



Primal Fella 🌞

@primalfella

15-03-2022

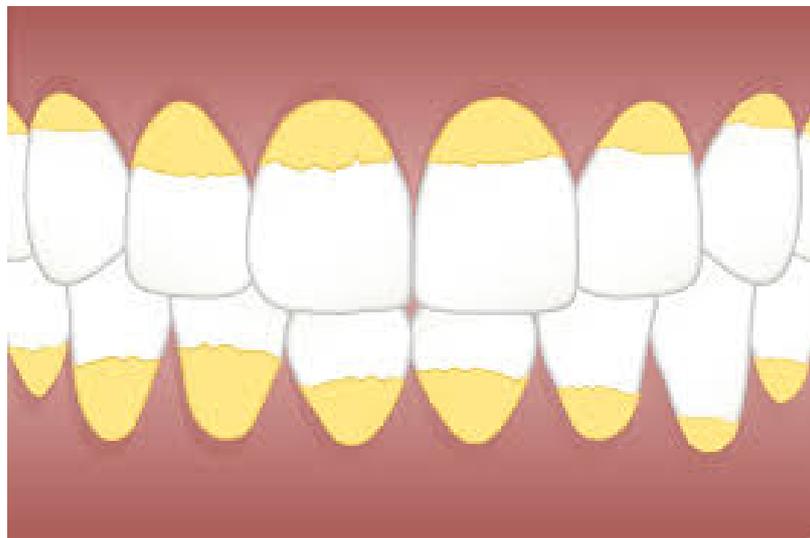
12:15

Health begins in the mouth

One of the most neglected areas of health

Here's everything we're doing wrong

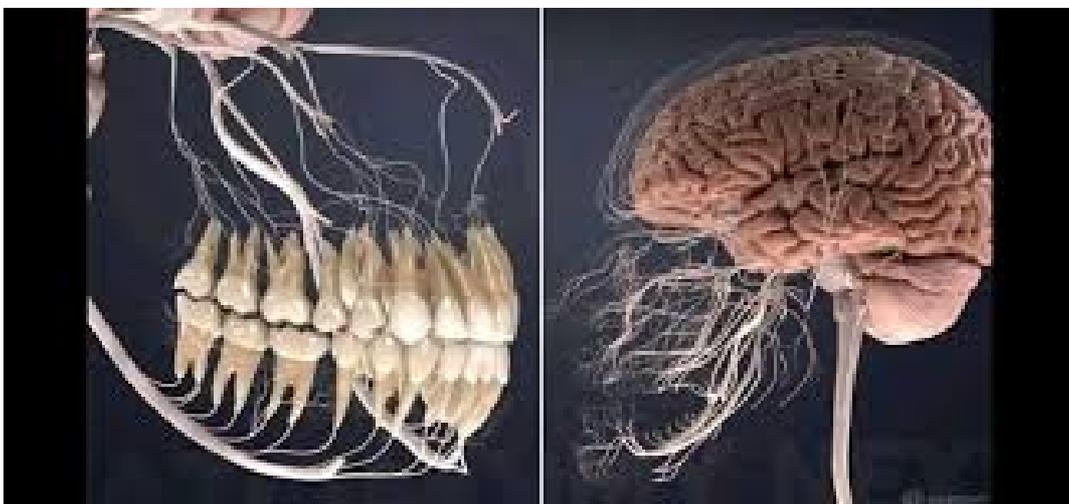
□



Few realize how important oral care really is

Teeth are directly connected to the brain

They are also connected to the rest of our body through our nervous and lymphatic systems



Your teeth act as drains for the toxins in your mouth

Bacteria thrive in these canals and excrete this toxicity into the rest of the body

These toxins can invade all of the organ systems and lead to disease

● Metal Fillings

Amalgams have been used since the early 1800s, and are still sometimes used today

These fillings contain mercury

The same mercury that will clear a room when a thermometer breaks

But this is somehow okay in your mouth?



Mercury is extremely toxic and destroys brain tissue

Mercury vapors are released every time you chew, drink hot liquids or grind your teeth

These vapors are absorbed into the blood stream causing damage to the organs

If you currently have metal fillings find a dentist and get them removed

Getting them safely removed is extremely important

Ask about their process

It should include

- Ozonated water
- High volume vacuum/filter
- A dam to shield your mouth
- Air filtration
- Chlorella/Charcoal

● Cavities

Cavities are not just caused by over processed sugary foods, other causes are 📌

- Natural acidic levels
- Grinding
- Oral hygiene

Eating an ancestral diet is ideal for oral health

Chewing meats like steak in particular help strengthen the muscles around the teeth

If you have a cavity, a filling isn't always necessary

Some options for reversing cavities are

- Vitamin K2
- Organic Coconut Oil
- Ozone Therapy

If these don't do the trick and you need a filling, find a dentist who uses resin composite fillings (BPA free)

● Root Canals

Root canals are used for the following reasons

- Tooth abscess
- Infection
- Injury
- Decay
- Cracked teeth

Root canals are essentially dead teeth, your body cannot heal when you have an infected tooth

The dentine (unexposed part of tooth) becomes saturated with infectious microbes in which your immune system creates a response to help

Removal of a root canal is the best option

● Tooth Removal

Removing teeth is a very sensitive process

Make sure your dentist uses

- Ozone
- Biological material made from blood (PRF) to pack the socket where the tooth was

● Wisdom Teeth

You wisdom teeth come in for a reason

They do serve a purpose

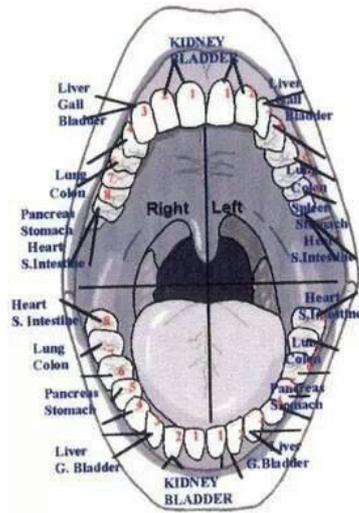
If they are coming in with room and at a straight angle, leave them

However if they are coming in at a odd angle and going to put pressure on a healthy tooth in front, removal may be necessary

Your teeth are all tied to specific organs

This is why dental health is so important

If you have an unexplained condition a good place to look is in the mouth



● Breathing

Mouth breathing is not only terrible for jaw structure and appearances

Poor tongue position causes crowded airways

Lips closed and tongue against the roof of the mouth is what you want

Don't close your mouth by clenching the teeth (masseter muscle)

Place your tongue against the roof of your mouth and your mouth will close using the correct muscles

When you mouth breath you dry out your mouth causing tartar build up in the teeth

Saliva is a very important part of mouth health, it helps support a healthy microbiome

Practice nasal breathing during the day

At night tape your mouth shut and use a nasal dilator to breath properly

□ Best Practices

- Oil pull daily (organic coconut oil)
- Brush Daily (fluoride free toothpaste)
- Water Pik (use filtered water)
- Tongue scraping (copper scraper)
- Eat an ancestral Diet
- Mouth rinse after meals and beverages

I'm not a dentist, but this is what I have learned while healing myself and my fathers health

Find yourself a holistic dentist

RT the first tweet if you enjoyed this

Thank you

Tivitiko - The most beautiful shape of tweets!

Continue to read: <https://tivitiko.herokuapp.com/thread/ygQ2NP.html>