

## HIGHLIGHTS

- Enamel is made out of calcium phosphate
- Blood vessels and nerves are found in the pulp
- Cementum is a layer of connective tissue that binds the roots of the teeth to the gums and jawbone
- Periodontal ligaments help hold the teeth lightly against the jaw
- It is quite interesting how the Bible, in illustrative language, likens clean vibrant teeth to thoroughly washed white puff balls of sheep
- It is via prayer that we, as Jesus' little sheep, confess our sins to the Father in Heaven and receive cleansing of the soul temple
- We should cleanse our mouths from the defilement of food after every meal
- We should cleanse our mouths before going to bed and after rising in the morning

# TOOTH DESTRUCTION

## WHAT CAN WE DO TO KEEP ALL OF OUR TEETH?

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What are white, hard and used every day? Our teeth! Without them, we would not be able to eat some of our favourite foods. If we want to eat well throughout our lives, we need to take care of our teeth. This fascinating article will provide information about how to preserve our teeth and avoid unnecessary suffering.

## TOOTH ANATOMY

**Enamel:** This outermost substance is made out of calcium phosphate. It gives the teeth strength, as well as hardness, for biting, chewing, and grinding the food; it also prevents injury from these operations, and from the action of acids on the bone of the teeth; it also adds much to their beauty. When the enamel is once destroyed it is seldom, if ever, restored again.

**Dentin:** Just beneath enamel there is dentin. It is a hard tissue that contains microscopic tubes. When dentin is damaged, sensitivity or pain can occur.

**Pulp:** This substance is considered the living inner structure of teeth. Blood vessels and nerves are found in the pulp.

**Cementum:** This is a layer of connective tissue that binds the roots of the teeth to the gums and jawbone.

**Periodontal ligament:** This is a tissue that helps hold the teeth lightly against the jaw.

## DENTAL HYGIENE

Thy teeth are as a flock of sheep which go up from the washing, whereof every one beareth twins, and there is not one barren among them. (Song of Solomon 6:6)

It is quite interesting how the Bible, in illustrative language, likens clean vibrant teeth to thoroughly washed white puff balls of sheep. So what are some lessons we can learn from the Bible about how to keep our teeth clean?

Evening, and morning, and at noon, will I pray, and cry aloud: and he shall hear my voice. (Psalm 55:17)

Here the Psalmist talks of praying three times per day. It is via prayer that we, as Jesus' little sheep, confess our sins to the Father in Heaven and receive cleansing from sin (John 10:27, Matthew 6:9, 1 John 1:9). Typically, people eat three times per day. So we should cleanse our mouths from the defilement of food after every meal. We should also cleanse our mouths before going to bed and after rising in the morning; not forgetting to pray to our Father which is in Heaven. Jesus said "If ye shall ask any thing in my name, I will do it." (John 14:14). So let's ask Him for healthy teeth!

- One of the primary ways we can take care of our teeth is by occasionally flossing our teeth in order to remove debris
- Lukewarm water is good to use for brushing our teeth
- A small amount of activated charcoal can be used to whiten teeth
- Do not use abrasive substances like activated charcoal and gritty compounds frequently because they will erode enamel
- A soft cloth can be used to polish teeth
- Sometimes dental amalgam fillings can leave the remaining tooth structure in a weakened condition
- Vital teeth are more resilient to fracture

And I will take away his blood out of his mouth, and his abominations from between his teeth; but he that remaineth, even he, shall be for our God, and he shall be as a governor in Judah, and Ekron as a Jebusite. (Zechariah 9:7)

The Bible mentions removing abominations from between the teeth. One of the primary ways we can take care of our teeth is by occasionally flossing our teeth in order to remove debris and prevent cavities.

## WHAT DO WE USE TO CLEAN OUR TEETH?

Soft lukewarm water is good to use for brushing our teeth. When lightly brushing our teeth, a small amount of activated charcoal can be used to whiten them. Carefully choose the activated charcoal that will be used because charcoal can erode enamel. Do not use abrasive substances like activated charcoal and gritty compounds frequently because they will erode enamel. A soft cloth can be used to polish teeth.

