

The results speak for themselves. Many of the kids had active, existing decay when they began the program. While existing deep cavities never 'filled in', the majority of existing decay hardened and remineralized. Also, they didn't form any new decay.

So, how can you weave this one-hearty-meal-a-day strategy into your life?

The best way we have found to accomplish this is to prepare a hearty soup/stew once or twice a week and draw from it as needed. This way, whatever we are having for dinner, we can have a cup of soup on the side to ideally support/supplement our nutritional needs. If you are new to this idea, there are lots and lots of awesome bloggers sharing how to accomplish cooking in this 'old fashioned' way with minimal time investment and on a budget.

Yeah, it takes a bit of planning, but the benefits over time are gigantic.

Habituate eating a savory breakfast

Research has demonstrated that if we start the day with a sweet breakfast, our brains burn out earlier in the day, we lose focus faster, become lethargic earlier, and our brains process more slowly. Reason one to start with a savory breakfast with moderate protein, moderate carbs, and plenty of quality fats.

Add to that, as a recovering sugar addict, I find that if I start the day with a sweet breakfast, my cravings for other sweet foods are much greater throughout the day.

If I'm not careful, I'll find myself nibbling on sweet treats between meals.



“Start with a savory breakfast with moderate protein, moderate carbs, and plenty of quality fats.”

My optimal first meal of the day is a cup of leftover soup.

It's savory, warms the belly and supports digestive fire for the day, and sets me on a course of a much healthier relationship with sugar (which translates into me eating healthier, feeling better and being more productive).

It's ok to have some carbohydrates with breakfast. Just be ever vigilant, as carbs are sugar and if breakfast is dominated by carbs, the same slippery slope is set up for the day.

Eat more quality fats

We are biologically hardwired to love the taste of quality fats. The reason is healthy, natural fats are SO good for us. And, when we add more quality fats to a meal, our desire to have sweets goes way down. (Whew, win/win!)

Weston Price was the researcher who really brought forward the benefits of regularly consuming quality fats. He traveled the world studying native peoples living on their traditional diets, and he found that these folks had stellar oral health. He also found that these people ate, on average, 10 times more fat soluble vitamins than people who were eating modern (1930s) diets. We simply cannot ignore the importance of this.

So, eat plenty of pastured butter. Same goes for eggs from chickens, ducks, turkeys, etc. If the animals are allowed to roam on pasture and eat all sorts of bugs and green grass, those eggs are an excellent source of fat-soluble vitamins. Eat the yolks! Also, avocado and coconut are excellent plant-based sources of quality fats.

Several of our resources discuss this, including, ‘ [What To Eat To Support Greater Oral Health](#) ’ and ‘ [How To Reverse Tooth Decay with Diet](#) ’.

Use quality salt



As a general rule, we have come to accept that most of us are nutritionally malnourished. Much of the malnourishment in modern cultures is due to a lack of understanding that leads to poor food choices (choosing processed, food-like products over whole foods).

Some malnourishment is also due to a lack of trace minerals in the soils that our food is grown in these days.

Be willing to use quality salt (like Celtic sea salt or Himalayan salt) while cooking. Don't buy into the 'lower salt is better for us' propaganda campaign.

Eating quality salt will provide our bodies with much-needed trace minerals. After all, without trace minerals in our regular diet, our bodies simply cannot produce all the enzymes necessary to thrive.

Since our agricultural soils were depleted of trace minerals many decades ago, we have to supplement trace minerals. Our family most commonly uses Himalayan salt, but there are many good types out there. Find one that feels right to you.

One word of caution: think about where the salt is gathered. Is it near some major pollutant? Close to home here in Hawaii, our sea salt is produced way too close to a river that tends to be pretty polluted from pesticides and herbicides used on GMO test fields. So, while we really like to 'buy local', we won't go near the salt produced in Hawaii.

Check the integrity of your gut

We really aren't what we eat. Instead, we are what we assimilate from what we eat.

The bottom line is, if we have gut issues ([most commonly called 'leaky gut'](#)), we simply aren't going to be able to absorb all the nutrition we could be getting from the food we eat.

