

Want to keep your teeth? Throw out your toothpaste

by Michele Cagan

“You’re going to lose your teeth.”

Winnie Burke listened in shock as the periodontist continued.

“Even if you have gum surgery. But you need the surgery anyway.”

Winnie collected herself and her sass and replied, “Why? Are you adding a room on to your house?”

The periodontist took offense (no surprise), and Winnie left his office, never to go back.

Luckily, Winnie had already stumbled upon the real solution. A solution that let her keep every single tooth in her mouth, without any drugs or surgery or pain.

“He told me I’d lose every one of my teeth. But I knew they were already getting better.”

Winnie Burke was always scared that she’d lose her teeth—after all, her mother did. So she took very good care with flossing and brushing. But that didn’t stop her from almost losing all of her teeth.

It seemed like her gums went wrong over night. When she pushed on them with her finger, blood and pus shot out. So she went to the periodontist, and endured oral surgery on half her mouth. But her teeth never healed—they just kept getting worse.

In the most fortunate twist of fate, she told a friend about her problems—a friend who just happened to have a sister that held the solution for Winnie’s dental problems. His sister had faced similar problems, and come up with her own formula to fix them. And it worked wonders for Winnie, too.

She started using this miracle fix, and it really made a miraculous dif-

ference, very quickly. Her gums got better, her teeth stopped wiggling.

Then she took that fateful trip back to the periodontist, expecting him to be amazed at her progress. And even though he admitted to seeing improvement, he still insisted she needed more gum surgery, and scared the heck out of her.

“He told me that I’d lose every one of my teeth. That they were so bad they could never heal. Never. But I knew they were already getting better. So I left.”

From falling-out teeth to a perfect checkup

That was years ago, and Winnie has been using this healing tooth powder ever since. She still has every one of her teeth.

Even better, the day before we spoke, Winnie had been to the dentist for a checkup... after a three year lapse. They couldn’t believe her mouth hadn’t been seen for so long.

The dental hygienist looked in her mouth in great surprise. Her mouth looked great: no cavities, no pockets, minimal plaque. And the dentist was so impressed, he asked her what she was using because he might want to recommend it to some patients.

She told him. The secret to Winnie’s perfect checkup is Good Gums, a revolutionary old-fashioned all-natural tooth powder that can turn teeth in danger of falling out into a perfect checkup.

But it all starts with throwing out your toothpaste. Now.

Toxic toothpaste is your mouth’s worst enemy

It’s hard to believe, but it’s true: Virtually all toothpaste can kill your

teeth. Because it’s most common ingredient, glycerin (and, yes, even all-natural organic toothpastes contain it), coats your teeth, and stops your saliva from remineralizing your teeth naturally. In fact, that glycerin barrier is part of the reason that fluoride gets added to toothpaste, to compensate for the loss of natural remineralization.

But fluoride is poison, plain and simple. That’s why you’re not supposed to swallow your toothpaste (don’t even get me started on fluoridated water!). And that’s why all fluoride toothpaste carries an FDA-mandated warning label that directs you to poison control.

Sadly, fluoride and glycerin are not the only dangers found in the average toothpaste. There are chemicals, artificial colors and flavors, harsh abrasives, preservatives—none of them actually working to save your teeth and gums. And consider this: All of these get absorbed into your bloodstream through your gums (in very small amounts, but that’s twice a day every single day for your whole life!).

Worst of all, you use toothpaste to help your teeth. But it turns out that the very thing you’re counting on to save your teeth may actually be killing them.

Fear of gum surgery leads to tooth-saving formula

To start saving your teeth, throw out your toothpaste. Because the real answer to dental health comes in a gritty, brownish powder called Good Gums. (I know, it sounds awful, but it isn’t, and it really works.)

When Isabelle Dunkeson cre-

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Throw out your toothpaste!

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ated the formula to save her own teeth, years ago, she never imagined she could help so many other people save theirs. She had very deep gum pockets, but desperately did not want to suffer through gum surgery, often only a temporary solution. With a background in nutrition and herbs, she created a formula and tried it out.

The very first combination she tried—which is the same as today's Good Gums formula—cured all her dental problems. Her pockets disappeared. Her teeth were no longer "plaquey." It worked.

And part of its success is due to what the formula doesn't contain. Nothing artificial, harsh, or chemical... and no glycerin. And every ingredient that did make it into the formula contributes to truly healthy teeth and gums.

Pulled from the past to save the future of your teeth

Long before toothpaste appeared, people used baking soda and salt to clean their teeth. And that's where the Good Gums formula starts, with baking soda and French grey sea salt.

These two ingredients alone go further for your teeth than typical toothpaste every could.