## TYPES OF INJURIES

### Dental Caries

When dentin and enamel soften and breakdown, dental cavities are formed. Dentin breaks down faster than enamel and because of this a cavity is formed. Usually a tooth must be operated on when the carious process has progressed to where enamel has been compromised and dentin begins to be affected.

### Wear and Abrasion

Abrasive agents like sand can wear down teeth. Wear on the ends of the tooth occur due to chewing. Incorrect brushing can wear down teeth too. Toothbrush abrasion is usually seen as notches in the tooth at the junction of the root and the crown. Bruxism, involuntary and habitual grinding of teeth, is also a common cause of wear and abrasion.

### Erosion

Erosion occurs on the facial surfaces of teeth. This may be caused by gingival lesions. Chemical dissolution from acidic food can also erode teeth. Acidic foods and drinks such as syrups, sugar, alcohol, coffee, tea, soda pop, and vinegar should not be consumed.

### Fracture

Tooth fractures usually occur from receiving a blow to the mouth or face. When people bite down forcefully on hard bone or hard candies, teeth can fracture and split. Sometimes dental amalgam fillings can leave the remaining tooth structure in a weakened condition; thus, increasing the likelihood of tooth fracture.

## ENDODONTICALLY TREATED TEETH

Endodontically treated teeth contain less fluid than intact teeth. It is theorized that lack of fluid predisposes non vital teeth to fracture. In general, vital teeth are more resilient to fracture.

## RESTORATIVE SOLUTIONS & HEALTH CONCERNS

### **Silver Amalgam**

Silver amalgam has been used for more than 160 years. Although silver amalgam is strong and durable, it contains mercury. Exposure to mercury is associated with kidney function damage, reduced immunity, allergies and nerve toxicity.

### **Glass Ionomer & Silicate Cement Restorations**

Glass ionomer restorative material is used for restoring lesions without making formal cavity preparations. The problem with using glass ionomer cements is that they release fluoride. Another restoration material is silicate cement, and it also contains fluoride. To find out why exposure to fluoride is bad read “Fluoride” via this link <https://chainoftruth.org/fluoride/>

### **Resin Composite Fillings**

These fillings are made from ceramic and plastic compounds. Resin composite fillings blend in very well. Resin composite fillings are not as durable as amalgam and will last for a maximum of seven years. Early literature shows that resin composites do leach toxic, carcinogenic and mutagenic compounds. Moreover, resin based materials have been known to release small amounts of BPA. One literature review from 2012 stated that recent data reveals improvements in new resin materials and that the consequences of biodegradation are poorly understood.

### **Cast Gold Fillings**

Cast gold fillings are known for their longevity and hefty price tag. They last at least ten to fifteen years. To place the filling, it takes two office visits to complete the filling. Galvanic shock may take place when a gold filling is placed next to a silver amalgam filling. As compared to other materials, gold seems to be the least toxic and longest lasting material.

### **Root Canals**

Dr. Weston Price, a 20<sup>th</sup> century dentist, warned about the dangers regarding root canals. Following a root canal procedure, it is possible that bacteria can linger inside the affected tooth, spread throughout the body and promote adverse immune system reactions. Moreover, the pathological bacteria found in nearly all root canal teeth might be able to spread disease throughout the whole body.

## REMINERALIZATION

His eyes shall be red with wine, and his teeth white with milk. (Genesis 49:12)

It is quite interesting to consider the language used to describe Judah. If we are to mine for hidden practical truths in Scripture and apply them to ourselves, would the language used infer that we are supposed to drink milk for white strong teeth? When we consider all the negative health consequences from drinking milk, it would be safe to say that drinking milk and consuming dairy products is unwise. (See: <https://chainoftruth.org/dairy-is-scary/> ). So what is God trying to teach us? Let’s dig deeper and look for some scientific connections!

