



DENTAL HEALTH PROGRAM

Biochemistry (Clinical Nutrition) of Dental Health

Dr. Donna F. Smith



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OVERVIEW OF DENTAL HEALTH PEP ARTICLES

The term “**PEP Articles**” represents any document, whether it is a chart, questionnaire, form, article or e-book that is included in a specific **Personal Education Program (PEP)**. Therefore, below is an overview of the contents, and listed in the order of appearance, for each PEP Article included in this **Dental Health Personal Education Program (PEP)** and posted on the **Dental Health Program** web page.

To build a solid foundation of knowledge in Holistic Dentistry in respect to dental procedures and treatment, please read each PEP Article in the order presented, as each one builds on the next. Holistic Dental Treatment is provided through Clinical Nutrition Therapy and this e-book will provide an Introduction to Basic Clinical Nutrition, which is the Human Biochemistry of Dental Health. Therefore, reading the Clinical Nutrition Educational and Treatment Protocols in the order presented in this e-book will, also, build a solid foundation of knowledge in Clinical Nutrition Therapy.

1. **“The Dangers of Traditional Dentistry,” by Dr. Smith** - This is an introductory article that lays two foundations of awareness:
 - a. the dangers of traditional dentistry in respect to the over-all health and well-being of the human mind and body, in addition to the teeth and gums.
 - b. the healthier alternatives available for dental treatments for toothaches, abscesses, dental hygiene, and dental procedures, such as mercury fillings, root canals, and implants.
2. **“Mercury Filling Removal – Frequently Unknown Factors Before and After” by Dr. Smith.** In this article Dr. Smith shares:
 - a. several biochemical and bioelectrical discoveries that are not yet known by the public, holistic dentists and other nutritional practitioners that when overlooked will result in patients suffering from mercury toxicity even after removal of mercury fillings from their teeth.
 - b. Diagrams the Degenerative Process that leads to all dental health challenges, chronic fatigue, degenerative diseases and premature death.



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- c. The four protocols that must be adhered to before and after mercury filling removal.
 - d. Introduces Tissue Mineral Hair Testing and Analysis, which:
 - e. identifies mercury levels and other toxic metals in cells in tissue of the human body.
 - f. Identifies abnormal mineral levels.;
 - g. Shares the role of minerals in dental health.
 - h. Explains the side effects of Mega-Multiple Vitamins and Minerals and other nutritional drugs.
- 3. This Dental Health Program e-book**, which shares:
- a. the biochemistry of dental health,
 - b. information on the purpose of various therapeutic and maintenance supplements used for dental hygiene, acute symptoms and clinical dental health challenges, such as toothaches, abscesses and other infections,
 - c. in addition to supplements to strengthen and restore health to teeth that can be repaired internally (i.e., without dental procedure intervention), so that from this point onward you will be able to experience optimal dental health and prevention of future teeth and gum diseases.
 - d. as well as information on holistic dentistry not included the other PEP Articles,
 - e. which includes how to find a holistic dentist to:
 - i. help you undo traditional dental procedures that are having an adverse effect on teeth, gums or other areas of the body and/or
 - ii. if healthier holistic dental procedures are required before you are able to restore the health of your teeth and gums through clinical nutrition therapy,
 - iii. is needed due to the severity of the state of your teeth/gums at the onset of clinical nutrition therapy, your body was able to improve your dental health, but unable to completely restore it. In these cases, optimal healing is attained, which may or may not require holistic dental procedures.



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4. **Excerpt** from an actress/author who praises Holistic Dentistry and Naturopathy, both of which helped with her dental health challenges.
5. **“Teeth and Body Relationship” (Diagrams and Article) by Suzin Stockton, Author/Teacher.** This provides a brief explanation of the effect of teeth on the body and vice versa. Reading this will help you understand the value of the charts below and why they are included in this Dental Health Program.
6. **Charts:**
 - a. **Tooth-Organ Chart** - this is an intricate chart for professional use that illustrates the relationship of each tooth to every part of the body which health care practitioners, like Dr. Smith and holistic dentists use for dental and biological assessment and diagnosis.
 - b. **Dental History Chart and Sample Chart** – this is provided for clients to record their own dental history.
7. **Article Review of the “Making The Right Dental Choices,” the 17-Page Holistic Dentistry Article.** This document includes:
 - a. Dr. Smith’s comments about some specific points of information included in this article,
 - b. additional information that is important for clients to know,
 - c. including updates since this article was originally published.
8. A **17-Page Article on Holistic Dentistry**, titled, **“Making the Right Dental Choices”** which was written by Robert Marshall, Ph.D., C.C.N. in collaboration with a leading holistic dentist, Randolph Aguilera, D.D.S., to inform clients of healthier choices in dental procedures, such as fillings for cavities, root canals, and implants.
9. A **website link to Dabur Babool Toothpaste** and a brief list of its benefits, which is the toothpaste Dr. Smith uses and recommends to her clients.



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PREPARING FOR CONSULTATION WITH DR. SMITH

After reviewing all the information on the **Dental Health PEP Program** web page, you will be ready for the next step and that is to schedule a telephone consultation with Dr. Smith to discuss the specifics about helping you improve your dental health challenges and/or prepare for dental procedures scheduled or to be scheduled.

Before Consultation

To reduce consultation time, which will save you money, please:

- Provide a written record of your dental procedures by completing the **Dental Health History** chart and sending this to Dr. Smith prior to consultation.
- **Email** any details about your dental and over-all health history that you want Dr. Smith to know about that cannot be provided in the Dental Health Chart. Also include any questions that have not been answered, if any, and list any information needing further clarification or additional information
- Complete the **Inquiry Questionnaire** on our website, which provides contact information, the top five health concerns you have regarding your teeth, gums, and/or any other areas of the body.
- Read the other website pages listed at the bottom of the Inquiry Questionnaire web page.

At Consultation

- With the information above, Dr. Smith will assess and explain what is needed to help you meet your dental health goals. Note: If you do not have time to provide the above, Dr. Smith will ask specific questions so she may document your history, contact information, etc., in order to make this assessment and prepare for providing clinical nutrition services.
- Once informed of your clinical nutrition options, you and Dr. Smith will formulate a plan for clinical nutrition services.
- She will then provide a financial quote for the clinical nutrition services required to accomplish your dental health goals.



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Consultation Before Reading Dental Health PEP Articles?

Note: Occasionally, a client may have a consultation with Dr. Smith prior to reading the PEP Articles posted on the Dental Health webpage and may have already provided some of the information listed above. In this event, after reading the PEP Articles posted, another consultation will be scheduled to provide any parts of the above that has not yet been concluded, so that you may make an informed decision about starting or not starting clinical nutrition services to attain your dental health goals, at this time.

If you choose to postpone starting clinical nutrition services, the information above will be deleted, you will not be contacted by office as we respect your privacy, and when you are ready to get started, simply contact our office to schedule a Telephone Consultation with Dr. Smith, then update and resubmit your dental history (chart and email) and personal contact information prior to this appointment.



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INTRODUCTION

The public is gradually becoming aware that traditional dentistry, which includes dental hygiene products sold to the public today, contains chemicals, metals and other toxic substances that have both short-and long-term adverse affects on the teeth, gums, and the entire health of the body, itself. These adverse effects include some diagnosed medical conditions and disease of unknown causes.

Unknown because standard training for both physicians and dentists, since the early 21st Century, does not consider that

- conditions of the teeth, gum and mouth affect any other part of the body except the head, unless a visible external infectious substances is swallowed or
- dental procedures, treatment or products are a cause of any biological, biochemical or bio-electrical health challenges, except those directly related to teeth, gum and mouth.

The **“Tooth-Body Connection” Chart**, which is included in this PEP Session on Dental Health, when reviewed for the first time, consistently astonishes clients when they observe how each tooth has a direct link to every other part of the body. You may review this chart in relationship to your own teeth. Do you have symptoms in the corresponding areas of the body that have a direct link to the teeth you are currently experiencing problems? If so, you have just discovered possible “unknown” causes to your symptoms in those areas of the body.

Preventative and restorative Dental Health requires three fundamental practices:

1. Clinical Nutrition Therapy
2. Naturopathic Therapy
3. Holistic Dentistry

To use one without the others will not provide the results you need to restore and maintain dental health. Dr. Smith provides the first two therapies and provides professional referral for the third.

This e-book was written to assist Dr. Smith’s clients by:

- increasing their awareness of the above facts.



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- outlining the clinical nutrition and naturopathic therapy required for acute and chronic dental health challenges
- introducing and providing safe and effective the Therapeutic and Personal (Diet/Lifestyle) Education Programs (PEP) required to restore the health of teeth, gum, mouth and bones. Note, the severity of state of health in these areas are a contributing factor to whether restoration potential is complete (homeostasis) or optimal, improved to the best of the body's ability to heal assuming that the client is willing to do what is required to heal.
- being a safe resource for dental hygiene products and education.
- providing safe and effective clinical nutrition and naturopathic therapy for the biological, biochemical and bioelectrical needs of any area adversely affected by the teeth, gums, mouth, bones and/or their adverse dental procedures.
- introduce "holistic dentistry" and provide dental procedure and treatment education to equip clients in making the right dental choices when seeking a dentist.
- be a bridge to dentists who can provide holistic dental treatment, whether the client requires this for the first time or to redo/undo previous adverse dental procedures performed by traditional uninformed, uneducated or close-minded dentists.

Beyond Traditional Dentistry

Dentistry is "the medical science concerned with the prevention and treatment of tooth and gum disorders and diseases, requiring graduation from dental school and appropriate licensing."

Though this is the Dictionary's definition of "dentistry," for the above goal to be accomplished requires more than what is taught in traditional dental schools. Also, the American Dental Association and Dental Schools have proven to be as self-serving as the American Medical Association and Medical Schools in having both violated the Hippocratic Oath, which includes "First, Do No Harm."

For example, the ADA has known from the onset of using mercury in fillings for cavities. However, they explain this way by stating one scientific fact. That mercury is a stable element. They leave out the rest of the fact and that is when expose to heat, it gives off gases and when exposed to friction, it is not stable. So as long as the person does not drink hot beverages, eat hot foods, or chew, the mercury is stable and will not harm them.



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Then the ADA and AMA, threaten their doctors with license suspension who dare to think or act beyond what they were taught in school, once those who are progressive and independent thinkers, realize the truths about the profession they chose, i.e., the harm that comes from the procedures and treatments they learned.

The Paradigm Shift

However, these intelligent doctors have found a way to work within their standard system of practice so that may use the good and replace the bad with safer and effective procedures and treatment.

Several of the documents included in this Dental Health Program provide a list of questions to ask the dentist, and other holistic dental education, to equip each client with the information to help their traditional dentist use these healthier procedures and treatments, if open to providing them, for the “individual” patient, even if not as a standard in their dental practice. If not, this information has become a screening tool for that dentist so the client can continue their search for a dentist in their community who will be cooperative, if it is not feasible to travel to a holistic dentist, when not fortunate enough to live in a city where one resides.

Dentistry Comprises More Than Teeth, Gums and Jaw

As you read the titles under “Terms and Definitions” in the **Table of Contents**, you may wonder, “What do some of these terms have to do with Dental Health?” These terms and definitions will also help you expand your understanding beyond what the Public has been taught by traditional dentists in relationship to Dental Health.

For example, the areas of the body that comprise “dentistry” are more than just teeth and gums: By definition, dentistry includes the prevention and treatment of teeth and gums diseases and disorders, so actually, dentistry includes:

- the teeth and gums, traditional dentistry, plus...
- neck, depending upon the type of dentistry you need or seek.
- Mouth, ears, nose and throat.



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- Then if you consider the adverse effects of traditional dentistry on the entire body, teeth and gums have a far more encompassing affect on both Dental Health and overall Mind-Body Health.

Role of the Neck, Ears, Nose, Throat, Bones in Dental Health?

1. **The Neck** – Nerves and bones of the neck can reflex to the teeth and gums. This means that if you have a subluxation (misalignment) of a bone in the neck, this can pinch a nerve to a tooth. This not only causes pain in the tooth, it also inhibits nerve transmission (commands to/from cells to/from the brain), such as messages to deliver nutrients or remove toxic substances, infections, metabolic byproducts, etc. Health care systems today are segregated, even though the body is not. Since by definition, dentistry is the prevention and treatment of tooth and gum disorders and diseases then the prevention and correction of dental conditions caused by a subluxation in the neck is also part of dentistry and not exclusive to chiropractics. When a traditional dentist is aware of other factors that can adversely affect teeth and gums, like a subluxated neck, to either refer out or correct the subluxation, their patient is the one who suffers from this lack of education and training.
2. **Mouth, Ears, Nose and Throat** - Their relationship lies in the affects they have on teeth and gums and vice versa. An infection, for example, in any of these areas can infect teeth and gums.
3. **The Bones** – Teeth and Jaw Bones are made and nourished from the Skeletal System of the body, i.e., the over-all bone structure of the body. Therefore, the health of the bones determines the health of teeth and Jaw Bones. What determines healthy bones? The substances of bone cells and tissue are water, minerals, hormones and other nutrients (nutritional biochemistry). Therefore, what determines and adversely affects the health of teeth is far more sophisticated than what has been taught in **Public Dental Health Education**, and in light of these facts, it becomes obvious how limited the **A.D.A. Dental Health Guidelines** are for external dental hygiene, alone, not excluding the fact that dental care products include metals and chemicals, such as Fluoride, which are counter-productive to hygiene and dental health.