This is an important subject that is just beginning to gain attention in the media. Suffice it to say, we can't be optimally healthy [if we have issues in our bellies](#) that cause chronic systemic inflammation, hyper-reactivity to foods, and cause our bodies to become self-consuming with autoimmune issues.

If, after making other adjustments, you find that you're still getting cavities, we encourage you to take a look at addressing issues surrounding gut health. As Hippocrates is credited with saying over 2000 years ago, "All disease begins in the gut".

Eat quality butter daily (if you can tolerate a little dairy)



I know, we already wrote about the importance of healthy fats. This is just how important eating quality fats is to a healthy diet!

If we look at a really simplistic model, all foods can be broken down into proteins, fats and carbohydrates. In general, most of us eat way too much carbohydrate-heavy food. Some of us eat too much protein-rich food (but we have found that most people don't eat enough protein daily). That leaves fat.

First, it goes without saying that eating fat does not make us fat. It's a really poor choice of mistaken identity that dietary fats are called fats at all. Yes, eating unhealthy fats definitely contributes to poor health, including being overweight. But generally speaking, it's a myth that eating foods rich in healthy fats cause us to gain weight.

Like we shared above, one of the gems from Weston Price's research is that indigenous peoples eating their traditional diets consumed 10x more fat-soluble vitamins than US people in the 1930s.

At the risk of being a bit obvious, fat-soluble vitamins are found in healthy fats.

One easy way our family incorporates more quality fats into our diet is by eating a lot of quality butter. It's fairly common for our family to go through a stick a day. **Myth reminder:** we are all thin, fit and healthy. We don't exercise a lot compared to many. Our bodies stay this shape partly because of the amount of quality butter we eat (not in spite of it).

What is quality butter?

Two things to look for here. First, organic is ideal. But that doesn't mean the butter is particularly high in fat-soluble vitamins. To see that the butter is rich, look at the color. The more yellow, rich buttery color, the better (presuming no color additives are added). Much of the organic butter on the market is pretty bland in color. Look for 'pastured butter', which will naturally be a richer color, so it has more flavor and fat-soluble vitamins.

And if you can't have any dairy proteins (butter does contain some of these), then choose clarified butter (ghee), as that contains all the healthy fats but without the dairy proteins. [Pure Indian Foods](#) is the 'go-to' brand for this incredibly health-giving super food.

Eat natto (if you can stomach it) or supplement vitamin K2

Vitamin K2 is one of the lesser known fat-soluble vitamins, which is really too bad because vitamin K2 has a HUGE impact on our oral (and whole body) health.

While this may be simplistic, we've come to appreciate vitamin K2 as a sort of guide that gives calcium 'the intelligence' to know where to go in the body.

First, K2 makes calcium available to fill in calcium deficits in bones (including teeth). On the flip side, K2 also activates an enzyme which removes calcium from soft tissues (like our arteries, tendons, and joints), keeping our arteries clear of plaque and our joints soft and supple.

The food highest in vitamin K2 is a Japanese fermented soy product called natto. The problem is, natto is definitely an acquired taste! Other good sources are pastured egg yolks and some aged cheeses (gouda and brie).

If you are in doubt, supplementing K2 is wise. To help you learn more on this, here's a link to an [expert interview we did with Dr. Kate Rheaume-Bleue, who literally wrote the book on K2](#). Also, here's an article we wrote on K2 titled, "[An Easy Step Toward Stopping Tooth Decay](#)".

Eat organ meats from animals raised in healthy conditions

We decided to save this not-particularly-in-fashion suggestion for last in the 'what to add' part of this eBook.

If you really, really want to ramp up the quality of nutrition in your diet, figure out how to work organ meats into your regular diet (from healthy animals raised in healthy conditions).

Look, I don't have a palate for liver either. But with just a little effort, we can devise ways to get organ meats into the family meal.

One easy way is to puree beef liver and fry it with ground beef for a chili.

