

... forefathers used brine to preserve their food and kill bacteria. The same germremoving action of salt water can be harnessed to keep the gums free of infection. Millions of people have used warm salt water rinses to cure oral abscesses, gum boils, etc. Apparently, the warm salt water helps to draw excessive toxic fluid out of the gum tissue, thereby reducing swelling, alleviating pain, and killing harmful bacteria. This allows the gums to heal and keep the teeth healthy, too. If used in an irrigating device, the warm salt water reaches all gum line crevices and periodontal pockets, which is important for complete reversal of gum disease and tooth decay. Dr. Nara says brushing and flossing are not sufficient to stop gum disease...that's why so many people who followed their dentists' standard advice still wound up with gum disease (infection).

Most people believe that gum disease is caused by plaque. Research studies by Socransky at Forsyth Dental School in Boston, and by Loesche at the University of Michigan showed that the plaque theory does not hold. The presence of up to five different types of destructive bacteria in gum diseases actually shows that plaque and tartar are not primary causal factors, but effects. Healthy gums attract only good bacteria, such as gram-positive *faculative rods* and *cocci*—predominately *Actinomyces* species and *streptococci*. Sick gums attract gram-negative *anaerobic rods*—primarily *Bacteroids* and *Fusobacteria*. Rinsing or irrigating the mouth with salt water several times a day is usually enough to prevent and reverse gum disease. For situations of advanced gum disease, however, Dr. Nara recommends you also use *Sanguinaria*, an herbal extract, which has been used as a mouth rinse for centuries by native cultures.

Gum disease indicates the presence of large amounts of toxins in the body, especially in the alimentary canal which begins in the mouth and ends in the anus. In addition to the above rinsing procedures, it is also important to address the underlying causes, that is, poor diet, dehydration, irregular lifestyle, congested liver and intestinal tract, and emotional stress.

This is what Jim Humble, the inventor of *Miracle Mineral Supplement* (MMS), said dealing with his own gum issues. “All of my life I have had trouble with my teeth. Most of my teeth were missing and I wore dentures. My gums were quite soft and my teeth were somewhat loose in the gums. They often got sore and at that particular time they started to hurt and I thought I would have to have one or two pulled. Then I finally decided that I should brush my teeth with the MMS...again I was amazed. All of the infection and soreness disappeared in hours. Within a week my gums had hardened up.

Jim recommend the following procedure for abscessed teeth, infected gums, and pyorrhea: “Use six drops in a glass, add ½ teaspoon of vinegar or lemon, or lime, wait three minutes and add ½ glass of water. Use this solution to brush the teeth. Use a new solution every morning. Do not leave this solution in the mouth for longer than 60 seconds. Expect the pain of an abscessed tooth to be overcome by the immune system in about four hours. Expect all infection and all pyorrhea to be gone in one week. Expect all loose teeth to be rock solid in two weeks. Expect a completely healthy mouth in less than three weeks. Keep in mind that the MMS solution is the most powerful health solution ever developed and it will indeed do exactly what is described here.” For more information about MMS, see *Some Of Nature's Greatest Healing Secrets*, in this chapter.

Soladey's Dental Solution

I personally use a *Soladey* toothbrush to clean my teeth. Soladey has a patented design that is scientifically and clinically proven to significantly eliminate plaque more effectively than your regular toothbrush, without the use of toothpaste or dental floss. Soladey features a Titanium Oxide (TiO₂) metal rod, which is sensitive to light. It creates a natural ionic chemical reaction that separates the plaque from your teeth enamel and removes tobacco, coffee and other stains using the natural attraction of ions.