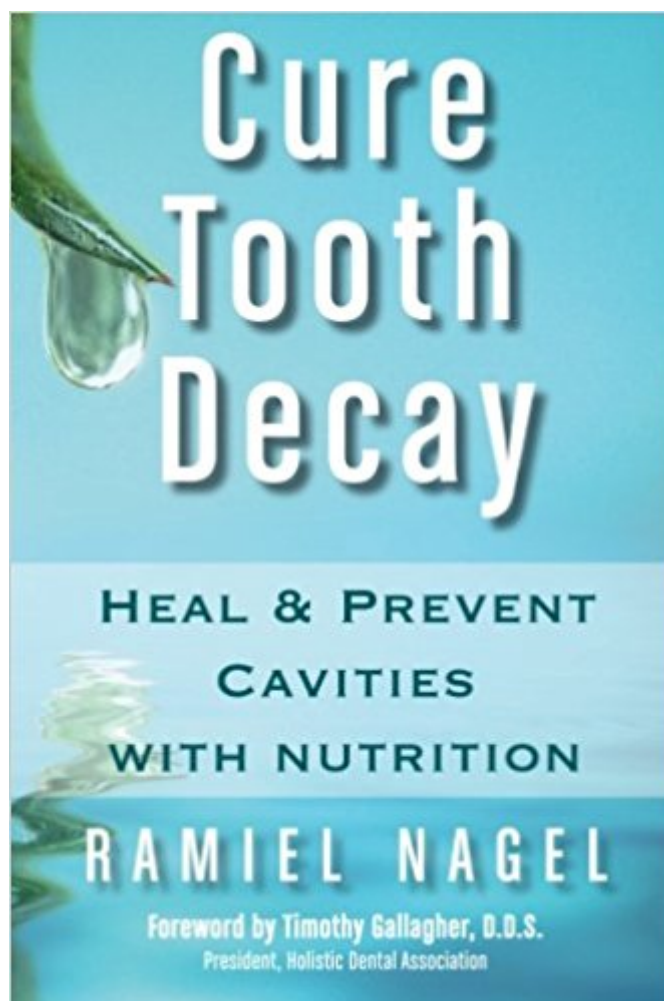


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# Cure Tooth Decay: Heal And Prevent Cavities With Nutrition



## **Synopsis**

Forget about drilling, filling, and the inevitable billing. Your teeth can heal naturally because they were never designed to decay in the first place! They were designed to remain strong and healthy for your entire life. But the false promises of conventional dentistry have led us down the wrong path, leading to invasive surgical treatments that include fillings, crowns, root canals and dental implants. Now there is a natural way to take control of your dental health by changing the food that you eat. Cure Tooth Decay is based upon the pioneering nutritional program of dentist Weston Price, former head of research at the National Dental Association. Dr. Price's program proved to be 90-95% or more effective in remineralizing tooth cavities utilizing only nutritional improvements in the diet. Cure Tooth Decay is the result of five years of research and trial and error that started as one father's journey to cure his daughter's rapidly progressing tooth decay. With Cure Tooth Decay you will join the thousands of people who have learned how to remineralize teeth, eliminate tooth pain or sensitivity, avoid root canals, stop cavities -- sometimes instantaneously, regrow secondary dentin, form new tooth enamel, avoid or minimize gum loss, heal and repair tooth infections, only use dental treatments when medically necessary, save your mouth (and your pocketbook) from thousands of dollars of unneeded dental procedures, and increase your overall health and vitality. Cure Tooth Decay provides you with clear and easy to understand dental facts to help you make healthy, life-affirming choices about your dental health. Cure Tooth Decay highlights include: why people fear the dentist and what you can do about it, the power of butter to heal teeth, specific dietary and meal plans that highlight the types of foods to eat every day to remineralize teeth, a simple cavity-healing program that is easy to follow, the cause of dental plaque and an amazing technique to reverse gum disease, how to find a good dentist, how to prevent root canals, your bite: a hidden cause of cavities, how to save your wisdom teeth, proof that cavities can heal, how to heal children's cavities and find peace, why women get cavities during pregnancy and how to stop it, and so much more. This edition contains just released updated content.