The strong spices in chili are a super easy way to get some organ meats into even those with the most finicky of palates. (We have done this many times without the finicky palates even noticing. And the smug smile that comes across our faces when the finicky ones say how delicious the chili is is SO worth it!)

In a pinch, you can find dried organ meats in capsule form. [Here's a lead for a quality liver supplement.](#)

Reduce consumption of foods that promote decay and inhibit remineralization.

Ok, now that we've worked lots of nutrition into our diets, let's take a quick look at what to reduce or eliminate from the diet...

↓ Reduce your sugar consumption

Ready for a little tough love? It's 'get real' time. Do you consider yourself a sugar addict?

If you don't, you most likely either grew up in a rural third world country, had extremely wise parents who strictly limited your sugar consumption, or are fooling yourself.

Even though some months I eat very, very few sweet foods, I still recognize that I'm addicted to sugar. Like a recovering alcoholic who has been dry for several years, just because we choose to limit our sugar consumption doesn't mean we're no longer addicted. Sugar addiction is a very real thing.



“Just because we choose to limit our sugar consumption doesn't mean we're no longer addicted.”

So, first thing first: recognize the addiction.

It has a way of creeping back into the diet. Little by little, the amount increases until we wake up again and cut it WAY back (again). The good news is, the more we choose a healthier path, the easier it becomes to go 'cold turkey'.

Sugar directly contributes to tooth decay both in the mouth and systemically. Yes, sugar plays a part in the **'perfect storm' of decay** in the mouth. And sugar also directly undermines our oral health by [reversing the natural cleansing flow of fluid through our teeth](#).

This is the real primary cause of tooth decay, and it was proven in the 1970s. The reason our culture hasn't heard of this systemic cause of decay is simply because eliminating sugar from our diet doesn't appeal to our 'I want it NOW' egos, it doesn't sell more oral health products, and frankly the food lobby that produces sugary foods is a powerful entity that impacts what information gets into corporate media.

Neither our egos nor the companies that produce sugar-laden products want us to know.

So, here's a simple action to help bring down your sugar consumption.

Keep track of how many times you eat something sweet over the course of a week. In particular, notice when the sugary snack is between meals, because this is the worst offender to our oral health.*

If you really want to make a huge impact in your family's oral health, make dessert a once-a-week habit. If we can reduce the frequency of consuming sugar (in any form), we will be taking a huge step toward a cavity-free life.

* **Note** [Research from Dr. Steinman](#) clearly shows that the absolute worst way for us to consume sweet foods is between meals. A classic example of this is grabbing a sugar-laden drink from a popular coffeehouse chain. Sweet, between-meal snacks are the best way to ensure tooth decay.

Watch your intake of grains, nuts, seeds, and legumes

Two points here.

First, our global culture is seeing a staggering rise in autoimmune diseases. In many cases, these diseases are directly linked to what is called '[leaky gut](#)'.

Like we discussed earlier, we really aren't what we eat. We are what we absorb from what we eat. If we have a leaky gut, our ability to absorb nutrients from the foods we eat is impaired. Grains, specifically the protein gluten found in many grains, has been shown to cause leaky gut and create an imbalance of gut microbiome. If you aren't aware of leaky gut and the importance of caring for our microbiome yet, you will be in the coming years, as these global issues are just now gaining traction in public awareness.

Second point: The research of [Drs. Edward and May Mellanby](#) demonstrated pretty conclusively that consuming foods that are high in phytic acid increases our risk of tooth decay.

The Mellanby's were successful in reversing existing tooth decay in children by supplementing vitamin D and putting the children on a diet low in phytic acid. In particular, the Mellanby's found that oatmeal seemed to be rather problematic.

Grains, nuts, seeds and legumes all contain phytic acid, which functions like an 'anti-nutrient' by inhibiting our digestive tract from absorbing crucial minerals from our food.

While it's true that some of this phytic acid can be mitigated by soaking and fermenting the above foods, just use a light hand when consuming these foods. And if you recognize that you have gut and/or skin issues, it's probably best to avoid gluten, wheat, spelt, rye, and barley (and oats, for good measure).