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Health Challenges in These Areas?

If you have any symptoms or health challenges in these areas of the body, or any areas of the brain, contact Dr. Smith additional information. Not only for the sake of these areas themselves, but also so that these areas of the body do not....

- make your current teeth and gum state of health worse,
- interfere with the health improvement you are receiving or have received in your teeth and gums through this program, should you have any health challenges in the future, after starting your clinical nutrition therapy.



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TEETH FED BY THE BONES – TESTING FOR BONE HEALTH

Urine and Hair Testing For Bone Health

The following two biochemical tests are ordered by Dr. Smith to determine Bone Health:

- Bone Resorption Urine Test** – Is a safe, non-invasive urine test that measures bone turnover and bone loss. It looks collagen molecules called pyridinium crosslinks and deoxypyridinoline that are only found in bone and cartilage. These molecules are released only during collagen breakdown in bone and cartilage.
 - The **Bone Resorption Assessment** can evaluate the current rate of bone loss in osteoporosis, bone diseases associated with arthritis, metabolic bone disease, and cancer, and the effectiveness of calcium supplementation and other treatment methods.
 - Dr. Smith supports testing as well as treatment that “first does no harm.” Too many medical diagnostic tests, and most treatments, do not follow this part of their Hippocratic Oath and the Bone Scan and Bone Density Tests are two examples. (See below).
 - The Bone Resorption is safer and sufficient for determine Bone Health
- Tissue Mineral Hair Test** – A hair sample provides information on the minerals of the body as well as toxic heavy metals. Minerals are the transporter of vitamins, hormones, insulin and other substances of the body to the cells where these substances and minerals are required. Mineral sufficiency is essential to bone health.

To Evaluate Bone Health Requires Both Urine and Hair Testing

- Bone Urine Test Is Normal / Hair Test Indicate Mineral Deficiencies** - When minerals are found to be deficient in a hair sample and the Bone Resorption urine test is normal, this means that at the time of the urine was tested bones were healthy. However, if minerals in the hair tests are deficient and not improved, in time, this long-term mineral deficiency will adversely affect bone health and a future Bone urine test will also indicate abnormal test findings, indicating bone loss.
- Both Urine and Hair Tests Are Abnormal** – when the bone urine test findings are abnormal indicating bone loss and minerals are deficient in a hair test, a clinical nutrition therapeutic supplement and dietary programs are needed immediately to correct values on



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both tests. Otherwise bone loss will continue and become more rapid due to multiple mineral deficiencies.

Dental Health Challenges Indicates that One or Both Tests Are Abnormal –When a client is experiencing any dental challenges, this indicates that one or both of these tests will not be normal and thus correcting abnormal findings as quickly as possible is essential to Dental and Bone Health. Recurrent abscesses and infections in the teeth and gums is sign that both of these tests are needed to identify and improve mineral sufficiency and the urine test will indicate if mineral deficiencies have been present long enough to adversely affect bone. If one or both of these tests have abnormal findings, additional supplementation will be required with the **Teeth/Gum Supplements** for a stronger “bone” supplement program.

Medical Bone Tests

1. A **BONE SCAN** is a nuclear scanning test where a radioactive tracer substance injected into a vein in the arm. This diagnostic test is not healthy for the human body.
2. A **BONE DENSITY** test is not a true physical “density”, which would be measured in mass per cubic volume. It is measured by a procedure called “densitometry” often performed in the radiology or nuclear medicine departments of hospitals or clinics. According to medical education, the measurement involves minimal radiation exposure. However, any radiation through bone density and other X-Rays are still harmful to the body, whether this is minimal harm or worst.

If you choose to have any of the above tests, it is essential that you protect yourself as much as possible by ordering Dr. Smith’s Radiation Homeopathic. Information on this is provided in the “**Before and After Dental Appointments**” Section of this e-book on page 57.

Dr. Smith’s Assessment Of Client Bone Tests

When a client chooses to obtain either of these medical bone tests, Dr. Smith has observed when compared to their Bone urine test, that though the client had poor medical test results, their Bone Resorption test was normal. This means that the bones are strong and intact, and so they problem (which they failed medical bone tests) is superficial (on the surface), meaning that infection, toxicity on the surface of the bones is causing the abnormal readings, not because the poor quality bones. For example, a bone density test indicating the client has porous bones, still means this is on the surface of the bones, the heart or depth of the bone is



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still intact and healthy so the solution is to improve the infections in the body and provide additional minerals for bone to use to improve the surface of the bone.

Be Informed, Not all Medical or Dental X-Rays Are Required or Necessary

As demonstrated above in respect to the standard medical bone tests, there is a safe, healthy and non-invasive diagnostic test, the **Bone Resorption Urine Test**. However, if Dr. Smith was to take a survey among her clients and the public, in general, the results regarding the number of times a physician has informed the patient of this test would probably be zero, at this period of time in the Health Care System Paradigm Shift that is occurring both in medicine and in dentistry.

Therefore, the following is sound advice that pertains to any X-ray for any purpose.

Dr. Smith has attended many scientific conferences with doctors representing all of the health care systems today. Some years ago, she interviewed a variety of doctors who use X-rays as a diagnostic tool. The purpose of these interviews was to find out if there were safer methods, even within their own scope of practice that could be used to obtain the diagnosis without the use of X-rays. Though the cases (conditions) where it is the only/best method, in their professional opinion, and those where another safer method could be used instead, will not be shared in this writing, the outcome was that X-rays are not always the only diagnostic tool required to obtain the diagnosis.

Therefore, Dr. Smith advises that you ask questions before agreeing to an X-Ray. Remember that doctors may use X-Rays as a standard diagnostic tool because it is fast, convenient, and does not require their time, generally, except to read the Radiology Interpretation Report and/or review the X-ray film. Therefore, doctors may automatically schedule an X-ray without giving you any other option, unless you ask. Additionally, when you ask about other options they may dismiss your inquiry, so you must help them understand that you are serious about you inquiry.

You may also contact Dr. Smith to make your inquiries, especially, if you sense that your doctor may not be willing to invest time in answering your questions, evades the question or request, or tends to be a doctor who is not open to any way, but his/her routine way. Second opinions from other doctors in the same medical field, is also prudent.

After making your inquiries, should you determine it is the only diagnostic tool that will provide the information your doctor needs and you agree to the X-ray, please refer to page 58 and 59, for instructions on taking the Radiation Detoxification Homeopathic, before and after the X-ray appointment, to minimize its adverse effects.



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TERMS AND DEFINITIONS

Dentistry, By Definition, Is Not Taught In Dental Schools

If you take the definition of dentistry literally, then the current practice of traditional dentistry is more in the mechanics of dentistry, filling a tooth, applying a crown or bridge, etc., and not truly in the full scope of prevention and treatment of teeth and gum disorders and diseases.

All of the above areas, from teeth to bones, are nourished by the diet (Dietetics), injured by toxicity (parasites/toxic substances) and their function is operated by human biochemistry (Nutrition), which are within the scope of a clinical nutrition practice. Therefore, in addition to the above statement, dentistry that does not consider clinical nutrition is also not fulfilling the definition or role of dentistry.

With the **Terms and Definitions** provided in the next section, a foundation of knowledge will be built to understand Dental Health and what this really means.

About The Terms and Definitions

The following are terms and definitions to assist you in understanding the enclosed educational information, program instructions and supportive PDF documents on the Dental Health Program web page. They are not provided in alphabetically order. Their order provides a foundation of knowledge for which each term or definition that follows the previous one and the rest of the information in this e-book will build upon.

First, you may have noticed that though Dr. Smith wrote this Dental Health Program e-book, she refers to herself as Dr. Smith rather than using words like “me” or “I” in order to maintain a professional vs. a personal perspective within the context of this e-book.

Client / Patient

Also, Dr. Smith refers to her patients as clients, instead. The terms “**client or clients**” represent an inter-dependent relationship between doctor and clients, whereas the term “**patient or patients**” represent a “dependent” doctor-patient relationship.

An inter-dependent relationship is a collaborating relationship where the doctor informs the client of their options to help the client make an informed decision, doctor advises regarding the actions to be taken by the client to achieve their health goals, actions by the client are based upon mutual-



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agreement between doctor and client, and client does not make independent or arbitrary changes to mutually-agreed upon decisions regarding the plan of treatment (actions) without first consulting the doctor.

In a dependent relationship the doctor dictates the plan of treatment and expects the patient to comply without question. Not all doctor-patient relationships today are dependent relationships, however, in medicine this has been the traditional relationship.

Diet and Nutrition

Though often used interchangeably, they are not the same.

1. **Diet (Dietetics)** is what you eat and drink.
2. **Nutrition** is biochemistry, i.e., the metabolism (digestion, assimilation, absorption, assimilation, distribution and elimination of the waste of food and beverages consumed) and any substance or organism that enhances or adversely affects biochemistry, such as parasites, electro-magnetic fields (EMF), exposures (chemicals/metals in food, air, water, drugs (pharmaceutical or nutritional drugs), and environment. This includes sensory and physical effects, such as light (artificial or sunlight), sound, taste, smell, and physical exercise or labor.

Clinical Nutrition

Clinical Nutrition is the “clinical” state of nutrition or biochemistry. In other words, when its balance or equilibrium (homeostasis) has been interfered, thus setting off a chain of metabolic, biochemical and biological reactions, just like a domino-effect when one domino falls on the next one, when set closely in a row. Long-term nutritional insufficiencies and deficiencies are causes biochemical imbalance, which then sets off a myriad of health challenges. This is clearer when provided the definition of a Clinical Nutrition Analysis of Human Biochemistry, which identifies the Clinical Nutrition Therapy to be provided to bring biochemistry back into balance (homeostasis).



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Clinical Nutrition Analysis of Biochemistry

Clinical Nutrition Analysis of Laboratory Testing of human and animal biochemistry (blood, urine, hair, saliva, stool, etc.) and other Nutritional Evaluations/Exams/Tests to identify nutrient deficiencies, biochemical imbalances, and organ/gland and body system dysfunctions, which are progressive degenerative states toward the development of disease.

For example, there is a difference between Calcium insufficiency, deficiency and “clinical” deficiencies that now adversely affect biochemical balance, which then causes decaying of the cells and tissue in bones, teeth, gums, or any organ/gland dysfunction. Also, a Vitamin D insufficiency, deficiency and/or “clinical” deficiency can disrupt calcium metabolism. So a calcium deficiency can result even though calcium is sufficient in the human body.

A Clinical Nutrition Analysis or interpretation of Laboratory Tests is not the same as a medical interpretation. For example, in a Clinical Nutrition Analysis of Blood chemistries, a medical interpretation, i.e., the Laboratory Report itself may indicate on 1-2 abnormal medical values (high or low), however, Dr. Smith often identifies 6-20 vitamin or mineral deficiencies, biochemical imbalances and/or organ/gland or body system dysfunctions, which if not corrected, in time, will become severe enough to be identified as medically high or low.

Clinical Nutrition Therapy

Clinical Nutrition Therapy corrects abnormal nutritional findings on Laboratory Testing to assist the body in restoring homeostasis (biochemical balance, which is the true definition of health).

This is accomplished through:

1. Dispensing “therapeutic whole food supplements” selected based on test findings.
2. Designing “food chemistry” – based dietary plans, i.e., selecting foods based on their chemistry that will enhance, nourish and support human biochemistry and metabolic processes. .
3. Coaching and educating clients in changing dietary and lifestyle practices and eliminating exposures that interfere with these biological, biochemical and bioelectrical processes.

Thereby, assisting clients in restoring their health through Clinical Nutrition Therapy and preparing them to maintain health once attained, so they may stay healthy for the rest of their life. This applies to Dental Health as well as the health of any area of the body.



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Nutrients - Defined

Nutrients – There are two classifications of nutrients, macro-nutrients and micro-nutrients.

1. **Macro-Nutrients** are proteins, carbohydrates, and fats/oils.
2. **Micro-Nutrients** are vitamins, minerals, and water.

Macro- and Micro-Nutrients: Within the class of macro-nutrients, for example, there are other nutrients: the building blocks of proteins are amino acids; carbohydrates have several classes of sugars, such as sucrose, fructose, etc.

However, the human body can only heal (repair and regenerate) when nutrients are provided in their whole state, as nature designed them. These means whole foods, such as an apple or broccoli, or in whole food supplements.

Therapeutic Supplements

Supplements – this term will be used to refer to “whole food” supplements, whether dispensed in powder, capsule, tablet or liquid form. Types of whole food supplements are listed below. Within these types some are formulated for therapeutic (clinical) use and others for health maintenance.

1. Within the therapeutic whole food supplements are those formulated to correct the causes producing acute (severe, unexpected) and chronic (every day) symptoms of nutritional deficiencies, biochemical imbalances and organ, gland and body system dysfunctions, all of which precedes the development of disease.
2. Acute symptoms may be a toothache or from an abscess in tooth or gums, whereas chronic symptoms may be the pain or physical dysfunction from gum disease. This applies to any area of the mind and body, where acute symptoms may be due to the flu or the body detoxifying toxic substances and chronic symptoms are due to long-term clinical levels of deficiencies and toxicity in any of the body's cells, tissue and/or organs/glands.