Baking soda takes on that enamel-wearing acid in your mouth by neutralizing it naturally. And by altering that acid environment, baking soda makes it much harder for those bad bacteria to do their worst. It also helps eliminate odors (just like it does in your refrigerator), so your breath will smell fresh and clean.

As an extremely mild abrasive, baking soda is easy on your enamel while still managing to get its job done. And if you're worried about whitening, don't be. Baking soda has been proven to whiten teeth, even remove existing stains, better than

other common toothpaste ingredients (like silica and calcium carbonate).¹

As for salt, well, you know salt helps heal your gums—that's why dentists everywhere recommend salt rinses when you've had oral surgery of any kind. The French grey sea salt in Good Gums (harvested only on the shores of the Celtic Sea) goes even further. It speeds the healing process by supplying critical minerals that are not available in standard table salt. This sea salt is rich in the trace minerals your cells need to function properly, particularly magnesium which your tooth enamel needs to stay strong.

And while old-fashioned tooth cleaning ended with baking soda and salt, the Good Gums formula contains additional healing and soothing ingredients for complete dental health.

Eliminate plaque without harsh abrasives

The standard solution for plaque is to scrape it off, whether with the harsh abrasives of toothpaste or the scary silver tools on your dental hygienist's tray. But when your enamel is already weakened, scraping may not be the best choice.

That's why Good Gums contains two very unique natural ingredients: finely ground cranberry and tea tree leaf. This pair work by making sure the plaque doesn't stick to your teeth, so it can easily be swept away.

You probably think of cranberry as the urinary tract infection cure, and it is. But the underlying reason that it works is that it prevents bacteria from sticking in your urinary tract, so they can be flushed out of your body. And it works the same way here, naturally loosening plaque with its strong anti-adhesion properties.

Tea tree leaf (not to be confused with the highly astringent distilled essential oil) also offers some anti-

adhesion capability, so bacteria simply can't cling on. The leaves contain an oil that's been proven effective for taking on common oral bacteria.²

And this natural herb also brings very strong antimicrobial and anti-inflammatory properties, so your mouth will both get better and feel better.

Soothe, heal, and protect your teeth and gums

Isabelle rounded out the Good Gums formula with four potent natural ingredients, each contributing its unique properties.

Vitamin C—well, your gums literally can't heal without it. Your gums and the ligaments that hold your teeth in place are connective tissue, which is made up of collagen, which can't be produced without vitamin C.

Myrrh (most often associated with the Three Wise Men) has a long history taking care of gums. In fact, in Germany and England, myrrh is approved as a gingivitis treatment. Which makes a lot of sense, as there are several studies and tons of anecdotal evidence supporting its effectiveness for improving oral health.

Peppermint brings pain relief to your teeth and gums, just as it has for generations. Along with that, this herb contains several trace nutrients, including calcium and magnesium. Easily absorbed by your gums, peppermint can really get down in those pockets to offer some soothing relief.

Cinnamon does more than just add some flavor. It has strong antimicrobial properties and mild anesthetic properties. In fact, many herbalists use it to soothe sore tissues. Historically, cinnamon has been used to soothe teething infants by rubbing it on their gums.

With all of these healing ingredi-

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ents, its really no surprise that Winnie was able to hold on to her precious teeth. And you can, too.

Save your teeth and gums with Good Gums

If you're gums are sore and swollen, maybe even bleeding, your toothpaste could be making things much worse. But Good Gums can help you turn things around, even keep loose teeth from falling out, even reverse pockets and prevent plaque buildup.

To use Good Gums, pour enough of the powder to cover about a dime into the palm of your hand. Wet your toothbrush (they recommend using

only very soft brushes), shake off the excess water, and dip the brush into the powder. Gently spread the powder along your entire gum line. Once it starts to dissolve, begin to wiggle the brush—very gently—in tiny circles along your gum line. When that's done, brush your teeth. You can spit as needed, but *do not rinse!* Keeping Good Gums in your mouth, and even swallowing it, helps the healing process.

I won't lie—it takes some getting used to. The flavor is very savory and salty, but your mouth will feel fresh after brushing (though still a little salty). The color is also a little off-putting, it's brownish, but it does not discolor your

teeth at all (though your toothbrush might darken a little). And make sure to shake up the bottle before you start. The dry ingredients can separate and clump in the bottle, but shaking it gently gets it back in the right mix.

That all said, brushing twice a day with Good Gums will help your teeth and gums heal. It won't happen overnight, especially if they're not in great shape now, but you will notice improvement pretty fast, in about a week (maybe sooner).

You can find ordering information for Good Gums in your Member Source Directory on page 8. 