## **Book Information**

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## Customer Reviews

The interior of the book has been updated to contain new second edition content. --Author --This text refers to an alternate Paperback edition.

Ramiel Nagel is an internationally published author whose tooth decay research has been featured in Nexus Magazine and the Townsend Letter for Doctors and Patients. Nagel has a BA from the University of California and has five years of training in emotional health care. Nagel is a member of the Price-Pottenger Nutrition Foundation and the Weston A. Price Foundation. He lives in California with his spouse and two daughters.

I thought as a vegan I was feeding my body in a nourishing way over the last two years. Then, out of the blue, I began experiencing severe tooth sensitivity and pain (where before I never had anything beyond minor dental carries from time to time. The ones I had I never felt, but were discovered in Xrays). When I began experiencing pain, it progressed to the point where I would wake up at night with a throbbing pain in one of my lower molars. I couldn't whiten my teeth with the same strips I had used for years as the pain was unbearable. During the day, I had begun avoiding anything cold or hot to eat/drink out of fear of the pain. I even dreaded using mouthwash. I picked up this book as a last-ditch effort to help myself before my impending dentist appointment that I dreaded. And I admit, I fought it every step of the way. Eating dairy and meat went against everything I believed and it was embarrassing initially to be seen eating this stuff.. But when you are in pain, all bets are off. I decided to swallow my pride and jumped in with gusto--I found a distributor of raw, grass-fed cow milk on [rawmilk.org](http://rawmilk.org), ordered Green Pasture's Blue Ice Fermented Cod Liver Oil, Skate Oil and High Vitamin Butter Oil also began making the bone broth soup which was quite easy, and which I take every day to work. All this was not cheap, however, but there are other ways to do it without breaking the bank (the author describes in the book). However, I wanted to do everything exactly as outlined to get maximum results. Almost immediately I began to feel better and experienced a noticeable decrease in sensitivity and pain. Oddly enough, after going two years with no dairy or

animal products, I had no issues from drinking the raw milk whatsoever and actually looked forward to it. As a vegan, I never enjoyed eating legumes, quinoa or nuts. I also avoided anything with fat as I was always on a diet. I'm convinced now that while it is possible to be a successful vegan, I failed and completely depleted my body. When I was vegan, I avoided the things that we all know are bad for our teeth--refined sugar, candy, soda, cake, cookies, etc. Grains, however, were the staple of my diet and I had never understood the importance of soaking them, though I do recall having read that before. Now, after reading this book, I finally get it and not only have downsized the amount of grains, but I make sure to soak or sprout any I eat. I also adopted the coconut oil pulling and saw great results with pain relief and the unexpected bonus of teeth whitening. I switched out my toothpaste for a tooth powder with ingredients recommended in this book and which I also found on (simply sooney). As far as energy, I used to be falling asleep at my desk at 3pm at work, but I now find I no longer have those issues. I haven't gone to my dental appointment yet, but it's been 2 months, and I know that things are getting so much better. Not waking up to a throbbing tooth ache and being able to rinse my mouth with mouthwash are all the proof I need. I will continue with the program and am so grateful for this eye-opening book. It has forever changed my perception of the dental industry and of the role I play in my own health. Most importantly, it puts the power back in the hands of the patient. Our teeth are not just victims to bacteria hammering away at us. Reading about the communities in Europe with almost no instances of tooth decay painted a very vivid picture to me. If we create the right environment through our diet, then our teeth will nourish themselves and not be susceptible to decay. We no longer have to just accept that as you age your teeth decay and there is nothing you can do about it. Lastly, I never review products. I love to read them but never find time to review. If you look at my track record on , this is probably the only one I've done in years. I feel so strongly about it and am so grateful for the help, I had to write my thoughts. Good luck to readers out there about to embark on these changes. Trust me, it's worth it! This book forever changed the way I view dentistry. I used to feel all this guilt, like I was a bad brusher or flosser and that it was inevitable that my teeth would need fillings, especially as I got older. Cure Tooth Decay allowed me to let go of this victim mentality and assume control over my dental health. I'll no longer rush off to the dentist for a quick fix!