The Dental Health Program, as explained in this e-book, has evolved since 1975. “Therapeutic” supplements are formulated for “clinical” use and dispensed only through



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nutritional health care practitioners, like Dr. Smith. Dr. Smith personalizes each therapeutic and maintenance supplement program to meet the individual client's needs.

Therefore, information in this e-book will provide the purpose of a some of many therapeutic and maintenance supplements that Dr. Smith may draw from in the design of your personalized dental program.

Additionally, the results described in this e-book are from the particular brands of therapeutic and maintenance supplements Dr. Smith dispenses, which are safe, effective and have been recommended to her clients, as well as personally used by Dr. Smith and her family for decades.

The Three Types Of Whole Food Supplements Are:

1. **Whole Food Vitamins And Minerals** – these are whole foods that have been concentrated and dehydrated. However nothing has been added or deleted from the whole food, except water. Whole food vitamin and mineral supplements may include both whole foods and herbs.
2. **Herbs** – plants for culinary (diet) and medicinal (clinical nutrition) uses.
3. **Homeopathics** – whole substances are diluted multiple times in a solvent, generally reverse osmosis or distilled water until their organic substance (such as fiber) are separated from the electrical blue print (or DNA) of the whole food. Homeopathics are safe and effective remedies for acute symptoms. When reading labels, the substance will be listed with a number followed by an “X,” e.g., 30X or 100X. The number and X represents the number for how many times (X) the substance has been diluted. Those over 30X are pharmaceutical grade, with 100X, or above, being the most potent and dispensed only through nutritional health care practitioners.

Isolated and synthetic vitamins and minerals are “nutritional drugs,” they are not food supplements. Isolated and synthetic vitamins and minerals suppress symptoms of nutritional deficiencies and toxicity by manipulating human biochemistry. To fully understand the difference between whole food, isolated and synthetic supplements, read Dr. Smith's article titled, **“Three Ways Supplements are Manufactured Today.”** This article is located on the **Table of Contents** under **“Articles By Dr. Smith”** on the **“Document Library”** web page.

The long-term effect of consuming nutritional drugs results in causing deficiencies in the very nutrient that the nutritional drug is “suppose” to be helping, in addition to creating new



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symptoms of deficiency and they cause metabolic disorders from daily manipulation of biochemistry. For example, taking an isolated or synthetic calcium causes calcium deficiencies and calcium metabolism disorders; taking Ascorbic Acid, which is the outer coating of the whole food Vitamin C, causes Vitamin C deficiency and metabolic disorders.

Pharmaceutical Grade

Pharmaceutical Grade is “potency and formulation are for clinical use, i.e. they yield a much higher degree of bioavailability, have the purest, most effective raw, whole ingredients and are state of the art in research and manufacturing.”

The term pharmaceutical grade is not exclusive to the “chemicals’ medicine, though at first you may think so. The above is its true definition and the definition of Pharmaceutical Grade is not dependent upon the type of ingredient used.

However, when it comes to the effect on the human body, what is important here is the substance or ingredient used. For example, a pure chemical in its raw, whole ingredient form, using state of the art research and manufacturing for chemicals, can apply to the chemicals in medicine; however, there is a huge difference between the safety and effectiveness in a pharmaceutical grade herb, whole food vitamin/mineral or homeopathics compared to the dangers and side effects of pharmaceutical grade chemicals in drugs.

The therapeutic supplements Dr. Smith recommends and dispenses to her clients are pharmaceutical grade and thus formulated for “clinical nutrition” use. When deficiencies reach the clinical stage, changes in eating a more whole food diet alone cannot correct this.

Therefore, Therapeutic supplements formulated for “clinical use” are dispensed only through nutritional health care practitioners, like Dr. Smith, for the purpose of raising “clinical” level deficiencies, balancing biochemistry and restoring organ/gland function. In Dental Health, this means they are formulated for clinical level deficiencies and to assist the body in repairing and growing new, healthy (regenerate) cells and tissue in teeth, gums, bones and neck.

Practitioners/Providers of Nutrition

Practitioners/Providers – A true “nutritional health care practitioner or provider” is a professional who actually has a degree or is certified in **Nutrition**. Because dietetics and nutrition is foundational to healing regardless of the primary service of the practitioner, some training in these



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two fields of nutritional science may be included in the curriculum for the practitioner's primary health care service. Therefore, in this writing, the term "practitioners" or "provider" will be used to represent any **Nutritional Health Care Practitioners**, whether their original degree or certification is in Nutrition, they completed post-graduate studies in Nutrition, or their profession provided some training in nutrition. Below are their designations to assist you in identifying Nutritional Health Care Practitioners.

Profession of Clinical Nutrition

1. Degreed (Ph.D in Clinical Nutrition),
2. Board Certified in Clinical Nutrition [C.C.N.],
3. Certified Nutritionist (C.N.), though not board certified.

Other Professions Providing Some Dietetic & Clinical Nutrition Services

Some Dietetic and Nutritional Studies provided in these professions:

1. Naturopathic Doctors (N.D.) – though not a profession of Clinical Nutrition, clinical nutrition training is as important as their training in other aspects of naturopathy.
2. Chartered (C.H.) or Master (M.H.) Herbalists
3. Oriental Medical Doctors (OMD)
4. Homeopathic Doctors (CCH, DMH)
5. Chiropractics (D.C.). In Chiropractics this is called a Diplomate in Nutrition.

Note: Physicians (M.D. or D.O.) and Dietitians (Registered Dietitians [R.D.]) provide dietary advice based on the training outlined by the **American Dietetic Association**. This is not based on the whole food concept. Physicians traditionally receive six hour or less of course study in nutritional science, if they "elect" to take this elective course. This course is primarily an overview of the role of the Dietitian. Today, some Dietitians and Physicians are completing post-graduate studies to become Board Certified in Clinical Nutrition (C.C.N.),

Additionally, just because a professional may be a "nutritional" practitioner this does not mean he/she has been trained in the "whole food" concept of dietetics and nutrition. Just like not all dentists are not holistic dentists.



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Symptoms Defined

The symptoms of diagnosed diseases (from medical test findings) and the symptoms of deficiencies, imbalances, organ/gland/body system dysfunctions (from clinical nutrition test findings) feel the same to the patient or client. The difference is the degree of severity (intensity and frequency) produced by the stage of progression. Though some clinical nutrition symptoms can be as severe as the disease stage to which it is progressing.

Some areas of the body do not produce symptoms until they reach the “disease” state or death.

The fact is all diseases (and their symptoms), not a result of an accidental injury, whether in the teeth, gums, mouth, bones or any other place in the body are caused by malnutrition and toxicity. Even hereditary factors have their origin in malnutrition, toxicity or accidental injury. Accidental injury includes violence (such in wars or criminal or domestic abuse),

The public has been misled into believing that symptoms are the disease. However, symptoms are an innate communication system used by the cells to communicate to the conscious mind that “I need help!”

If human biochemistry is receiving sufficient nutrients, and toxicity is either non-existent or minimal, where it can repair, regenerate (grow new healthy) cells and tissue, it will do this and if not, it may borrow nutrients from other cells and tissue based on priority – which cells need it the most. In either case, the owner of the body never knows there was a crisis occurring.

If the above is not possible, the cells will communicate to the brain so the person will have a strong motivator (pain) to take the appropriate action. In other words, provide what the cells need (nutrients) or to stop the lifestyle practice that is interfering with their ability to repair, heal and regenerate new cells (toxicity).

Additionally, there are factors that occur that inhibit cellular communication that it needs help. Just like a person cannot speak when gagged or a radio signal cannot come through when there is an electrical crosscurrent that stops transmission, some toxic substances, degrees of malnutrition and cellular injury may inhibit communication until death is the only sign the person received that there was a crisis brewing internally.

While on this subject, it is important to interject that this is why obtaining **annual** clinical nutrition analysis of biochemistry is essential for disease prevention, and those who are doing this, generally require annual medical check-ups only every few years to receive for test findings that are not available through biochemical testing. For example, a fall may produce an internal injury, such as



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a blood clot in the leg or brain that may be observed through an MRI, but not by a medical or clinical nutrition interpretation of blood chemistry tests, visible external observation, or pain, if the clot is not pressing on a nerve.

Before getting an MRI, or any other medical tests (invasive or non-invasive), schedule a telephone consultation with Dr. Smith so she may advise you on how to biochemically prepare for the test and what to do afterwards to minimize their adverse effects. Otherwise, the tests themselves will evidently lead to disease or some other medical condition.

For example, contrary to what you may have been told by experts, your intuition probably told you that there is harm to the body when dyes are used in a barium enema or a Fluoroscopic X-Ray? Do an internet search on barium sulfate or x-ray dyes such as omnipaque (iohexol) and hypaque (diatrizoic acid). Diatrizoic Acid for example causes 180 side effects.

Drug Side Effects

Side effects are the symptoms of toxicity from the chemicals in pharmaceutical and nutritional drugs, and the nutritional deficiencies they cause. The Public is becoming more aware that side effects are symptoms directly caused of their drugs. However, they are not fully aware of the complete definition as stated above.

Toxicity and Toxins

“**Toxicity**” means the degree to which something is poisonous or the state of being poisonous to someone or something. Today, humans are being slowly poisoned by the toxins they are exposed to each day.

A “**toxin**” is any poisonous substance or organism that is ingested or absorbed into the body. Toxins are ingested through the air breathed, food/beverages/drugs consumed, or absorbed through the body openings, such as skin pores, eyes, nose, ears, and mouth. Examples of toxins are:

- parasites (germs/worms),
- chemicals,
- metals,
- food colorings,



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- food additives
- food preservatives,
- dyes,
- medical and dental solutions used for diagnosis or treatment,
- environmental pollutants in the air, food, water or from the earth, such as
 - smoke,
 - fuel
 - gases,
 - mold or fungus
- and metabolic by-products.

Metabolic By-Products

“**Metabolic By-Products**” are cellular waste and bio-unavailable food particles. If metabolic by-products are not removed from the body, just like other toxins as listed above, they become absorbed into cells and tissue, rot and decay, and then cause cells and tissue to become inflamed, dysfunction and diseased. There are two types of metabolic by-products.

1. As food and beverages are consumed, they are then metabolized. The processes of metabolism include ingestion, digestion, absorption, assimilation, and distribution of food/beverage substances and the elimination of food/beverage waste through the colon and kidneys. This waste (bio-unavailable food particles) is one type of metabolic by-products.
2. When blood brings nutrients to the cells, the cells then release into the blood its waste. Cellular waste includes dead, decayed, cancerous, or mutated particles, nutrient by-products, and any of the above type of toxin it is able to release. This is another type of metabolic by-product.

Detoxification or Internal Cleansing

The terms “**detoxification or detoxify** and “**cleanse or cleansing**,” may be used interchangeably and means the internal removal of toxins, metabolic by-products and waste from the body.

The role of the metabolism of human biochemistry is waste removal. However, due to toxicity, the human body is inundated with toxic substances and the organs, glands and body systems designed for this purpose are unable to properly function. In fact, clinical nutrition analysis on each



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new client reveals a toxic, congested liver, gall bladder and bile duct, impacted large intestines and kidneys/bladder the primary biological systems for elimination.

Perspiration through the skin is an ongoing method of detoxification that occurs through:

1. physical activity
2. exercise
3. dry or wet saunas
4. herbal full body baths

However, to detoxify the internal build-up, from years (since conception) of accumulated toxins, requires specific whole food therapeutic supplements and a whole food diet that consists of foods classified as “cleansing” foods. For more information, ask Dr. Smith about her **“30-Day Full Body Detoxification Program.”** The most obvious signs of accumulated toxins are calcifications, heel and bone spurs, cysts, and tumors. The less obvious signs are when the these toxins align the mucus membrane with layers of toxic substances (like layers of an onion) that inhibit nutrient absorption and cellular waste removal.



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THE CAUSE & CORRECTION OF DENTAL INFECTIONS

The Development of A Toothache

All infections in the teeth and gums originate with nutrient deficient teeth and gum cells. However, the infection in the tooth or gum that is giving you a “toothache” may appear in two ways. Think of it this way, a plant in a garden is nutrient deficient. Therefore, it may either

1. attract germs at its roots and thus the germs cause infections spreading upward to the surface through to the top of the plant or
2. if one or more stems, leaves or bulbs of the plant is deficient, but not the roots or the entire plant as a whole, due to some external or internal blockage that is preventing the one stem, leaf, or bulb, for example, from receiving nutrients, germs will be attracted only to the deficient part(s) of the plant.

In the first case, by the time the infection reaches the top of the plant the infection is systemic, i.e., spreading from bottom to top. So by the time the infection reaches the top, more visible parts, of the plant the infection has been present for weeks or months. In the human body, this may be even years and the infection manifests itself as swollen gums and abscesses, not just an occasional toothache. Also, a systemic infection may begin at the root of the tooth/teeth or it may originate in the bones or some other area of the body and spread to the root of the tooth/teeth.

In the second case, if some internal blockage (such as a scar on an energy meridian to the tooth, calcifications, another tooth, etc.) has prevented a tooth from receiving nutrients and thus one (or more) tooth becomes deficient, but not its root, germs will attach the surface of the tooth first, which can cause a mild toothache. If both the nutrients that are deficient are not corrected, i.e., restored to sufficiency, and the superficial germs are not detoxified, the germs will continue to eat away at the tooth, working from outside to the inside, to the root and cause infection to spread to other parts of the body.

