

Natural Beauty

for men & women

I am obviously not a dentist, just a concerned mother. I began to hear about the problems people experience with their teeth when I started making my own nutrient based toothpaste over three years ago. After many phonecalls from dental patients, I soon discovered that there are problems relating to teeth and gums and periodontal tissue that cannot be solved by fluoride. Often fluoride seems to aggravate bleeding gums, ulcers and sensitive teeth. Gingivitis for example, was being treated with antibiotics and fluoride. Gums were receding, bleeding and pain from sensitive teeth were general complaints. All these patients were advised to keep brushing a few times a day with fluoride toothpaste's and in some cases, mouthwashes were also recommended. If these problems are worsening by the day in spite of the fluoride treatments then something is horribly wrong. **FLUORIDE CANNOT SOLVE ALL YOUR DENTAL PROBLEMS.**

With the use of our Fluoride Free Herbal Toothpaste these patients were delighted with the speedy recovery and healing of their ailments. Teeth stay a lot cleaner and some patients no longer need their regular tartar removal sessions. Gums no longer bleed and tooth sensitivity in many cases ceased. After complaints that no fluoride free toothpaste was available in supermarkets, I approached Pick 'n Pay in the Western Cape. By April 1997 the toothpaste was listed and on the shelves! Now also available at leading Health stores.

FLUORIDE - 10 GOOD REASONS WHY WE DON'T INCLUDE FLUORIDE IN OUR TOOTHPASTE.

1. FLUORIDE INGESTED FROM TOOTHPASTE & TOPICAL APPLICATIONS IS NOT CONTROLLED.

The critical fluoride dose of 1 mg per day is easily available: 3 cups of tea or coffee or 1 litre of fluoridated water is the most we can tolerate. If we consume over 2 litres of liquid, which includes fluoridated water, we are overexposed to fluoride at dangerous levels with side effects.

2. FLUORIDE CONTRA-INDICATIONS: PATIENTS WITH ME, THYROID, LIVER AND KIDNEY PROBLEMS.

The occasional swallowing of fluoride from toothpaste (up to 15 mg per teaspoon in some cases) can be detrimental to people who suffer from metabolic or hormonal disturbances. Fluoride upsets the calcium equilibrium of body cells and destroys collagen tissue.

3. FLUORIDE ALLERGIES: SKIN ERUPTIONS, GASTRIC UPSETS, METABOLIC DISTURBANCES.

In cases where people suffering from fluoride allergies no longer use fluoride these conditions will automatically clear up. Many individuals feel ill after brushing their teeth with fluoride toothpaste's and may also experience dizziness, disorientation and heartburn. High levels of fluoride are to blame.

4. FLUORIDE CAN CAUSE BONE CANCER & TUMOURS AND IT WEAKENS YOUR IMMUNITY.



IS FLUORIDE REALLY GOOD FOR YOU?

by Sue Visser

Well documented evidence is available. A substance that can be so dangerous should not be left lying around your bathroom for casual daily use.

5. CHILDREN BRUSHING WITH FLUORIDE TOOTHPASTE HAVE BE SUPERVISED.

Be honest, who has the time. Only a pea size amount may be used and it has to be rinsed out immediately. Many children are seen licking their new tube of kid's toothpaste whilst mom shops at the supermarket. They eat it too!

6. SELF MEDICATION WITH FLUORIDE IS NOT ADVISABLE.

Dentists agree that in addition to minimal fluoride supplements any further exposure to fluoride should only be topically applied to the teeth, by them.

7. CHILDREN UNDER 3 YEARS OF AGE SHOULD NOT BE EXPOSED TO ADDITIONAL FLUORIDE.

Fluoride is so abundant in a normal diet that it is even included in feeding formulae. As primary teeth emerge at the age of 8 months how are we going to keep babies away from fluoride toothpaste's they may swallow?

8. FLUORIDE IS HAZARDOUS TO GUMS, SALIVA PH AND DELICATE TISSUES IN THE MOUTH.

Bleeding gums? Slow recovery of scar tissue? Painful sensitive areas in the mouth? Skin peeling off? The mouth tissues and saliva have to deal with extreme negativity from fluoride exposure, only intended for tooth enamel.

9. CONTRARY TO POPULAR BELIEF, FLUORIDE CANNOT PREVENT PLAQUE & TARTAR FORMATION.

According to research, plaque deposits are caused by bacteria and fermentation of sugar and starch. Saliva is a natural tooth protector at the correct PH.

10. THERE ARE SAFER, NATURAL ALTERNATIVES TO MAINTAIN HEALTHY, CLEAN TEETH & GUMS.

- Removal of food residue in the mouth: brushing teeth or using toothpicks, floss, chewing gum, fibrous roots, etc. and stimulating saliva. (Before the availability of toothpaste people used salt, bicarb, and herbal and mineral products with very good results.
- Avoidance of sticky, overprocessed snacky foods that ferment and attract acidity and bacteria, resulting in tooth decay. Eat more whole foods and fibre that have a natural cleaning action and supply more tooth nutrients.
- Ensure a good intake of critical tooth nutrients from a balanced diet as well additional supplements: Calcium and magnesium for tooth formation, aided by Vitamin A and D, without which faulty bone and tooth formation may occur. Vitamin C is necessary for the formation of healthy teeth and gums and it supports the growth of connective tissue, between tooth and gums. Vitamin B6 deficiencies can result in poorly developed tooth enamel and weak bones, as it is a key factor in controlling metabolic processes. So much attention has been given to fluoride that other factors controlling tooth decay have been overlooked. All these nutrients are vital to prevent tooth caries.

For more information on NATURE FRESH HEALTH PRODUCTS, please contact Sue Visser on tel/fax (021) 794 4045.

GIVE-AWAY: Send your name and address on a postcard to VITAL NEWS/TOOTHPASTE COMPETITION, P.O. Box 191, Kuilsriver, 7580. TEN lucky readers will each win a tube of Nature Fresh Herbal Toothpaste.