Chapter 4 Recap

Dietary Strategies for Remineralization

Eat at least one nutrient-dense meal per day.

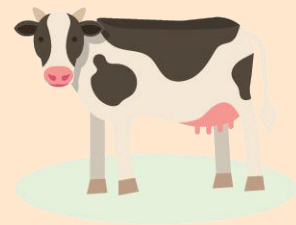


Habituate eating a savory breakfast.

Use quality salt.



Eat organ meats from animals raised in healthy conditions



Eat more quality fats.



Check the integrity of your gut.



Watch your intake of grains, nuts, seeds, and legumes.

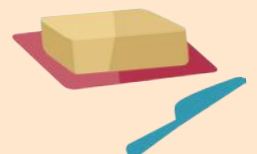


Eat natto or supplement vitamin K2.

Reduce your sugar consumption.



Eat quality butter daily.



Chapter 4 How Lifestyle Supports Remineralization



Ok, we have our oral hygiene in place and our diet heading in the right direction. Now it's time to tackle perhaps the biggest, most impactful shift we can make.

Our lifestyle has a gigantic impact on our oral (and whole body) health. Some of these changes will come easily. Others may be out of your reach for the moment. Please just take them in stride.

If you tend to want everything perfect, know that we can still succeed if we fall somewhere short of 100%. As we are, we're good enough. Be gentle with yourself.

The secret to eliminating stressful reactivity

"It's not what happens to us, but how we react to what happens, that matters."
-Epictetus, circa 60 AD

Stress, especially chronic stress, has a major negative impact on our health and our bodies - and this includes our mouths!

But we can choose not to react with stress. It just takes practice.

In his famous book, [Man's Search for Meaning](#), holocaust survivor Viktor Frankl wrote, "Everything can be taken from a man but one thing: the last of the human freedoms—to choose one's attitude in any given set of circumstances, to choose one's own way."

Viktor Frankl echoes the quote above spoken nearly 2000 years ago by a wise dude named Epictetus. These words inspire me daily. As we all know, life happens. We can't control what comes to us. However, we can control our reaction to what comes to us.



"We can choose not to react with stress. It just takes practice."

How can we habituate feeling 'in flow'?

We have found great relief from [the work of Byron Katie](#). Katie (as she is called), woke up from her own self-created nightmare and now shares with the world a simple strategy anyone can

apply if they really want to shake free from the ‘stories we hold to be true’. Again, it’s our choice how we react to each circumstance.

If you are having a particularly tough day, take a breath (or several), go move your body, take a quick nap, pray, meditate, play with your fur babies - do something to give your mental and physiological systems a quick break and reboot.

Also, consider upping your vitamin B complex and vitamin C. Recovery from stress requires a much greater amount of these vitamins than most of us realize. I’ll double (or even triple) my normal daily amount of vitamin B and C if I’m feeling more stress.

Get out in the sunshine

Ok, depending on where you live, this can be a relatively easy one during some times of the year and downright impossible other times. (Incidentally, having access to going outdoors 12 months a year was a major factor in our choice to move to Hawaii.)

The research of Drs. Edward and May Mellanby again reminds us that vitamin D plays a critically important role in our ability to heal tooth decay and resist future decay. One of the many functions vitamin D has in human health is vitamin D allows us to absorb calcium from foods we eat. Most of us are deficient in vitamin D.



“Hands down, the best way to optimize vitamin D levels is to get regular sunshine on the big parts of our bodies.”

Hands down, the best way to optimize vitamin D levels is to get regular sunshine on the big parts of our bodies. There is a whole movement called ‘naked at noon’ which brings light (pun intended) to this issue that’s so critically important to our health.

While most of us can’t arrange our lives to be ‘naked at noon’ to provide the optimal absorption of sunshine for producing vitamin D in our bodies, changing our cultural understanding about whether sunshine is ‘healthy’ or not is a great start.

Yes, too much sun causes trouble for our skin. Like the story of Goldilocks, getting the ‘just right’ amount of sun is ideal. A few times a week (especially in the winter!), get out in the sun. Depending on one’s skin tone, 20-30 minutes is a great sun time. Expose your back, belly, or thighs to the sun to provide the most skin exposure.