Abscesses, swelling, and frequent toothaches are signs that a systemic infection is in process or well established. The first time a toothache appears in a single tooth, this may be because either the systemic infection has now reached the tooth or the germs have recently attacked the surface or where the tooth meets the gums, of a single deficient tooth, i.e., systemic infection has not yet occurred.



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The following sections will be providing more information on systemic infections, regardless of where the germs originate.

The Cause of Infections and Purpose of Their Symptoms

The symptoms of infection are signs of the body's own innate detoxification processes at work, removing the infectious cells and tissue from the human body. Suppressing this process with drugs, only causes the infection to stay in the body and thus allow it to gain momentum (multiple/grow stronger) over time, which can resurface later as symptoms of disease in the organ or gland where the infectious tissue settled. This applies to any infection, no matter where it is in the body.

Infections, such as those causing toothaches, abscesses, and in the long-term results in gum diseases, should be viewed as a signal to purposely assist the body in its detoxification process, which is a healthier plan of treatment, than taking drugs (pharmaceutical or nutritional) to manipulate the nervous system to suppress pain or take other drugs, such as antibiotics, which contrary to what the public has been lead to believe, do not get to the cause of the infection.

However, detoxification is only one part of the solution to infections. To successful treat infections requires correcting the bottom-line cause of all infections in the body: Cellular and Tissue Malnutrition. In other words, infection in any area of the body, including the teeth and gums, is the result of long-term nutritional deficiencies from poor diet and other toxic substances that deplete nutrients in the body.

Infection is a Biochemical Process That Originates in Malnutrition

Infection, then, is actually a biochemical process that occurs in a variety of ways due to malnutrition. One might think that Infection originates with malnutrition AND toxicity, whether the toxicity is a toxic substances or a parasite (germ/worm). However, toxic substances deplete nutrients and cells require more nutrients to generate energy to detoxification toxins; and parasites are only attracted to cells and tissue when they are malnourished to the degree that they are decaying, dying or dead, whether this degenerative process is occurring in one or more cells or the cells of the entire tissue of an organ or gland. Therefore, all infection begins with cellular and tissue malnutrition (nutrient deficiencies).



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Some of the ways that infection develops from malnutrition are as follows:

- Metabolic by-products (from food particles and cellular waste) that remain in, rather than being removed from, the body. As mentioned previously dysfunctional biological elimination systems are unable to remove these by-products so they settle in the tissues of mouth (in respect to tooth and gum infections) or any organ or gland where this is occurring. Metabolic by-products then rot and inflame (infect) healthy tissue. Pain is felt when healthy tissue become inflamed.
- Malnourished cells are incapable to producing the level of energy required for healthy function. Thus, low energy cells electro-magnetically attract the parasite (germ/worm) innately designed to digest these low-energy, decaying, dying and dead cells. However, when parasites are performing their innate function, they also feed on healthy cells and tissue, which then create more infection in the body.
- Ideally, parasitic waste should be deposited in the earth, such as when germs and worms decompose a dead body and thus their waste becomes one of the substances that nourish the earth. However, when this process of decomposition is occurring inside the human body, their waste re-infects the body in whatever areas of the body that their waste is deposited. This may be in the mouth or other areas of the body if the body is unable to remove parasitic waste.
- Traditional dental diagnosis is that the toothache, abscess or infection in gum diseases is treated by the patient taking an antibiotic. Destroying parasites, such as bacteria, is important because of the reasons above, however, if nutrient sufficient is not restored first or being restored at the same time, to assist the cells in producing sufficient energy required for healthy cellular function, the low-energy cells will simply continue to attract more parasites, no matter how many parasites are destroyed by a round of antibiotics.
- Additionally, infections in teeth and gum infections are generally not just bacterial. Viruses and Yeast are also present and antibiotics do not destroy these organisms.
- What most people do not realize is that the traditional medical and dental treatment of a 10-day round of antibiotics, for example, is insufficient to kill all of the bacteria currently present. This is because of parasite incubation. **Parasite Incubation** is discussed on page 46.
- Antibiotics also destroy the friendly bacteria (or flora) in the intestines causing a state of **Dysbiosis**. **Eubiosis** is the state of friendly bacteria in the intestines whose purpose is to prevent...



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- The overgrowth (ongoing reproduction) of bacteria, viruses, yeast (fungus/mold), staph, streph and other parasites (germs and worms). When yeast overgrowth occurs, this leads to Candida. Candida in the mouth is evident by a white film on the tongue and is more commonly known as “Thrush.”
- These organisms (parasites), other toxic substances and fecal waste from passing through the lining of the bowel walls. This is also known as “the leaky gut syndrome.”
- Refer to “**Preventing Parasite Overgrowth**” on page 33, for more information.

Causes of Recurrent Infections

Because of malnutrition, toxicity (parasites and other toxic substances), and the above resulting factors in relationship to the biochemical process that develops infections, is it a no wonder that people continue to experience the symptoms of what is medically termed as “recurrent infections?”`

Symptoms of recurrent infections may be due to;

- the previous infection resurfacing when the body is able to initiate its innate detoxification process again,
- new parasites attracted to low-energy cells, when nutrient sufficient was not restored at the time the previous (or first) infection developed.
- re-infection occurs from the maturity of parasite spores that complete their incubation. In other words, the babies of the previous infection are now active and ready to fulfill their innate role.

Correcting the Cause of Infection

Therefore, in this e-book on Dental Health, Dr. Smith will outline the steps to:

- Restore nutrient sufficiency, the bottom-line cause of all infection in the body.
- Assist the body in its innate detoxification process.
- Restore function to the elimination organs, glands and body systems, if applicable.



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- Address the above biochemical processes and recurrent factors of infection. .
- Support the body (externally and internally) when suffering with acute symptoms from a toothache or abscess, etc., until nutrient sufficiency and detoxification has improved where the body no longer needs to communicate through symptoms that it needs your help.
- Receive dietary and personal lifestyle education to make the necessary changes that lead to the cause of the infection and/or interfere with the body's ability to function.
- Obtain healthier dental hygiene products to promote both external and internal Dental Health.
- Assist the body in growing new friendly bacteria in the intestines.

Preventing Parasite Overgrowth

Essential to the preventing recurrent infections from parasitic overgrowth, as well as helping any current infection, is to correct the intestinal state of Dysbiosis, i.e., the destruction of the intestinal flora (friendly bacteria).

Testing For Dysbiosis

Dysbiosis can be tested through a urine test. There are a number of markers, so to speak, in a clinical nutrition analysis of blood chemistry that also indicate that the client is in a state of Dysbiosis.

Because it is a scientific fact that antibiotics cause Dysbiosis, even if a client has taken only one dose of an antibiotic, testing is not essential. However, if the client has never taken an antibiotic, but is not drug-free, testing is essential because there are other drugs that also destroy intestinal flora. Drug-Free means having never consumed or been injected with any pharmaceutical drug (period).



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Dysbiosis Program

Dr. Smith is one of the few nutritional practitioners, who has been trained in how to use three specific herbs and when clients take them as directed, they will assist their intestines in growing its own intestinal flora, i.e., reestablishing Eubiosis. This therapeutic herbal program is called, the Dysbiosis Program.

- This is a one-time 6-Week therapeutic program.
- Why one-time? Because once these herbs are consumed, the body begins to grow its own intestinal flora and unless the client takes another antibiotic or other drug that destroys this new flora, this program does not need to be repeated, when taken as directed.
- Dr. Smith's clinical observations have been that
 - Symptoms of Dysbiosis are fewer from month to month following the completion of the Dysbiosis Program, often starting in the first four weeks.
 - Also, for the body to complete the process of growing sufficient intestinal flora takes up to and for some, over 12 months.
- Dr. Smith monitors each client's progress at no additional charge from month to month, until this is no longer required, so that in the rare event that a client would require repeating this program, it can be determined at the onset. So far this program has only been repeated by two clients (one because they did not follow Dr. Smith's instructions as directed; and the second one because the client took another antibiotic.)
- Note: Due to safe and effective pharmaceutical grade homeopathics and herbs, as well as therapeutic whole food vitamins and minerals, which are formulated to digest parasites and assist the body's elimination systems in detoxifying the inactive organisms and their waste, Dr. Smith has observed that client's need for antibiotics are reduced to zero, and/or limited to medical emergencies that require hospitalizations.

Probiotics – Incomplete Treatment For Dysbiosis

Probiotics is another term of the friendly bacteria. There are several types of Probiotics, such as Acidophilus Bifidus. Some foods naturally contain Probiotics, such a yogurt. However, it is



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not possible to consume through dietary sources, an amount high enough to digest an excessive overgrowth of parasites in the intestines that has been multiplying since the first time an antibiotic was consumed.

Therefore, in cases of Dysbiosis, it is an appropriate practice of nutritional providers to dispense a high count (million or billions) of Probiotics in a capsule form. However, because ingesting Probiotics does not restore the intestines ability to grow its own Probiotics (friendly bacteria/flora), once the Probiotics capsules are discontinued, parasitic overgrowth ensues. In time, symptoms of this excessive overgrowth also resurface.

This is why Dr. Smith prefers to provide clients' with a Dysbiosis Program that actually assists the body in growing its own Probiotics.

Therefore, because each day brings an increase in parasitic overgrowth which leads to systemic infection throughout the body, including teeth and gums, it is essential to Dental Health and the over-all health of the body, to contact Dr. Smith for the Dysbiosis Program, as soon as possible. Additionally, before taking an Antibiotic, or any drug (over-the-counter or prescribed) consult with Dr. Smith for how to get to the cause and actually assist the body in healing vs. suppressing symptoms and manipulating the biochemistry.



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SUPPLEMENT INSTRUCTIONS (CAPSULE / TABLET)

1. Ideally, take them 30 minutes before the meal with lots of water.
2. If you get an upset stomach from taking them on an empty stomach, take them closer to the meal, such as 5-10 minutes before eating. However, in these cases, consume as little water as possible.
3. Drinking water for pill taking or beverages 30 minutes before, during the consumption of solid foods, or within one hour after consuming foods, will dilute gastric acids and inhibit digestion and absorption of foods. This then leads to undigested food particles (similar to food by-products) remaining in the body, which will rot and cause infection in the tissue where these food particles have settled.

Dosage Guidelines For Taking Supplements

1. Taking 6 daily, you may choose to take 2, three times daily or 3, twice daily.
2. Take 30 minutes before meals with lots of Reverse Osmosis Purified Water.
3. If you get an upset stomach due to taking them on an empty stomach, take 5-10 minutes before the meal with the least amount of water, or lay them on your tongue just before you are ready to swallow chewed food and take them without water. These instructions will help prevent the gastric acids in the stomach, required for digestion, from being diluted by the water when taking pills.
4. These must be taken daily, without missing a day's dosage, for a minimum of 90 days (or longer, if Dr. Smith assess they are required for longer than 90 days). If a day's dosage is missed this will result in extending the three-months in a row minimum because of germ incubation. Parasite (Germs/Worms) Incubation is explained on page 46.



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TEETH AND GUM CARE – DENTAL HYGIENE

Toothpaste (Dabur Babool)

Brush with **Dabur Babool Toothpaste**. A link to IndianShop.com has been provided on the Dental Health web page for quick access to an online Ayurvedic store that sells this tooth paste. A brief description of its benefits is also provided on our this web page.

Mouth Wash (Chlorophyll)

Chlorophyll (the green color in all plants, vegetables and fruits) has the same molecular structure as human blood with one difference. Human blood has a iron molecule and Chlorophyll has a Magnesium molecule. However, chlorophyll is able to absorb Iron from its environment and this provides a food source iron, too.

Chlorophyll also has natural deodorizing properties, which makes it an excellent “healthy” Mouth Wash, which is not only safe to swallow, it is highly beneficial when used both externally and internally. Below is a list of many benefits received from Chlorophyll.

There are a number of chlorophyll products sold to the public. As stated in the **Foreword**, the particular brand of Chlorophyll Dr. Smith dispenses has a proven track record of being pure, safe and effective and will provide the benefits and results explained in this section of the e-book. After purchasing your first bottle from Dr. Smith, she will be glad to provide information on where and how to order this directly from the manufacture at a discount, upon request.

Doubles As A Body Deodorant Too!

Chlorophyll is also beneficial for “body” odor. Therefore, when consumed daily, Chlorophyll eliminates or greatly minimizes the need for the external application of deodorants. Many commercial brand deodorants include chemicals, for example in their fragrances and as binders, and metals, such as Aluminum. Aluminum is a highly toxic metal and leads to a myriad of health challenges, such as Alzheimer’s disease.



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If ingesting Chlorophyll daily does not eliminate body odor, contact Dr. Smith so that other causes of body odor can be identified and corrected through a “therapeutic” whole food supplement program.

Amount To Use for Mouth Wash & Deodorant

- Mouth Wash – One (1) Tablespoon, use daily or as often as desired.
- Body Deodorant – One ounce daily.
- Note: 2 Tablespoons = 1 ounce.