I have a toddler who went to see the dentist and I was pretty sure she was going to need work done on her front teeth. They were chalky all over and yellow near the top. Sure enough the dentist recommended that the front 4 teeth be capped. I kind of freaked out because she would have to be sedated. I read this book. I had 2 months until her sedation appointment, so I thought I would get

give it a month and if I saw some improvement I would approach the dentist. Within in 2 weeks her teeth were shiny instead of chalky. The outer 2 teeth look almost perfect. One front tooth is looking great. The other is still struggling, but the bottom part of the tooth is is white and shiny. Before I would have said the two front teeth were in the same state of decay, but now the left one is markedly better. The dentist is willing to work with me and X-ray her teeth every 6 weeks and see if we see improvement and sees no reason why we need immediate work done as long as we do not see them worsening. Yay!What I did:Took out all refined sugar from her diet. No candy or juice - except orange juice - fortified with vitamin a and d. I still let her have fruit, she eats mostly frozen mangos and bananas.Very little processed food (an occasional cracker or bowl of pasta)1-2 cups of whole raw milk (I purÃfÂ©e it with banana and freeze it and call it ice cream because she doesn't like milk that much)Bone broth chicken potato soup - I buy a rotisserie chicken from Costco each week. We eat all the chicken and then I take everything left over and boil it in my crock pot for 48 hours. I then make soup from the broth. I add all kinds of veggies and potatoes. She loves sipping the broth.I also sautÃfÂ© my veggies in virgin coconut oil.I brush her teeth 2x a day with coconut oil.At night she takes 5 ml of fermented cod liver oil. I know this sounds crazy, but she seems to like to cod liver oil. She just lays down and takes it. She even swishes it in her mouth sometimes and calls it yummy??!That all I have done and she no longer complains about her teeth hurting. I take her to the dentist for X-rays in two weeks. If I remember I will let you know what the dentist says. Crossing my fingers!Update \*\*\*\*\*Took my daughter in for x -rays. They showed decay really badly just on the one tooth I was worried about. The others looked like they might be "arrested", meaning the decay was halted and he would feel comfortable waiting and watching on those teeth. The dentist was very surprised there was no decay on the back of the teeth. He was very willing to work with me on whatever I wanted to do, but recommended getting teeth fixed because of the danger of the cavities progressing and losing the teeth. I have her scheduled to have the teeth fixed at the end of April.I have been doing some research and am going to try eggshells (recommended 1 crushed eggshell a day. You boil them and dry them and then put them in a banana smoothie). I update this is I remember. Here's to better X-rays next time.

My 8 year old daughter has been plagued her entire life by consistent tooth decay. By 8 years old she has had 19 fillings, 6 root canals with silver caps and 5 extractions. In May 2011, we went for her 3 month cleaning (we took her every 3 months). Big surprise, 3 more cavities. Only this time, something in me said no to fillings. She'd had enough. I went home and called my sister upset over the news. She said to me, you have to read this book. She ordered it for me off of that day. When it

arrived I read it cover to cover, taking notes along the way. Then I did it. I changed everything. I threw out our toothpaste for fluoride free. I started buying raw milk from a local farm. I started buying only grass fed meats, cheese and eggs. I gave her the cod liver oil every day...I cut back on phytic acid rich foods like whole grains...I KNOW what you're thinking...but if you only knew what those whole grains are doing. I began sprouting and fermenting my grains and legumes. Then in September, I went back. By now I was ready for the dentist to say to me...see I told you so. Only she didn't. She paused. She looked at the xrays 3X and then looked at her teeth and then finally, at me. She sat up and said "I don't understand...her cavities have hardened over...this is impossible." I began shaking...I really did. I was instantly as high as a kite. We discussed the new diet for 15 minutes as she took notes and then she said something she never thought she would say, "I don't see a need to fill these cavities at this time." The BIG bonus? I've lost 20 pounds while eating a ton of healthy, raw fats!! Who knew just switching from corn fed meat and dairy to grass fed would make such a difference on my waist!! But it was never about me...it was about saving my daughters smile. Thanks you to the moon and back for this book.

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