



Doug Simons
Alternatives to Dentists
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At 11 years old, Doug Simons began learning about the native plants of Colorado from his mother. His awareness, knowledge and connection to the plant world has only grown stronger through his life and travels across the American continent. Doug has also gained a vast amount of firsthand knowledge with regards to edible/medicinal plants and primitive skills through his experiences living primitively in the Sonoran Desert and Gila Wilderness of Southern New Mexico for over 20 years.

Natural Sustainable Dentistry with Doug Simons

Your teeth are alive

- Nutrition is always critical
 - o The best medicine is good food
 - o Let food be thy medicine and medicine be thy food
 - o Basic understanding of nutrition will help the body run well
 - o While we are alive, we hope to have a type of balance that doesn't have big sways to it – such as the Red road, or the Little Path.
- Certain things that damage the teeth
 - o Begin by understanding basic structure of the tooth
 - o Enamel on outside, matrix that is structure of tooth underneath kind of like bone, then the nerve, then held in with tendons to grow to the bone.
 - Want to take care of the entire system, including jaw bone and entire tooth.

- Teeth have a circulatory system to them, they are living and take care of themselves.
- Much of the remineralization of the teeth comes through the saliva.
- Toothpaste which is bad for the teeth is glycerin because it coats the teeth and stays on for long time so remineralization gets blocked

General Maintenance

- Maintain the integrity of the teeth and the enamel
 - The enamel is a very changing layer. Very close to calcium. So many things in the body including heartbeat depend on the right amount of calcium.
 - If something in the body is out of balance such as bad absorption of nutrition, the body won't have calcium levels in the blood change, so what the body will do is go to the bones and enamel to remove calcium and put into bloodstream.
 - When you feel like your teeth are weak or sensitive, it is because THEY ARE weak. It is because your teeth are alive.
 - Never want your teeth to stay sensitive or feel weak.

- One of the main plants to maintain health character is **Horsetail**.
 - Well known and well used herb. Easy to understand, very high in silica, always been known as a plant to help with kidney maintenance and kidney health, and also bone and tooth medicine.
 - In chinese medicine the kidneys rule the hair, the teeth, the nails, and lower back.
 - Horsetail very important to maintain quality of teeth. Species we want is: Equisetum Hymale
 - Want horsetail to be done correctly so it tastes sweet and is bright green and is correct species.
 - Horsetail needs to be very dry to grind it .
 - Ingest 1tsp/day, not in tea, for 4-6 days, then take a few days off, and continue. You can continue taking this forever.
 - Know where horsetail comes from. Don't be downstream from agricultural spots because it can absorb the toxins.

Using Herbs

- Not about war against something.
- More about creating a balance
- Herbs are food medicine, should be eaten in an ongoing way.

- Some herbs are used for an imbalance situation, and many herbs are about maintaining balance and health.
- The liver was evolved since the dawn of time with herbs like Dandelion, Burdock, and Milk Thistle. Herbs that are used for tonifying and nutritional way. The liver is used to having these and need these in the diet.

Want to maintain a living balance

- We are balancing, not creating balance. Balancing is a forever part about bring alive. We CAUSE a balanced life by what we do.
- Treat the plants well. We support their continual existence. Want to make sure their wellbeing comes first. With that attitude, we'll never have any problems with the quality of the plants and quality of our environment.
- The plants are living beings, they are relatives in this magical world that we walk in.
- Plant communication - understanding that plants are here to support us. Treating them with respect is key.
- Plants could be considered like our parents (Native perspective)
- Invited to the much richer world when connecting deeper with plants.

Toothpaste

- Whatever you use to clean your teeth, make sure it doesn't put a gloss on the outer layer of the teeth such as glycerin.
- A single tooth is made up of many miles of tiny tubing which is where nutrients flow through.

How does a tooth repair itself

- **Chip in tooth** - The way to the tooth will heal if it's only in enamel layer, the enamel will fill back in. If it's a larger chip, the enamel will take over the chipped area. The healing of a chip happens with the enamel repainting the area until it has a thick layer over the chip.
- Need to remember that we can take responsibility for the health of our teeth.
- If you have a cavity, it just means your teeth are weak, and you need to strengthen them.
- You have time, you don't have to act immediately, you have time to try and improve your teeth without getting them drilled.
- **Small brown spot on tooth such as decay** - make sure to examine diet and make sure it is in balance.
- Start taking horsetail.
- Then start using hard wooden stick to scrub the spot fairly consistently throughout the day. The wood absorbs qualities

out of the tooth that we don't want. The scrubbing cleans the tooth.

- Using tooth powder instead of toothpaste.
- If it's small enough, you will rub the color out, it can disappear.
- **If you have a large cavity that's larger decay** – procedure is same as above.
- **If hole is large enough**, then need to chew stronger ph balancing herbs, then pack them in the spot that's decaying, and scrub consistently with the wood in between packing.

Cleaning with a stick

- Teeth need pressure. They get invigorated and feel enlivened with pressure.
- Use a hard twig or stick and scrub all the teeth or the effected areas.
- Holistic medicine is based on participation.
- Any dry, dead, piece of wood will work. Dry cottonwood. Twig. Willow. Any dry twig that is hard and not poisonous.
- Each time you get a filling, you are losing a piece of your tooth you will never get back.

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