Special Usage Instructions

1. Take a finger tip taste of Liquid Chlorophyll to determine if the taste is satisfactory or too strong, straight.
2. If the taste is satisfactory, pour Liquid Chlorophyll into a tablespoon, gargle then swallow.
3. If the taste is too strong you may mix one Tablespoon of Liquid Chlorophyll in as much Reverse Osmosis Purified Water to dilute the taste of Chlorophyll or if you need to add water to the one tablespoon of Chlorophyll to make more of a solution to gargle with.
4. Once you have determined the right amount of water to use, remember the amount to duplicate it. .
5. By swallowing after gargling, Chlorophyll will deodorize the entire body as well as the mouth. (See below)
6. When using for a Mouth Wash and Body Deodorant on the same day, measure one tablespoon and use as a mouth wash (gargle and swallow). Then you may swallow the other tablespoon straight or with Reverse Osmosis Water, if one ounce is too much for gargling.



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Chlorophyll - 32+ Benefits When Consumed

1. Builds a High Blood Count
2. Provides Iron To Organs
3. Counteracts Toxins Eaten
4. Revitalizes Vascular System in the Legs
5. Improves Varicose Veins
6. Improves Anemic Conditions
7. Cleans and Deodorizes Bowel Tissues
8. Helps Purify the Liver
9. Aids Hepatitis Improvement
10. Feeds Iron to Heart Tissues
11. Regulates Menstruation
12. Aids Hemophilia condition
13. Improves Blood Sugar Problems (ex. Diabetes and Hypoglycemia)
14. Aids in Asthma Improvement
15. Improves Lung Function
16. Increases Iron Content in Mother's Milk
17. Improves Mother's Milk Production
18. Helps Sores Heal Faster
19. Eliminates Body Odors and Lessens Need for Underarm Deodorizers.
20. Resists Bacteria in Wounds
21. Cleans Tooth and Gum Structure in Pyorrhea
22. Improves Nasal Drainage, Slows Nasal Drainage and Drip
23. Use internally and externally (foot/hand soak) for nail fungus (Contact Dr. Smith for amount to use in a foot soak, frequency and duration.)
24. Eliminates Bad Breath when used internally and externally as a gargle, then swallow.
25. Makes an Excellent Tooth Surgery Gargle, too.
26. Benefits Inflamed Tonsils.
27. Relieves Sore Throat
28. Soothes Ulcer Tissues
29. Soothes Painful Hemorrhoids and Piles
30. Aids in Catarrhal Discharges
31. Reduces Pain Caused by Inflammation
32. To name a few (smiles).



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ACUTE DENTAL SYMPTOMS

Toothaches

Herbal Powder & Oil Usages

1. Toothaches
2. Gum Abscesses and Infections
3. Whitening of Teeth
4. Prevention of Dental Caries and Cavities

For the above usages (or purposes), Dr. Smith provides a specific pharmaceutical grade herbal powder and oil that you can mix together to make a paste, and then apply it on and around the toothache, abscess, swollen or infected areas. The specific dosages and instructions are provided below, so you will have this information to use once you have received this powder and oil.

Dosage and Special Instructions

This herb is used to promote white healthy teeth, also. So it may be used regularly or only when you have a toothache, abscess, swollen gums or other signs of infection. Its oil possesses astringent and antiseptic properties to prevent bad breath, destroy microorganisms present in the teeth and to fight dental caries and cavities.

Dental Paste Instructions

1. In a bowl put just enough herbal powder so that when its drops of its oil are added and mixed into the powder, this mixture will cover the surface of the tooth/teeth and/or gums where pain, infection or abscess is occurring.
2. If the mixture (or paste) is too dry, add more oil; if too liquid, add more powder. Make note of the amount of each that you are using so that the next time you can adjust it appropriately to make only the amount of paste you need to cover the surface of the affected teeth and gums.
3. If you may use too much the first time, or any time, put the left over paste in a tightly covered glass jar and refrigerate it. You can use the left over in the morning for the 15 minute application discussed below. A small mason jar is perfect for this purpose and costs only a few dollars for a set, or any glass jar with a tight lid is acceptable.
4. After applying mixture or paste, leave it on overnight while sleeping.



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5. Upon rising, rinse old paste out of mouth and repeat the above. If you find you have swallowed most of it during sleep that is okay.
6. Keep the fresh paste on teeth/gums for 15 minutes, rinse mouth and brush teeth with Dabur Babool Toothpaste. Note: if you accidentally made too much the night before, obtain the jar from the refrigerator and add if it is not sufficient to cover teeth and gums, simply add more powder and oil to the leftover paste until you have enough.
7. Repeat the above instructions twice daily (for sleep and upon rising) until all pain is gone and/or no visible signs of the abscess or infection can be seen.
8. Note: The herbal powder is a bitter taste and so though you may not consider the above a “tasty” experience, it is definitely an “effective and healing” experience.

Toothache(s) – Additional Instructions

1. **Acute Symptoms** – if you do not have a toothache, abscess, swelling or any other sign of infection one day, and the next day, you do – this is referred to as an acute state. Keeping one bottle of the herbal powder and oil on hand at all times, will allow you to apply its paste at the onset. When this is applied at the onset of acute symptoms, your toothache, pain and visible signs of abscess and/or infection will go away within 24 hours or up to three days. Clients report that they often wake up the next morning without their toothache when they follow these instructions on the day the toothache is first felt.
 - a. If this is the first time you have had a toothache in this tooth, and you apply the herbal paste at the onset, the above 24 hour to 3 days (generally 24 hours) is all that is required in cases where the toothache is not caused by a systemic infection. In other words, as explained in the section on the development of a toothache, if the germs have attacked a single deficient tooth on the surface of the tooth or where it meets the gums.
 - b. The longer the client waits to apply the herbal powder and oil, the longer it takes for the toothache to go away. This is because time has allowed the germs to multiple and become stronger. They may even go deeper into other cells and tissue, whether this is other teeth and areas of the gum, the sinuses or when infection is swallowed, germs can spread anywhere in the body.
 - c. **Homeopathics** – If your toothache is not gone within three days, contact Dr. Smith for specific homeopathics that can be taken along with using the paste. Homeopathics are fast acting in acute symptoms and can speed healing, thereby, reducing the pain of a toothache much faster.



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- d. **Microbial Homeopathic Kit** - Dr. Smith also provides a Toothache Microbial Homeopathic Kit, which includes the herbal powder and oil, plus the Homeopathics for the specific germs that are most frequent in cases of toothache. This way, clients can keep them on hand at all times and begin both the herbal paste and the homeopathics at the onset of a toothache for the fastest healing results. In cases where both are used, within a few hours to 24 hours is the norm.
2. **Abscess Supplement Program for Symptoms of Systemic Infection (such as Abscesses, Swelling, Pus, Frequent toothaches, etc.)** – If the infection is systemic, starting from the roots upward or from some other area of the body then through the root to the tooth, using the paste above, in addition to Dr. Smith recommending one or more therapeutic supplements to assist the body in detoxifying the systemic infection will be required, as well as providing the nutrients that are deficient in the tooth and wherever in the body the infection originated. In other words, the tooth will require assistance both externally, using the paste, and internally, in taking the therapeutic supplements. Though the pain in the toothache is from a systemic infection, using the paste externally may still bring relief within 24 hours or up to 3 days. If not, continued use will, it is just the number of days is dependent upon the severity of the internal systemic state.
3. **Dietary Indiscretions** - You can have an occasional toothache from periodic dietary indiscretions, such as eating too much refined sugar products for 24 hours or several consecutive days. However, when dietary indiscretions cause a toothache, this is a sign that the tooth is deficient, therefore, the **Teeth/Gums Restoration Supplement Program** to directly nourish and strengthen bones, teeth and gums, in addition to the above herbal paste is required. Information on these supplements is provided on page 50.



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CHRONIC DENTAL SYMPTOMS

Abscesses and Infections

In either case regarding the development of a systemic infection, **Therapeutic Whole Food Supplement Program** will be required to provide the nutrients to digest parasites (germs/worms), assist in the detoxification process for these organisms, metabolic by-products, toxins, waste and decaying, dying and dead cells and tissue, in addition to providing nutrient repletion to promote cellular regeneration (growth of new healthy cells) both in the tooth/teeth and/or gums being affected, and from the pathway from the origin of the infection to the tooth/teeth and/or gums.

The application of herbal paste will speed up the above biochemical processes directly through the outer teeth/gums as the other nutrients from the therapeutic supplements are doing the same, internally. Begin all of the below, at the onset of an abscess, swelling or toothache or any sign of tooth, gum or mouth infection. If you already have an abscess and/or swelling, but no toothache, you will still want to use the paste externally, take the therapeutic supplements internally and start both as soon as possible.

Acute Symptoms? If there is pain (toothache or gum pain), an outpouring of pus, boil, or swelling associated with the abscess or infection, these are acute symptoms that can occur even in an ongoing or chronic dental condition, like infections and diagnosed dental diseases in teeth and gums. Acute Symptoms in these cases occur when the body has enough energy to attempt detoxification again or new germs are attracted to the present decaying, dying and dead cells and tissues, and the teeth and gums are under attack in real time.

Acute Symptoms will require the Herbal Paste and Homeopathics mentioned in the Toothache section on page 40, in addition to the below supplements.

Abscess Supplement Program

No Acute Symptoms? If there are no acute symptoms, however, you have symptoms of or have been diagnosed with an abscess, swelling, pus, gum disease or infection in the teeth and gum then the a therapeutic whole food supplement program will be provided for the following purposes.

1. **Teeth/Gums Restoration Therapeutic Program Supplements** on page 50 to promote nutrient sufficiency in the tooth, gums, jaw and over all mouth..



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2. **Cellular Repair Homeopathic** – take one capful daily. This homeopathic is different than the ones for germs. This homeopathic will assist your body in growing new health cells and tissue. Allow at least one hour between taking this and the homeopathics for germs. Nothing by mouth for 30 minutes after taking.
3. **Whole Food Therapeutic Supplement Program** – will be required for at least three months so you able to digest the current live active germ(s), and so these supplements will be present in your body when the germ spores from the 'active' germ has completed its 3-month incubation to prevent re-infecting the body. There are three specific supplements that will be dispensed.
4. **Immune Supplement** - Take 6 capsules daily for three months. The herbs and foods in this supplement digest Fungus, Yeast, Virus, Bacteria, and Strep to render them inactive.
5. **T-Cell Production Supplement** – Take 6 daily for three months. This helps the body produces T-Cells to strengthen immune system to fight germs, helps prevent recurrence and renders staph inactive.
6. **Pus Detoxifier** – Take 6 daily for three months. This supplement provides foods and herbs that absorb pus, helps in drainage, and assists the body in removing dead and inactive germs out of the body. If not removed, the body will be re-infected by waste produced by the germs. The above two supplements are designed to render the germs inactive, whereas this is provided for drainage and pus removal.

Special Instructions for Abscesses / Infections

1. If herbal paste and Homeopathics were required for acute symptoms, but the time you finish the homeopathic bottle(s), which is approximately 10-12 days, your abscess, swelling and pus pockets (boils) will have healed. You may then return to your dentist to clean your teeth or perform whatever dental procedure was planned, if this program was initiated due to your dentist diagnosing and then postponed dental procedures until the infection has cleared.
2. Note: Though the above is typically what has been reported to Dr. Smith by other client experiences, if you still have pain or can see the abscess after consuming up to 3/4th of the Homeopathic bottle(s), contact Dr. Smith for further instructions.



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3. Also, keep in mind that though the visual disappearance of the abscess, swelling and/or pus is generally sufficient for the dentist to perform their procedures, this does not mean all of the infection that produced the external visible signs is gone. Generally, it will take a minimum of three months (due to germ incubation) and then one month of each year that the infection has been present for the body to remove all of the germs. This guideline may vary per individual needs.
4. If needed, once the Acute Symptoms Supplements (herbal paste/homeopathics) are no longer needed because the acute symptoms are no longer present, you will still remain on the **Teeth and Gum Restoration Supplements**, **Cellular Repair Homeopathic** and the **Specific Whole Food Therapeutic Supplements** for Abscess, Swelling, and Pus for at least 90 days.
5. **Tooth/Gum Infections Are Not Caused By Bacteria Alone** - Few people realize that tooth and gum abscesses and infections are also caused by other germs, like Viruses and Fungus/Yeast, not just Bacteria. Abscesses and severe infections of the teeth and gums generally always have all three of these germs involved and sometimes Staph, so taking the **Whole Food Specific Therapeutic Supplements** cover and can digest all of these types germs, purifies your blood from parasitic waste, by-products and inactive dead parasites, in addition to strengthening their immune system, which are added bonuses of this therapeutic whole food supplement program. Blood tests can be performed to determine which of the specific germs are actively present in the blood. However, the key phrase is "in the blood," because blood tests (are not cellular tests) and thus do not test for germs in the cells and tissue, which can include each of the germs this program addresses.
6. **Recurrent Abscesses and Infections** are also a sign that **the Teeth/Gums Restoration Supplement Program** is needed to get at the cause – malnutrition. This program is provided on page 50.

Three-Month Parasite (Germs/Worms) Incubation

Though pain has abated and visible signs of the infection, toothache or abscess have cleared, this does not mean that all of the infection is gone. It takes a minimum of three months to accomplish this goal, and sometimes longer for some clients.

1. To prevent recurrence of toothaches, abscesses and/or internal infection from resurfacing in teeth and gums, it is important to complete the Dysbiosis Program, restore nutrient



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sufficiency and nourish teeth and gum to make them healthier and stronger. This cannot be over-emphasized.

