

A Fresh Look

Information contained in this newsletter is for advice only. If you choose to use any remedies or follow this advice, you do so at your own risk.

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Mouth

- Normal pH: 6.0-7.4 (acid to slightly alkaline)
- The **jaw** is the most powerful muscle in the body. It can exert 180 pounds on each molar. The jaw shows its strength when it encounters hard or tough food.
- The strength of the **teeth** represents the strength of our bone as they are made out of the same material our bone is.
- **Taste buds** are most concentrated at the back of the tongue where the oral and nasal cavities communicate, so food is best experienced in the back of the mouth as it is chewed and rolls around so as to allow it to give off vapors. Once the food is pushed back far enough, voluntary control is lost. Food triggers the muscles of the **larynx (voice box)** and **esophagus** to swallow. This is where the nose is cut off from the mouth and trachea and food is pushed down the esophagus.
- **Starches** are primarily broken down by amylase, an enzyme called Ptyalin.
- **Fats** (medium and short chain) are primarily broken down by an enzyme called lingual lipase under the tongue.

Key Concepts

1. Choosing whether to chew well or not makes the mouth the only place in the digestive process that we have full control over. **Enzymes** that aid in digestion have a greater surface area to work on food when food is properly chewed. .
2. Amylase and lipase are released to break down starches and fats inside the mouth. Amylase and lipase are also released in the pancreas. When the pancreas is weak it can be greatly benefited simply by **chewing food well to mingle it with enzymes**.
3. Dissolved (chewed) food is detected by the taste buds, and vaporizes to be able to reach the nose. What we perceive as taste is really a combination of smell and taste.
4. **Chewing allows the brain time to assess** what is needed for digestive organs further down. For example, is it a protein meal, starchy meal or fatty meal? The brain will respond accordingly and release appropriate enzymes.

Suggestions, Solutions, etc.

1. **TMJ (Temporal Mandibular Joint)** is not the jaw out of joint. Rather the muscles nearby are pulling it out of joint with their frequent spasms. Check for hidden tooth infection. Use 40,000 vitamin D units once a day for three weeks, followed by two such doses ongoing, and drink 2 or 3 glasses of milk for calcium and magnesium supplement daily. Check for pinworm. Pinworms cause tooth grinding and contribute to TMJ. Practice good hygiene.
2. **Herpes simplex virus 1** is a virus that breaks out around or inside the mouth. It lives in the nerve centers (ganglia). Frequent bouts of herpes indicates a weak immune system (white blood cells less than 5,000 per cu mm). The immune system is a strong enough system to handle herpes but a meal of aflatoxin and other moldy food chokes white blood cells. Clean food well using baking soda and vinegar. Avoid cold winds, or direct sunlight on face. Avoid acid foods such as popcorn, peanuts, toast, crackers, candy, and citrus. Keep skin soft with cornstarch. Open lysine capsule, add a pinch of vitamin C powder, and a pinch of zinc oxide. Add few drops to make paste— apply. Save part of this mixture for later. Get rid of mercury, which invites viruses; mercury weakens the immune system.
3. **Gum disease:** support immune system with nutrition; eliminate bowels three times a day; salt water enemas daily; implement regular parasite cleanse; increase probiotics.
4. **Tooth decay** is largely the result of eating refined sugars. Avoid sugary snacks between meals. Brush teeth or at least rinse mouth after eating. Use water pick instead of floss which can contain contaminants. Be careful of honey, molasses, corn syrup, fructose, brown sugar, and corn sugar. Avoid all artificial sweetening. Use stevia in pure form. Comfrey root and bovine gelatin tea is excellent for expediting bone growth. Eat foods in whole form. Avoid processed foods!
5. **Teeth regenerating mouthwash:** six tbs. of baking soda, 2 tbs. of tri-sodium phosphate (no phosphate substitute), and 1 qt. water. Shake before using. Add essential oil such as neem or peppermint. Swish in mouth three times or more a day. This will whiten teeth as well. I also add a few drops of DMSO to my mouthwash.
6. **Turmeric** can be used to whiten teeth.