And yes, supplementing vitamin D can be wise, especially if you live in an area that gets gloomy for part of the year. Like anything, supplement smart and make sure you have plenty of vitamin K2 to balance the supplemented D.

Move your body regularly in health-giving ways

There's this pesky little principle called 'Use It Or Lose It' that says that if we don't maintain our bodies in good health, our health will decline.

Moving our bodies in health-giving ways really is easier than most of us think. It doesn't mean killing yourself exercising. In fact, over training can be a very real health risk.

To optimize moving your body in health giving ways, try including the following qualities:

1. Make it fun. If the movement/exercise isn't fun, chances are we won't do it regularly.
2. Do it regularly. Revisit 'Use It Or Lose It'. We have to keep our bodies moving or they will rust.
3. Have it contribute to your peace of mind.

Moving your body in health-giving ways doesn't have to be fancy, difficult or complicated.

In fact, one of the absolute healthiest movements we can do is regular walking. Sure, yoga, tai chi, chi kung and other holistic practices are awesome. But plain ol' walking is a sure way to activate all our joints, get us outside breathing fresh air, hopefully get some sun, and help clear our minds of the stress du jour.

If you must, listening to music is fine. However, we can ramp up the health-giving benefits even more if we listen to a loved one, the birds singing, or even our own thoughts while walking.

Get a great night's sleep as the norm

Perhaps the most overlooked component to raising our overall health is the importance of getting a great night's sleep. We all know that feeling of waking up feeling refreshed and ready to take on the day. We all most likely know how much more difficult it is to bring our best self to the game when we wake feeling unrested.

What's important to grasp is we need quality sleep or we risk robbing ourselves of health. Recent research has shown that deeper states of sleep are required for the body to remove metabolic waste from inside the brain.

While many factors can impact our ability to have restful sleep as the norm, here are a few quick ideas to help you maximize the restorative power of sleep.



1. Set a regular bedtime
2. Give yourself some time off of electronics before going to bed
3. Make sure your bedroom is dark and cool
4. Avoid chocolate/caffeine and other stimulants if you tend to stay awake from stimulants

More serious factors like undiagnosed sleep apnea will undoubtedly disrupt one's path to optimal health. In fact, sleep apnea can even contribute to oral health issues, like receding gums and teeth grinding (or 'bruxism').

If you question whether you get excellent sleep, you probably would benefit from improving your sleep habits. [Here's an expert interview with a dentist who specializes in sleep issues](#). If you are regularly tired, you owe it to yourself to watch/listen to this interview.

Choose to speak words of beauty: watch what you allow to come out of your mouth

Our dear friend and favorite musician, India Arie, says it best: "Speak words of beauty and you will be there."

While what we choose to put into our mouths is critically important to our oral health, we must remember that what we allow out of our mouths can be a blessing or a poison on whomever they fall.

When we speak poison, the first person that darkness impacts is us. Unfortunately, the damage doesn't stop with just us, as poison can seep and darken/undermine the health of others, too.

The solution? Bite your tongue. Resolve to yourself to not speak poison.

If you are feeling particularly negative, put a spoonful of coconut oil in your mouth and begin to practice oil pulling. I find that the 15 to 20 minutes it takes for oil pulling gives me the 'breathing room' to remember my commitment to refrain from speaking poison.

Next Steps...

So, you're still here with us. :)

As our thanks to you, if you haven't already, we invite you to try OraWellness Shine, our remineralizing and tooth whitening powder, at a special introductory price.

Come experience how it feels for your dentist to tell you, "Whatever you are doing, just keep it up!"

[Purchase Shine today](#)

[Watch a video that shows how Shine works to help remineralize decay](#)

[Video showing helpful ways to use Shine to support remineralization](#)

We look forward to hearing your success story.

Love and Aloha,

Will and Susan Revak
Chief Smile Officers
[OraWellness](#) founders



*May your healthy
smile shine brightly
and bless the world!*