2. This also includes following a germ detoxification program for a minimum of three-months. Why? Because all germs lay spores (eggs/their babies) in the tissue, which have an incubation period of three months.
3. Therefore, at some time over the next three months, the spores/eggs will open and re-infect the body if this occurs on a day that you missed ingesting the therapeutic whole food supplements. These new active germs will then lay their spores, which will then open in the next three months (a.k.a. recurrent infections), Thus, in time, the teeth and gums will have toothaches, abscesses and over-all body infections again.
4. However, these germs will not re-infect the body nor be able to lay their spore if you are on the therapeutic supplements in the **Abscess Supplement Program** when they open. Because we do not know the day spores will open/hatch, but we do know their incubation is three months, **these three supplements must be taken every day without missing a day for three consecutive months.**
5. If you have an abscess, swelling, pus or any infection in the teeth, gum or anywhere in the body, contact Dr. Smith for the **Abscess Supplement Program**.

Antibiotics Fail To Kill All Bacteria & Promotes Recurrence

And The Actual Results of Taking Antibiotics, Standard Medical Treatment

The reason that people suffer with recurrent teeth and gum abscesses and infections because Antibiotics, the standard medical treatment,

1. Do not address the real cause of malnutrition, i.e., nutritional deficiencies in teeth and gums,
2. Only kills Bacteria. Like all germs, they are attracted to low-energy cells that are in the process of decaying, dying or they are dead due to malnutrition.
3. Do not kill all the Bacteria in the usual 10-round of Antibiotics. This is because of the incubation period of bacteria and other germs. However, taking Antibiotics for any



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longer periods is not a standard practice, which is good that it is not because prolonged antibiotic intake would cause severe, even fatal, adverse affects on the human body.

4. Do not kill Fungus/Yeast or Viruses, which are often present along with Bacteria in teeth and gum infections and abscesses.
5. Do not address germ spores and their three-month incubation, which leads to re-infection.
6. Kills intestinal friendly bacteria (flora), which allows germs to multiple indefinitely.

A 10-day round of Antibiotics is sufficient to kill enough of the bacteria so that body will no longer produces acute symptoms, however, this gives the patient a false impression that all of the bacteria is gone, so they do not further to correct the bacteria still in the body or address germ incubation.

When taking antibiotics, some of the virus and yeast may piggy-back, i.e., leave the body as its innate detoxification processes are removing the bacteria. However, after the finishing the Antibiotic, the remaining viruses, yeast and bacteria will continue to multiply and the infection/abscess will resurface, if not shortly thereafter, they will in due time, when the body has enough energy to begin the detoxification of these germs, again.

Because of the stress on the body from the biochemical and metabolic manipulations from taking the Antibiotic and/or other drugs, malnutrition and the attack from parasites, it takes the body some time to recover so that it may again resume its detoxification process, which was interrupted by the symptom suppression and biochemical manipulation of Antibiotics. What a vicious cycle!

Also, if the patient's body is either unable to produce energy for detoxification or there is a dysfunction in any of the elimination organs (liver, kidneys, etc.), germs and other toxic substances will remain in the body and infection will develop in multiple areas of the body.

Antibiotics – To Choose or No Choice?

If for any reason, an antibiotic or any drug that destroys intestinal flora, is administered to you in the Emergency Room or Hospital Or you choose to take a flora-destroying drug, the Dysbiosis Program is required. If a Dysbiosis Program does not follow as soon as possible



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after taking antibiotic or other drug, each day that goes by, parasites are multiplying and adversely affecting the entire body. In time, symptoms will appear in areas of the body that are affected by parasite overgrowth.

Being in a state of Dysbiosis, long-term can then results in severe health challenges, even cancer.

Contact Dr. Smith Prior To Drug Intake for Healthier Options

The fact is, now that you have been introduced to clinical nutrition therapy through this Dental Health Program, you now know that before considering taking any drug on a daily basis, i.e., drug is not a temporary prescription while hospitalized due an accidental injury or surgery, contact Dr. Smith as therapeutic whole food supplements, herbs and homeopathics are a better solution. Whether used for acute symptoms, post-surgical or accident recovery or any health challenge of the body, they will both meet the immediate needs (acute symptoms) of the body, assist in healing at a cellular and tissue level in whatever area of the body that is suffering, and the over-all body is healthier from their use. Additionally, they have no side effects.



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DENTAL DISEASES

Dental Diseases are simply the last phase of the degenerative processes explained in the previous sections of this e-book, and included in the **“Cycle of the Degenerative Process Towards Death”** in Dr. Smith’s article, **“Mercury Filling Removal,”** prior to the death of the tooth, gum, jaw bone or the human body itself. Death may not occur for years, which is an example of the amazing ability of the body to manage and survive as long as possible, under the worst of conditions.

As long as there is life (some healthy energetic cells) in a tooth, gums, jaw bone or any part of the body, the client has the opportunity to reverse the degenerative processes and restore the health of the tooth, gum, etc., completely, i.e., to restore the biochemistry (homeostasis) of the tooth, gum, etc., OR restore to the best of the body’s ability to do so considering:

1. The severity of degeneration (deterioration) at the onset of providing the nutrients required to repair and grow new healthy cells,
2. The client’s willingness to make the necessary dietary and lifestyle changes to do the above and eliminate ingestion and exposures to toxic substances, and where it cannot be eliminated, to dramatically reduce. For example, you can eliminate air pollution in the home by using air purification systems. However, you have no control over the pollution you breathe outside your home.
3. The degree of damage from traditional dental procedures or medical intervention in respect to loss body parts, etc. In these cases, full restoration may not be possible, however, what is possible is optimal healing (i.e., improvement to the best ability of the body under these conditions) and slowing down the degenerative process so the damage has as minimal affect on the whole tooth, other parts of the gums or jaw, or other areas of the body as is possible.

Therefore, no matter what the current dental condition or phase of degeneration, the fact is the sooner the client begins clinical nutrition therapy, the sooner they will be able to improve their dental health and the over-all body adverse affects from present and past dental procedures and treatments. The longer the client waits, the more time is allowed for the degenerative process to move through its stages and the more it will cost the client in time, energy, and money to restore their dental health, in addition to delaying and prolonging pain and suffering, when compared to starting earlier.



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TEETH/GUM RESTORATION SUPPLEMENT PROGRAM

Basic Teeth and Bone Supplement Program

The following **Therapeutic Whole Food Supplement Program** will provide the nutrients specific for nourishing and detoxifying the teeth, gums and bones. Thereby, repairing any teeth that can be repaired, and growing new cells in teeth and gums so they will become stronger and healthier. **In other words, including each of the six steps below provides a comprehensive Tooth and Gum Restoration Supplement Program.**

Items #1 and #2 are foundational for short- term use to strengthen and build stronger teeth, gum and bones. They may also be taken periodically thereafter to promote healthy teeth and gum maintenance so they are safe for long-term use also.

Items #3 to #4, add if/when they apply to you, and #5 and #6 is required for dental hygiene.

Basic Teeth and Gum Supplement Program:

1. Dental Supplement – 6 daily for a minimum of three months. Nutrients for Teeth and Gums.
2. Bone supplement – 6 daily for a minimum of three months. Nutrients for the bones which feeds the teeth.

The above are two basic supplements to nourish the body.

Teeth and Gum Restoration Program

In addition to the Basic Teeth and Gum Supplement Program, add the following for the comprehensive restoration supplement program:

For germ detoxification, add:

3. The supplements in the Abscess Supplement Program for at least three months due to germ incubation.

If you have Mercury/Silver Amalgam Fillings, add:



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4. Chemical and Metal Basic Detoxification Supplement Program.
 - a. This applies if you currently have Amalgam Fillings or you had them removed, but did not stay on a metal detoxification supplement program for a minimum of three months to detoxify metals from blood and tissue.
 - b. This program also applies when chemicals are in dental solutions used for cleaning teeth or pharmaceutical drugs are administered for any purpose, such as Anesthetics or an injection into the gums to desensitize nerves when the dentist extracts a tooth.

And of course, continue daily use of the following for Dental Hygiene:

5. Dubar Balool Toothpaste and
6. Chlorophyll for mouthwash.

Additional Benefits Of The Basic Teeth And Gum Supplement Program

Teeth and Nails (finger nails and toe nails) are both nourished through the bones. So the health challenges related to teeth and nails may also be indicative of bone or other Musculo-Skeletal System health challenges and vice versa.

Clinical Nutrition Testing For Teeth And Gum Restoration

When the above supplements are required, it is important to have your Bone Health tested by Dr. Smith to determine if the above Bone supplement is sufficient or a couple of other therapeutic supplements will also be required to strengthen and improve the health of the bones.

Restoration of teeth, gums, and jaw may also include clinical nutrition testing and therapy to restore optimal health in the corresponding areas of the body that are the origin of the dental health challenges or they have been adversely affected by the health challenges of the teeth, gums, etc.



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For example,

- If the infection in an organ of the body is the origin for the infection in a specific tooth, then this organ will continue to infect the tooth unless optimal healing has occurred in that specific organ.
- Conversely, if the infected tooth causes an infection in its corresponding organ or gland, even if you healed the infection in the tooth, in time, the infection of the corresponding organ or gland will re-infect the tooth.
- Refer to the **Tooth and Organ Chart** for the corresponding organs/glands and other areas of the body to each tooth and vice versa.

CHEMICAL / METAL BASIC DETOXIFICATION PROGRAM

Mercury fillings, metal implants, toxic chemicals used cleaning teeth, root canals, drugs prescribed for treatment, etc., will increase the total burden of toxicity adversely affecting the tooth/teeth that these dental procedures have been applied to, as well as their corresponding body areas.

Even if clients have not had these dental procedures, there are many other ways they are exposed and/or ingest chemicals and metals and, in time, these toxic substances will adversely affect the health of teeth, gums, jaws and the body as a whole. Some of these other sources for chemicals and metals are:

1. workplace exposures, such as working in a factory or machine shop where petroleum, gases, metal, glass or fabric particles are in the air, fall upon and are absorbed through the skin or breathed,
2. lifestyle includes personal care products, clothing, bedding, household cleansers, etc. that exposes them to chemicals and metals,



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3. medical or dental treatment includes taking drugs on a daily or regular basis,
4. their diet includes;
 - a. processed, refined foods that contain chemical additives, preservatives, dyes, colorings,
 - b. Vegetables, fruits, nuts, grains and seeds that have been sprayed with pesticides and herbicides, and/or they are exposed to these poisons by their own use in their garden or farm.
 - c. Animal proteins that are not free-range, contains antibiotics, synthetic hormones, etc.
5. Drinking, cooking and bathing with tap water, even filtered water does not remove all the chemicals and metals.

Therefore, the following supplements have been provided in the Dental Health Program to assist the body in detoxification of chemicals and metals.

Divide the dosage evenly and take either two, three times or three, twice daily. Note: six daily are a therapeutic dosage; 3 daily is a health maintenance dosage. If you choose to take 3 daily, you may take one, three times daily or two before breakfast and one before supper.

Therapeutic Supplements For Chemical / Metal Detoxification

1. **Parotid Gland Detoxifier- 6 daily.**
 - a) One of the roles of the Parotid Gland is oral hygiene. This oral cavity is almost constantly flushed with saliva, which floats away food debris and other toxins (chemicals, metals, etc.) to keep the mouth clean.
 - b) Flow of saliva diminishes considerably during sleep, allow populations of bacteria to build up in the mouth -- the result is *dragon breath* in the morning. Saliva also contains lysozyme, an enzyme that destroys many bacteria and prevents overgrowth of oral microbial (other germ) populations.



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- c) The parotid gland collects and then routes toxic substances, including includes parasites (germs/worms), that enter the mouth, nose, ears, eyes, and/or are absorbed through the skin in its vicinity to the elimination organs, liver and kidneys.
- d) However, because of the high degree of toxicity that occurs daily, this gland soon becomes infected, overloaded and dysfunctional and thus, is unable to perform its biological function. **Therefore, this supplement provides the herbs and foods that will detoxify the Parotid Gland itself and allow it for function again.**

2. Absorbing Cleanser - 6 daily.

- a) This therapeutic whole food supplement provides nutrients that absorb the toxins and helps the body remove the chemicals, metals and other toxins from the parotid to the intestines, and out the body.
- b) When the parotid gland is dysfunctional, it is unable to do this so this supplement helps move the toxins out until the parotid is functional again.
- c) It also absorbs the toxins, in other words, this supplement includes healing clay that binds to the toxins to prevent them from settling somewhere else in the body while in transit to the intestines.
- d) If any of the toxins include fat, the ingredients will emulsify the fat, breaking them down into smaller pieces so they are easier to move out of the body.

These two supplements are used therapeutically and for dental health maintenance. Taking them daily promotes dental health, is healing to the parotid gland, reduces the overall toxicity level of the body, and provide daily biological support until the client has made the changes required to eliminate sources of toxicity in lifestyle; thereby, stopping the ongoing overburden of toxicity and dysfunctional state of the Parotid Gland.



