

It's a Fun Newsletter Today. We're going to talk about how to help your mouth, teeth, breath, digestive tract and heart.

Let's talk about the Mouth:

A friend of mine recently said, "We don't talk about the mouth." And he's right. No one talks about the mouth and how important it can be to maintain your health. And yet, it's so easy to care for your mouth once you know how. (Read further to learn about the five things to do to maintain the health of your mouth.)

A Breakthrough Solution:

Years ago, I was given some free samples of a chewable brush that was coated with natural peppermint oil and xylitol. They tasted great! I carried these little brushes around with me in a sealable bag in my purse and whenever I needed a brush and fresh breath, they were always there for me. No water faucet needed, no toothpaste, and no spitting required. All I had to do was pop it in my mouth and chew on it. No one even needed to know what I was doing – it just looked I was chewing gum. My teeth always felt so clean afterwards and it was hard to imagine such a tiny little brush being so effective.

No More Morning Breath:

I thought it was the greatest invention ever. Turns out, it was actually invented by a Dutch dentist to help people brush their teeth more often. I handed out these chewable flavored brushes at an expo where I had a booth and everyone went crazy over them. People wanted to know where to buy them. Many people mentioned they wanted to have one on their night table to chew upon awakening to avoid "morning breath" so they could kiss their loved one first thing in the morning without having to run to the bathroom first to brush their teeth.

Alas! These waterless chewable brushes were not yet in production and we had to wait several years.

Well, finally, the wait is over and they're finally ready!

Five Things to Maintain the Health of Your Mouth:

One of the most important things people overlook in their mouth is how to get circulation going to the gums. Without healthy gums, you can't have healthy teeth. Newest statistics cite up to 80% of adults suffer from gingivitis. Along with gingivitis comes bad breath – Yuck! You can fight gingivitis and bad breath by following a few basic principles of oral health:

1. Massage and brush your teeth and gums often. Make sure to also floss at least once daily.
2. Kill any harmful microorganisms that have overgrown or that are attacking the mouth
3. Reestablish healthy flora in the mouth

4. Don't pass acids over your teeth – i.e. undiluted lemon juice, vinegar, carbonated drinks. Don't suck on lemons.
5. Maintain healthy nutrition, especially your mineral intake, maximizing whole foods and minimizing or eliminating refined foods.

What to Do and Why:

Quite simple: use the Chewable Brush, accomplishing #1 and #2, and then use the [Flora-G Lozenge](#) for #3, letting it slowly dissolve, to put back health flora in the mouth.

Brushing the teeth and gums sets up an environment where healthy bacteria can thrive and is very very important. You want healthy bacteria in your mouth because they kill the harmful bacteria that cause plaque, gingivitis and cavities. And we all know where this can lead: gum surgery, lost teeth and root canals! Now that there's a clear connection between root canals and the development of different types of cancer, I'm sure everyone wants to avoid those pesky root canals.

Teeth Are Related to Body Organs:

Many holistic dentists in southern California use a chart to show the connection between each tooth and the organ in the body it relates to. For example, the incisors are related to the bladder, and other teeth are related to the ovaries, the liver, the spleen, the thyroid, etc. If a tooth becomes diseased, the problem is usually reflected in the corresponding organ.

The Link Between Tooth Bacteria and Heart Disease:

No wonder dentists are so worried about bad teeth bacteria. Whenever they do dental work for anyone with a heart issue, they have to recommend antibiotics, due to the risk of releasing harmful tooth bacteria into the bloodstream and potentially spreading the bacteria to the heart valves, which can lead to a fatal infection called endocarditis. *Streptococcus viridans*, a harmful bacteria commonly found in the mouth, is responsible for about 50% of all bacterial endocarditis cases.

Natural Infection Fighters for the Mouth:

The [Chew n Brush](#) is coated with Peppermint Oil and Cinnamon oil, giving it a highly antibacterial, antiviral, and antifungal effect. The Flora-G Lozenge contains a beneficial bacterial that can help reestablish the friendly bacteria in the mouth.

Eating and the “Red Zone”:

When a person eats or drinks, bacteria in the mouth are activated. 45 minutes after consuming something, (especially eating something) teeth become vulnerable to attack by harmful bacteria. This 45 minutes after eating is commonly referred to as the “Red Zone” by dentists. It is during this first 45 minutes, that a person has the opportunity to stop the attack on their teeth.

The average American brushes twice daily for 2 minutes, yet consumes at least 3 meals per day. This leaves at least one “Red Zone” per day where teeth can be vulnerable to attack. And for people who snack several times daily, they have many times throughout

the day where the bad bacteria could be gaining a stronghold and putting their mouth health at risk. These bad bacteria also contribute to bad breath.

Bad Bacteria = Bad Breath (What we don't want!)

Protect Your Teeth on the Go:

So, the good news is that you can brush your teeth and protect your entire mouth against bad bacteria, bad breath, and cavities and without stopping your normal busy routine. No toothpaste or water required. So, you can be waiting in line at the grocery store, picking up your kids from school, watching a movie, or listening to a boring presentation and you can be freshening your breath, protecting your teeth and gums, reducing inflammation and infection in the mouth, and making your yourself more KISSABLE.

Who doesn't want to be more kissable?

Mint or Brush?:

Instead of a breath mint after eating, pop in a chew brush instead. It comes in a resealable pack of 12. People can chew on the same brush multiple times throughout the day, then change to a new brush the next day.

Makes Tummies Feel Good:

Many people combine the brush with the [Flora-G Lozenge](#). When you let the Flora-G Lozenge dissolve slowly in the mouth, it spreads good bacteria everywhere in the mouth. Good bacteria kills the bad bacteria and the other harmful things in the mouth such as excess Candida. When you swallow it, it kills harmful bacteria and candida in the stomach. We've had a lot of feedback already for the Lozenge, especially from people who have complaints of reflux and heartburn type issues. As one gentleman put it, "I love this lozenge. It makes my tummy feel good."

In honor of everyone's teeth, I'm also putting [Calcium From Herbs](#), [Colon Soothe Formula](#), and [Tooth and Gum Formula](#) on sale. Years ago, I was told I was losing a tooth and needed a root canal. I refused. I packed my teeth with Colon Soothe powder to draw out infection, took large doses of [Calcium From Herbs](#) (to strengthen the tooth), [Peaceful Nerves](#) (to strengthen the tooth nerve) and double doses of [Essential Nutrients](#) to keep up my mineral intake. I never did go in for that root canal, nor did I have the tooth pulled. It's still alive and well – thank you!

Type in the word Kissable for the coupon code when you order online and you will get 10% off any or all of the tooth-saving formulas: Colon Soothe, Calcium From Herbs, Peaceful Nerves, Tooth & Gum Formula, Chew n Brush, and Flora-G Lozenge. This coupon is good for 2 weeks and expires at 12:00 midnight Eastern Time on April 4th, 2010.

[Chew n Brush](#)
[Flora-G Lozenge](#)

Love and Healing,
Cynthia Foster, MD

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[Monavie](#): Great-tasting way to get your daily antioxidants.

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