

Kid's Teeth

California recently passed a new requirement for entrance into public school—a dental exam. While I am certainly not in favor of kids being mandated over 40 vaccinations to get into school, a dental exam would be wise. The fact that many parents can't afford it simply means that the public will pay the bill.

Today it is not unusual for kids, upon their first dental exam, to have cavities in almost all their teeth. Most are not due to poor dental hygiene (although this is also a factor). It is simply because parents feed their kids junk food that is laced with sugar. High fructose corn syrup abounds, and kids are often lapping up sodas or juice. And juices should only be allowed when freshly squeezed and in small quantities.

Having said that, most parents are still faced with dental problems. And if your kids or grandkids are just getting started, here are some things you need to know.

First, almost all dental decay problems can be avoided with proper diets, hygiene, and the right supplements. You simply cannot let your children drink soda and juice, as well as eat sweets and processed foods as their main source of nutrition.

As soon as possible, your kids need to learn about “live” foods. That is, real food in its raw or lightly cooked state, such as eggs, fruit, vegetables, meat, fish, and dairy. When you start them off with these live foods, you can help them avoid the garbage that most kids consume daily.

Next, dental hygiene does play a role in the formation of cavities. Until children are old enough to brush themselves, you simply must brush their teeth at least once a day. Your dentist can get you the right toothbrush and toothpaste. And do not let your baby go to sleep with a bottle in his or her mouth. This allows the milk sugar (which breeds bacteria and decay) direct access to developing teeth all night long.

Finally, there is the toxic world of kids' dentistry. You're going to need a pedodontist (children's dentist) sometime. And this is another whole world, filled with lots of “science” that responsibility to keep your kids safe in the dental world.

Kid's Dentistry

Most of these dentists believe everything their state dental association tells them such as: fluorine is safe and effective; plastic on kids teeth is completely safe and causes no long-term problems; anesthetic has little effect on kids brains or nervous systems; and the average child's diet is OK and has little to do with tooth

decay. And for some of the old-timers, that mercury in fillings is completely safe for kids.

The problems are that most state dental associations are often at a whim of big business, and often at the whim of big chemical business. These dental organizations take needed monies, and in a quid pro quo, often support the claims and interests of these businesses. The entire fluoride fiasco got its start in this manner—on a national level.

The truths are frequently quite different from what you may hear from your dentist. Fluoride is not safe and should be avoided. Our environment is awash in fluoride now. A little Fluoride is not safe and should be avoided. A little in toothpaste will probably not hurt, but fluoride pills should be outlawed. If a doctor said to you, “I have a little pill here—it is poisonous—and can I please give it to your baby?” That would be the truth about fluoride pills.

The plastics used by pedodontist to coat kids molars are the same as most plastics—they are estrogen mimickers. That means that they can leach estrogenic compounds (adult women’s hormones) into your child’s system. They have been linked with hormone-related abnormalities. In addition, because they can raise the bite plane on the molars, they are often associated with occlusion (bite) problems.

Finally, mercury has no place in children’s teeth. If your dentist is still practicing this way, get a new dentist. And the same goes for all dentists who claim that the food children eat has nothing to do with tooth decay. The truth is that teeth are highly resistant to decay—even without fluoride or plastic (imagine that!). What you feed your kids, and how well they maintain their teeth, will dictate the health of their mouths (and bodies) for a lifetime.

Dental Supplements

All kids need **Catalyn**. How’s that for a simple, brief, and easy recommendation. Used since 1935, this amazing supplement will do more for children than all other children’s supplements combined. And when they are too small to swallow pills, you can grind tablets up, or give them chewable Catalyn. Infants can take up to 3 daily, toddlers 4 daily, and bigger kids 4-6 daily. Once they can swallow pills, they can take 3 regular Catalyn daily.

Catalyn helps with dental problems, wards off colds, flu, infections, and provides the nutrients children would normally get from whole or organic, raw, live foods—the things that many kids simply will not eat. And if your children have serious dental problems, as they get older, give them 6-9 **Bio-Dent** daily. This product is designed to provide the raw ingredients teeth need to maintain integrity and resistance to decay.

In adults, I have even seen loose teeth tighten up with Bio-Dent. And Catalyn is simply the most honored, time-tested, and effective phytonutrient product ever produced. And don't be fooled by the low doses and limited ingredients listed on the label. This is a true phytonutrient product. It is made from and contains the nutrients found in organic wheat germ, carrots, yeast, peas, alfalfa, calcium lactate, mushrooms and oats—as well as the nutrition from liver, spleen, adrenal glands, and kidneys.

And the best part about all of this? The same recommendation for children will also work wonders for you.

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