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WATER & SALT (SODIUM) INTAKE

Every biological process of the human body requires water. 75-85% of the human body is water. Water is a solvent so it is beneficial in detoxifying toxic substances, parasites, infections, dead cells, etc. out of the body. If you are not consuming the amount of water as indicated below every day, your body must retain urine, i.e., water that contain these toxic substances, metabolic by-products, etc., that were not flushed through and out of the body. When they are not eliminated, these toxins are re-circulated through the body, pollute the blood and infect the tissue where they eventually settle. Infected tissue causes inflammation and inflammation is “pain.”

Formula To Calculate Daily Water Intake

Drink one-half your body weight in ounces of Reverse Osmosis (R. O.) purified water daily. For example, if you weigh 120 pounds, drink 60 ounces. If/when your weight changes, recalculate the amount of water your body requires.

Salt (Sodium) Intake

Age 11 years and over, 1-2 teaspoons per day
Age 7-10 years, $\frac{3}{4}$ teaspoon per day
Age 4-6 years, $\frac{1}{2}$ teaspoon per day
Age 1-3 years, $\frac{1}{3}$ teaspoon per day

Infants under 1 year should not be given salt because their kidneys are not matured.

About three-quarters of the sodium we eat is already in the foods when our diet contains 80% fresh, raw vegetables and fruits daily. .

Add Salt to foods after removing from heat. Do not cook with the salt in the food.

Why is Salt (Sodium) Vital to the Human Body?

Water follows Sodium (natural salt); therefore, without daily intake of sodium water cannot be transported to the places where it is needed, such as for intra-cellular fluid to nourish the inside



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of each cell and for extra-cellular fluid to remove toxic substances surrounding cells, that can inhibit the transfer of nutrients from the blood through osmosis.

Sodium Does Not Elevate Blood Pressure

Medical Reports have warned the Public against using salt because it causes high blood pressure. This relates only to Sodium Chloride (which is a chemical and found in products, like Morton's Salt). Natural Sodium is essential to blood pressure balance.

Mineral Rich, Solar Sea Salt from Advanced Clinical Nutrition

Dr. Smith dispenses specific brand of natural sea salt that is a blend of two unprocessed sea salts from ancient, non-polluted sea beds. This natural, sun dried salt contains valuable trace minerals. These minerals, undamaged by heat, retain their high energy, unaltered molecular structure which is ideal for helping to maintain the extracellular and intracellular fluid balance in the body. Not to mention it tastes great!!

The first hearty sea salt is obtained through solar evaporation. Sea water is transferred through a series of evaporation ponds, while the hot, dry climate and gentle breezes hasten the evaporation process leaving behind only sparkling salt crystals, containing valuable trace elements.

The second is solar-dried sea salt has been traditionally mixed with health-promoting, Alaea clay, naturally dense in trace elements. It is known as a sacred salt by the native residence.

To ordered, simply contact Advanced Clinical Nutrition (ACN).

If you want to get started on the above sea salt as soon as possible, however, you currently have a supply of sea salt obtained from a local store, you can order from **A.C.N.** and then blend both sea salts together. This way, you can receive the benefits of Dr. Smith's sea salt, without wasting your financial investment in the sea salt on hand, if you consider that you have a good brand of sea salt, like Celtic Salt. Celtic Salt was the sea salt Dr. Smith previously dispensed to clients for dietary health maintenance and therapeutic purposes, until she found a more mineral rich, solar dried sea salt with the other benefits shared above.



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BEFORE & AFTER DENTAL APPOINTMENTS

Dental treatments, such as the most common, abscesses, as you now know can be provided safely and effectively through clinical nutrition therapy; therefore, this section is about dental procedures.

Before and after dental visits where dental procedures will be provided, for any reason, it is essential to use the following therapeutic homeopathics to eliminate or at the very least minimize the adverse affects of dental procedures on the over-all health of your mind and body.

After reading the **Holistic Dentistry Article**, titled” **Making The Right Dental Choices,**” which guide you regarding the specific dental procedures, i.e., whether the dentist is using toxic or non-toxic substances, you will clearly understand why this section has been included in this Dental Health Program e-book.

Homeopathics & Purpose

Dr. Smith’s Homeopathic are safe and fast-acting for acute symptoms and to remove toxins as soon after exposure or ingestion, such as in dental procedures. Then after the immediate 1-2 bottles are consumed, if there are a need for further detoxification the supplements, on page 52 for “**Chemical and Metal Detoxification,** can be used long-term. Dr. Smith has Homeopathics for a variety of usages.

1. **Dental Homeopathic** – This is taken to detoxify the toxic dental solutions used when cleaning teeth, or performing any other dental procedure.
2. **Radiation Homeopathic** – This is taken whenever any Dental, Medical or Chiropractic X-Ray is scheduled to remove radiation from the body.
3. **Metal Homeopathic** - Hopefully, after reading the above-referenced **Holistic Dentistry Article**, you will not agree to any dental procedure where metals are used, for example Silver/Mercury Amalgam fillings for cavities or metal implants. However, if for some reason, this is not avoided, you can at least reduce the immediate toxic effect by using Metal Homeopathic.

- a) If the metal is to be permanent, take one bottle of the Metal Homeopathic as instructed in the ‘before and after’ appointment special instructions below, then



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follow with two supplements recommended on Page 52 under **Chemicals and Metal Detoxification** for long-term detoxification.

- b) In respect to metal implants, there are also some bio-electrical adverse factors that are not included in this e-book. However, a 15-minute consultation with Dr. Smith will provide a brief and informative overview of this information.
4. **Chemicals Homeopathic** – is used to detoxify chemicals, dyes, synthetic substances, etc.
 5. **Cellular Repair Homeopathic** - is essential whenever any procedure is provided, dental, chiropractic, medical, etc. These procedures are traumatic to the internal process of the human biochemistry and the cells and tissue require support before and after them in order to help the body grow new healthy cells and tissue.
 6. **Stress Remedy Homeopathic** – This is a homeopathic Stress Remedy used when the mind and/or the body is under severe stress. Using this before a procedure will help support the nervous system prior to a stressful event or procedure and help the nervous system recover more rapidly after the procedure and event. The nervous system uses more nutrients when it must support the mind or body under stress (mentally, emotionally or physically). So using this Homeopathic will provide the support it needs without sacrificing nutrients needed for other biologically processes.

Example: a client under a severe state of physical weakness, pale colored face, little energy to lift her head or speak, due to breathing toxic paint fumes from not having properly ventilated the room first. She said in the chair as limp as a wet dish rag. Five minutes after taking Stress Remedy Homeopathic, she was sitting straight, color was back in her face, was smiling and talking again. Dr. Smith had her consume one bottle in 24 hours. Next day she reported she had more energy and a greater sense of well-being than she had before the incident.

If the client is currently receiving dental procedures through a holistic dentist, then the above Detoxosodes not required before and after dental office visits, unless an X-ray is scheduled. Because having an X-Ray is like a pop-quiz, one may be required without notice, this is important to keep on hand. Hopefully, you can talk to your dentist and keep X-rays to a rare minimum.



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Dosages For Homeopathics

HOMEOPATHIC	BEFORE ON DAY OF APPT	AFTER ON DAY OF APPT	DAY AFTER APPT AND THEREAFTER
Dental, Radiation, Metals, Chemicals, Virus, Bacteria Parasites, Yeast, Allergens, Nematodes, Tobacco, or any Homeopathic formulated for detoxification.	5 capfuls at one time from one bottle. Nothing by mouth for 30 minutes and wait one hour before taking a different homeopathic.	5 capfuls at one time from one bottle. Nothing by mouth for 30 minutes and wait one hour before taking a different homeopathic.	2 capfuls daily – see below for more instructions.
Cellular Repair	1 capful	1 capful	1 capful
Stress Remedy	1 capful	1 capful every 1-2 Waking Hours	1 capful every 1-2 Hrs. until no longer feeling under stress

Special Instructions - Before Appointments

1. **Homeopathics (for Dental Solutions, Radiation in X-Rays and Metals)** - Take the “**Before On Day of Appt**” Dosage for each Detoxosode that applies to you the morning of your dental visit. If more than one is required, allow one hour between taking a different Detoxosode.
2. **Cellular Repair Homeopathic** – Take daily until one bottle is consumed no matter what procedure is performed to assist in cellular and tissue repair and new cell growth (regeneration).
3. **Stress Remedy** – Take whenever needed for usual stressful event or procedure.
4. Please note that two of the homeopathics listed below (#4 Biosode Support and #5 R & R) are not Detoxosodes. So instructions that relate to Detoxosodes do not apply to these two homeopathics. However, the **General Homeopathic Guidelines** apply to all homeopathics, including homeopathics from other professional product companies that Dr. Smith may be dispensed to you.
5. Additionally, their use is not exclusive to dental procedures. Use these for dental, medical, chiropractic or any other procedure, whenever their purpose applies to you.



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Special Instructions - After Appointments

1. When taking homeopathics due to dental appointments, you need only take one bottle of each type of homeopathic in the Table on page 59. Note: you may or may not need all three homeopathics for detoxification, i.e., Dentals, Metals and Radiation, unless all three apply to the type of procedure to be performed. However, one bottle of whichever applies is sufficient.
2. If you require more than one Homeopathic is required, taken only one at a time and allow at least one hour between taking each one.
3. If you are having extensive dental procedures that require frequent visits,
 - a) keep several bottles of each of the above Homeopathics (for Dental Solutions, Metals and Radiation) on hand so that in the event, a procedure is performed at the visit without your prior knowledge, you will be prepared to start the appropriate homeopathic as soon as you return home. In these cases, follow the instructions for "After Dental Appointments" Only.
 - b) In these cases, Stress Homeopathic may be needed due to the ongoing stress of frequent dental procedures and visits. .
 - c) The Cellular Repair Homeopathic is taken daily even if the other homeopathics are not needed.
4. If a return visit occurs when you are still taking Homeopathics from a previous visit, taking them before the appointment is not necessary.
5. After completing your initial mouth detoxification using '**Dental Packs,**' repeat this pack after any dental procedure that requires a filling, crown, bridge, etc., in other words, any other than cleaning teeth. Dental Packs are explained on page 62.



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Homeopathic Guidelines

1. These guidelines apply to taking all homeopathics no matter what their purpose.
2. Take one homeopathic at a time, allowing at least one hour between dosages.
3. When taking more than one Homeopathic for detoxification, it does not matter which one is first, second or third, unless Dr. Smith designates otherwise.
4. **The Cellular Repair Homeopathic** is best taken before sleep. In sleep is when the body performed cellular repair and regeneration.
5. When taking any Homeopathic, open the bottle in a room without odors. Odors can contaminate the homeopathic solution. Therefore, do not open and take them in the kitchen or bathroom.
6. On next day after appointment, when taking more than one Homeopathic for detoxification, take one in the morning, one in the afternoon and one in the evening, for example, when on all three. If taking two of the three, take one in the morning and one in the afternoon.
7. **The Stress Homeopathic** can be taken every one to two hours in between other homeopathics, depending upon how you feel or how intensive the procedure was, even if you do not “feel” the stress. You may even consume one full bottle in a 24-hour period is you feel extremely stressful, such as have anxieties, the jitters, tics, etc. Then take every one to two hours, as needed when the nervous system is calm again..



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DENTAL PACKS

Whenever a client has had traditional dental procedures performed, or uses commercial dental products, from denture creams to mouthwash and toothpaste, toxic substances are deposited in mouth tissue, teeth, gums and jaw bones.

As instructed in the making of the Toothache herbal powder and oil paste, clients are instructed in when and how to use “Dental Packs.” Dental Packs are specially-designed, highly-charged clays and herbs blended in a powder form and mixed with therapeutic liquid herbs, when mixed together and applied to the entire issue of the mouth, teeth, gums and inside and outside jaw bones, will detoxify chemicals from drugs and anesthesia, mercury and its gases, other metals, such as used in implants, and their residues, as well as germs, worms, their waste and other infectious matter.

After each client completes the initial use of dental packs to remove toxic substances presently in each part of the mouth (inside and outside), clients repeat these instructions following any dental procedure. Also, until mercury fillings have been removed, clients can use Dental Packs monthly to continue detoxifying their mouth (teeth/gums) of mercury leaking from teeth as well as mercury gases, to reduce the total burden of mercury in the mouth and so that it will not be absorbed further into mouth tissue, affect other teeth and other areas of the gums or be swallowed and add to the total ‘internal’ levels of mercury toxicity.



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HOLISTIC DENTAL PROCEDURES

Finding A Holistic Dentist

Even within the group of Holistic Dentists there are varying degrees of training and education. Also there are holistic dentists who may use healthier substances and procedures, however, are either unaware or untrained in how to select dental materials that are “bio-compatible” with the patient’s biochemistry. Therefore, when looking for a Dentist, you want a Holistic Dentist, who is “biologically” trained in non-toxic, truly biocompatible, tooth-conserving dentistry.

To stay current on any procedure, service, product, food, supplement and/or substance (toxic or non-toxic, organic or inorganic) that has a positive or negative effect on human biology and human biochemistry (clinical nutrition), Dr. Smith invests thousands of dollars annually to attend continuing education scientific conferences, in addition to reviewing research studies. These conferences include lectures on dietetics, clinical nutrition, holistic dentistry, chiropractics, massage, medicine, acupuncture, naturopathy, homeopathy, Chinese medicine and other health care systems.

In respect to dentistry, Dr. Smith has attended lectures by a number of holistic dentists, practicing from East to West Coast, and by far, the most advanced has been:

Dr. Randolph Aguilera
Los Angeles, California
(888) 793-7339

Three Options For Finding The Right Dentist For You!

