



Dental Cavities

Dental cavities are infections in your teeth that can be avoidable. Just as you take care of any other infection, you can prevent these as well.

Suggestions:

1. Keep your diet alkaline with a large volume of raw vegetables. An alkaline pH is unfriendly to infections.
2. Avoid high processed, sugar and flour products, as they strip away the minerals and vitamins that keep teeth strong.
3. As soy demineralizes the body and teeth, it should be avoided.
4. Take 6 or more Bio-Dent per day. Bio-Dent is a whole food supplement manufactured by Standard Process. It helps handle any infections in teeth and bones as well. Calcium, potassium and phosphorus contained in Bio-Dent are important to the healthy formation and maintenance of bone, gums, and teeth. potassium is required for the contraction of all skeletal muscles. Research suggests that potassium also contributes to normal body growth. Bio-Dent provides a specific amino acid and proteins used by bones and teeth.*
5. Calcium from Bio-Dent is important in maintaining heart health. Phosphorus also helps support a healthy heart.*
6. Follow your dentist's advice on care of your teeth.
7. Above all, just remember your teeth can be cavity-free!

Yours for health naturally,

Dr B

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