- Silver amalgam contains mercury
- Exposure to mercury is associated with kidney function damage, reduced immunity, allergies and nerve toxicity
- Glass ionomer and silicate cements release fluoride
- Fluoride is not good for our health
- Early literature shows that resin composites do leach toxic, carcinogenic and mutagenic compounds
- The consequences of biodegradation are poorly understood
- As compared to other materials, gold seems to be the least toxic and longest lasting material
- Dr. Weston Price, a 20th century dentist, warned about the dangers regarding root canals
- It is unwise to consume dairy products

- Calcium, phosphorus and magnesium are three prominent minerals found in various milks
- Calcium, phosphorus and magnesium are the top three minerals found in human teeth
- We do not have to drink milk in order to have strong teeth
- Calcium can be found in almonds, and collard greens
- Phosphorus can be found in cereal grains, bread, pinto beans, nuts, almonds, lentils, peas, peanuts, brown rice, avocados, spinach and other vegetables
- Magnesium can be found in brown rice, almonds and nuts, legumes, broccoli, dried figs, green leafy vegetables and bananas
- We need vitamins A, D, E, and K.

Table 1. Concentration ranges of major mineral elements in goat, sheep and cow milk compared to human milk (Posati and Orr, 1976; Jenness, 1980; Park and Chukwu, 1988; Park and Chukwu, 1989; Coni et al., 1999; Park, 2006; Deutschen Forschungsanstalt für Lebensmittelchemie, 2012)

Mineral element	Milk			
	Goat	Sheep	Cow	Human
Calcium (mg/100 g)	106-192	136-200	107-133	22-41
Phosphorus (mg/100 g)	92-148	80-145	63-102	12-17
Magnesium (mg/100 g)	10-21	8-19	9-16	3.0-3.4
Potassium (mg/100 g)	135-235	174-190	144-178	46-55
Sodium (mg/100 g)	34-50	29-31	40-58	12-15
Chloride (mg/100 g)	100-198	71-92	90-106	32-49

## CHEMICAL CONSTITUTION OF ENAMEL AND DENTIN

### I. PRINCIPAL COMPONENTS\*

By W. D. ARMSTRONG AND P. J. BREKHUS

(From the Laboratory of Physiological Chemistry, Medical School and School of Dentistry, University of Minnesota, Minneapolis)

TABLE I  
Analyses of Enamel and Dentin of Sound Teeth

	Enamel			Dentin		
	Mean	Standard deviation	No. of analyses	Mean	Standard deviation	No. of analyses
	per cent	per cent		per cent	per cent	
Ca.....	35.41	0.963	42	26.18	0.342	20
P.....	17.45	0.513	42	12.74	0.482	20
Mg.....	0.30	0.054	34	0.83	0.083	20
CO <sub>2</sub> .....	3.00	0.249	41	3.57	0.103	20
N.....				3.36	0.145	20

Notice the top 3 mineral elements in goat, sheep, cow and human milk as compared to the top 3 mineral elements found in human teeth?

## PLANT BASED HEALING

For strong teeth, we need to provide them the essential elements they need. Calcium, phosphorus and magnesium are the three primary elements found both in milk and teeth. We do not need to consume dairy products in order to get those essential minerals. Calcium can be found in almonds, and collard greens. Phosphorus can be found in cereal grains, bread, pinto beans, nuts, almonds, lentils, peas, peanuts, brown rice, avocados, spinach and other vegetables. Magnesium can be found in brown rice, almonds and nuts, legumes, broccoli, dried figs, green leafy vegetables and bananas. Along with calcium, phosphorus and magnesium, fat soluble vitamins such as A, D, E, and K are also required for healthy teeth. When we make sure that our diet is complete and offers plenty of sources of calcium, phosphorus, magnesium and fat soluble vitamins, we will have strong teeth.

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## **Readings for this Article:**

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