1. Therefore, in seeking a holistic dentist, Dr. Smith recommends that you start by contacting Dr. Aguilera’s office and asked for a list of holistic dentists that have been trained according to his advanced non-toxic, truly biocompatible, tooth-conserving dental procedures, as outlined in Dr. Marshall’s holistic dentistry article, “Making The Right Dental Choices.”
2. If it is not truly financially feasible for you to travel to one of his trained holistic dentists, your next best choice is to do an online search for a holistic dentist in your area or closest to your residence. Ask the questions posed in Dr. Marshall’s article to determine how close this holistic dentist has been trained in non-toxic, truly biocompatible, tooth-conserving dental procedures and in areas not trained, perhaps



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this holistic dentist would be willing to obtain additional training from Dr. Aguilera. This may be as simple as a few telephone conferences with Dr. Aguilera.

3. If neither of the above suggestions are possible for you, then your last option is to find a local traditional dentist, perhaps one that is at least providing mercury filling removal procedures, and see if this dentist is open to learning more about non-toxic, truly biocompatible, tooth-conserving dental procedures.

You may provide a copy of “Making the Right Dental Choices.” to the dentists in option #2 and #3 above.

How To Talk To A Dentist To Solicit Their Cooperation

The most important points to remember when talking with any dentist is the following:

1. All dentists have been originally trained in the same standard of dental practice, so any dentist can provide holistic dentistry because the two primary differences in a traditional dentist and a holistic dentist is:
 - a. Replacing toxic dental materials with non-toxic materials.
 - b. Using bio-compatible materials
 - c. Assuring that the “bite” of upper and lower teeth is precisely matched before considering dental procedures are completed.
 - d. Note: All three of the above are required otherwise, the dental materials and their procedures you receive from any dentist will cause a myriad of serious, debilitating health conditions in multiple areas or the entire body (mind and body).
2. All dentists are bound by licensing rules and regulations set by the American Dental Association (A.D.A).
 - a. Therefore, if you ask a dentist what they think, such as “Do you think mercury in fillings is toxic?” They are bound by the licensing rules and regulations of the A.D.A. and therefore must quote only what is the acceptable answer according to A.D.A guidelines. Otherwise, the put their dental license at risk. So, their answer would be “No, mercury is a stable substance.”



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- i. Dr. Smith has already explained what this really this really means, i.e., mercury is stable as long as heat and friction do not affect the mercury. So it is stable as long as you do not chew, eat hot foods or drink hot foods.
- b. Note: a holistic dentist may take answer you more honestly “off the record” and trusts you to keep your consultations confidential.

When talking to any dentist (holistic or traditional) communicate in the following manner, so that you can help them stay within the A.D.A. rules/regulations, which will also help them to be more open to cooperating with you to provide the holistic dentistry according to the information you have learned through **Dr. Smith’s Dental Health Program PEP Articles** posted on her **Dental Health Program** webpage.

Therefore, the manner in which to communicate to any dentist is inform them that you are requesting these dental materials and procedures. In other words, you are not asking for their dental advice about them, you are not asking if they can perform them for you, you are stating that this is what you want and if they will provide the dentistry you are asking of them.

By communicating in this manner, they are able to write in their dental notes that the materials and procedures they have provide and performed were due to the “request of the patient.” This lets them off the hook with the A.D.A. because it was not the dentist who initiated using these dental materials or procedures, it was the patient.



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HOLISTIC DENTAL TREATMENTS

Standard Dental treatments that involve using drugs to treat toothaches, abscesses, and other infections must be replaced with “holistic” dental treatments. Holistic dental treatment is “clinical nutrition therapy” which has been explained in this Dental Health Program e-book in order to provide the therapy regarded for the biology and biochemistry of dental health, i.e., specifically for the teeth, gums, jaw, bones, mouth tissue, parotid and other salivary glands, etc.

You can provide every “holistic” dental material and procedure available today and you will still not accomplish your goal of preventing dental and over-all body health challenges if holistic treatment is not provided also.

For example, your dentist can use every safe dental material and procedure to remove mercury fillings and replace them with non-toxic, biocompatible substances, yet this would not eliminate biochemical-related, life-threatening risks when this procedure is performed, nor prevent mercury toxicity health challenges from continuing or prevent the development of new health challenges afterwards when the four biochemical (clinical nutrition) protocols are overlooked, as explained in Dr. Smith’s Article on “**Mercury Filling Removal.**”.

This also applies to Clinical Nutrition Analysis of Laboratory Testing to identify the biological and biochemical-related factors, such as nutrient deficiencies, systemic infections, detoxification of germs/worms and their waste, and repair the cells of teeth, gums, jaw (that can be repaired) and/or regenerating new healthy cells to promote healthier and stronger teeth, gums, jaw and bones, in general.

The Holistic Dentistry approach to Anesthesia has been provided in the “Making The Right Dental Choices” article. However, any method of anesthesia will disrupt and interfere with human biochemistry, metabolism, nerve function, etc., and thus, must be considered and addressed after the dental procedure to minimize their adverse effects. If Anesthesia did not have an effect on biochemistry, it would not be an effective Anesthesia.

When Is A Clinical Nutrition Analysis & Lab Testing Indicated

Therapeutic whole food supplements are dispensed based on either:

1. A Clinical Nutrition Analysis of Laboratory Tests (blood, urine, hair, saliva, stool) and/or Nutritional Evaluations.



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2. A diagnosis by another health care provider. In these cases, the client provides written verification of the diagnosis to Dr. Smith a therapeutic whole food supplement and dietary plan is designed as a “specialized program” to support the diagnosis. Written verification may be a copy of blood or other tests, medical or chiropractic interpretation report that includes the diagnosis or the provider may simply write on a prescription slip the diagnosis, date, client’s name, doctor’s name and name of facility.
3. Supplementation is provided for first-aid, acute symptoms support, or health maintenance without the requirements a clinical nutrition analysis. First-Aid and acute symptom support is provided as a “temporary” use until symptoms abate or injury is healed. Health maintenance supplements may be dispensed for daily intake purposes or upon request if the client chooses to take them on an ‘as needed’ or “infrequent” basis.
4. Supplementation is provided without requiring a clinical nutrition analysis when the cause(s) is known, and thus testing is not required to identify the cause(s), so the appropriate therapy (supplements/diet) can be provided.

Therefore, the supplementation provided in the **Dental Health Programs** outlined in this e-book which support #2, #3 and #4 above, do not require clinical nutrition analysis/testing.

However, a Clinical Nutrition Analysis of Laboratory Testing (#1 above) is required when:

1. **Bone Resorption Urine and Tissue Mineral Hair Analysis** are required to identify the causes of symptoms from the bones, or over all Musculo-Skeletal System. The urine tests for the health of the bone itself and the hair tests for mineral deficiencies and toxic heavy metals adversely affecting the health of the bones and over-all body mineral status.
2. The client has recurrent infections and abscesses. Thus testing identifies nutrient deficiencies and corresponding areas of the body affected by infections. Then clinical nutrition therapy can be applied to restore nutrient sufficiency to regenerate new health cells and tissue, in addition to detoxifying germs and infectious cells and tissue.
3. The client has multiple dental-related symptoms, have required dental interventions (cavity fillings, root canals, etc., **Teeth/Gums Restoration Therapeutic Supplement Program** to strengthen and improve the health of over-all teeth, gums, etc. This



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indicates there are multiply nutrient deficiencies, biochemical imbalances and organ/gland and body system dysfunctions occurring throughout the client's body. In these cases, it will be challenging for the teeth, gums and bones to maintain dental health when nutritional deficiency and toxicity challenges in the other areas of the body are not identified and corrected, as well as those directly affecting dental health.

The following two examples will demonstrate the importance of #3 above more clearly:

- As most people are aware during pregnancy, when the mother's diet and supplementation is not providing sufficient nutrients for her biological functions and for the growth and development stages from fetus to newborn infant, the mother will often experience tooth loss or a cracked tooth may occur. This is because the body considered transporting minerals and other nutrients in the tooth to the fetus a higher priority.
- It is also obvious that the more ill and diseased the elderly become in multiple areas of the body, the more dental health challenges they have. In these cases, the body may consider transporting minerals or other nutrients from the teeth to heart, considering deficiencies in the teeth far less life-threatening than allowing deficiencies to continue in the heart, when it is nutrient deficient. After all, when the heart stops the person dies and the state of their teeth at that time is of no importance.

When clinical nutrition analysis of laboratory testing and its subsequent therapy to correct abnormal nutritional test findings is required, the Dental Health Programs included in this e-book that apply to the client, is also required. Test findings will prioritize therapy.

When you contact **Advanced Clinical Nutrition** to schedule your **Telephone Consultation with Dr. Smith** your overall current dental and over-all body health challenges will be discussed to determine which tests apply to you.



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CONCLUSION

After reading all of the PEP Articles on the Dental Health Program web page, you will be ready to contact Dr. Smith to schedule your Dental Health Telephone Consultation. Information on how to prepare for this consultation and an overview of what will be discussed is provided on page 8 in the section of this e-book, titled **“Preparing For Consultation With Dr. Smith.”**

Thank you for your interest and purchasing Dr. Smith’s Personal Education Program (PEP) on Dental Health.

ABOUT DR. SMITH

Dr. Donna Smith has a Ph.D. in Clinical Nutrition, is a Naturopathic Doctor (N.D.), a Board Certified Clinical Nutritionist (C.C.N.), Certified Dietitian-Nutritionist (C.D.N.), and a Canadian Chartered Herbalist (C.H.).

Dr. Smith is also a Free Lance Nutritional Health Writer and has written over 100 articles for Internet and traditional magazines, such as the **American Chiropractic Magazine, the largest chiropractic magazine in the United States.**

Some of her best selling e-books has been listed below. She is frequently invited to speak on NBC and ABC local networks, and at clubs, hospitals, universities and corporations on a variety of nutrition and health-related topics, such as, the national groups of scientists and biochemists at the **American Society of Clinical Laboratory Science (ASCLS), International and American Associations of Clinical Nutritionists (IAACN), Stephen F. Austin University, Midwestern State University,** Optimist Clubs, Toastmasters, Business and Professional Women's Club, Women Entrepreneurs, Worksite Wellness, American Heart Association, Parkinson's Group, and St Gobain Corporation, to name a few.

Dr. Smith owns **Advanced Clinical Nutrition (est. 1981)** in Wichita Falls, Texas, where she provides a **Clinical Nutrition Analysis or Interpretation of Laboratory Tests (blood, urine, saliva, stool and hair)** to identify and correct dietary, vitamin and mineral deficiencies adversely affecting the healthy function of the human mind and body.

From the findings of these scientific Laboratory Reports, Dr. Smith designs and dispenses therapeutic, whole food supplements, available only through nutritional health care providers, and a Dietary Plan, which is a list of foods selected for the food chemistry’s positive effect on the individual’s biochemistry, which is also based on test results.

Dr. Smith’s Clinical Nutrition Services are also provided to **Healthcare and Fitness Providers,** who want to offer clinical nutrition services to their patients/clients, yet do not have the time or training to do so.

Clinical Nutrition Testing, Therapy, and Personalized Dietary and Lifestyle Education Services are provided by mail, e-mail and telephone consultations. A.C.N. clients save money as there are no in-office appointment fees, gas expense to/from appointments or time away from home or work



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for nutritional services. Lab Kits are mailed to the clients' homes, where they collect the samples and mails them directly to our Labs.

Dr. Smith has over 90% success in helping her clients improve their health, increase energy, balance hormones, improve mental function, strengthen joints, muscle, immune system, restore over-all organ/gland function (including the hair system to restore its natural color), manage weight, prevent/reverse disease and enhance life and/or sports performance. Her clientele encompasses 36 U.S. States and five international countries.

For more information, to order a clinical nutrition analysis and laboratory tests, and to contact Dr. Smith, call (940) 761-4045 or e-mail at Services@AdvancedClinicalNutrition.com. Meanwhile, please browse www.AdvancedClinicalNutrition.com to subscribe to Dr. Smith's FREE Newsletter, read Free Articles by Dr. Smith and view **Dr. Smith's Secrets To Healing** TV shows and slide presentations. You may also view Dr. Smith's TV Shows and videos on YouTube.com/DrDonnaFSmith, post questions on her blog at DrDonnaSmith.blogspot.com and follow her on Twitter.com/DrDonnaSmith and Facebook.com/DonnaFSmithPhD.

E-BOOKS BY DR. SMITH

- Anti-Aging Personal Care Program (Hair, Skin, and Nails)
- Fibromyalgia – A Clinical Nutrition Syndrome” (50 Pages).
- Dr. Smith's Hair Color Restoration Program – Anti-Grey Solutions (57 Pages).
- Lyme's Disease – Clinical Nutrition Approach To Healing (27 Pages).

DISCLAIMER

Information is provided for nutritional education purposes only and not for the diagnosis or treatment of any medical condition, disorder or disease. Present laws indicate that the author must advise you to seek medical attention for your disease, if you have one. Choosing to do so, or not, is your constitutional right and you are ultimately the only person who is responsible for any decisions, risks or actions you take regarding the care of your mind and body. This author's intention is to provide health care education from a nutritional biochemical perspective so you are equipped to make an informed decision.