

Tooth Regrowing Protocol



Below are the steps and suggestions on how to rebuild a decaying tooth if the pulp is still vital/alive. Dead pulp means a dead tooth if the tooth has turned gray or dark in color while still looking whole from the outside. If you have a large cavity, the tooth can still be alive if the color is there and it seems to be “moody” and sensitive to things. I lost about ¼ of my molar, but the tooth is still alive and therefore, with this protocol, the dentin is rebuilding... albeit very slowly. I have already regrown enamel over a small cavity on a different tooth and now the tooth just has a shiny divot in place of what was once a small hole. It remains to be seen whether enamel can regrow over the very large molar, and if so, that would still take years, which is why most dentists advise getting a root canal or a crown so you can chew on that tooth again.

Dentin is live tissue, even if it's somewhat hard. If you have ever saved an extracted tooth, you will notice that a day after its extraction, the inner yellow-white dentin will turn dark brownish and separate itself from the enamel. This is proof that dentin is living tissue when still connected to the nerves and veins of the pulp to nourish itself. Dentin can always heal if tooth pulp is vital, but it remains to be seen how much enamel dentin can actually regenerate when lost. Dentists say it is impossible, but I have seen from a small cavity, that dentin can indeed regrow the enamel too! If your rate of degradation is slower than your rate of healing, then you can save your tooth. The outer structure of my tooth was compromised so badly it kept falling off in small chunks, but meanwhile the dentin inside was healing and rebuilding the inside of my tooth so it was no longer wiggly, but sat firm in its socket.

***Disclaimer:** this is where you are playing with your life. It may not be wise to die from sepsis infection or bacteria to the brain just to save your tooth! Each person has to decide their own fate. I had multiple painful infections and refused to see a dentist (even holistic ones) because I knew what they would say. I even had an abscess swell up to the size of a golf ball during COVID and refused to see a dentist. My family is not happy with my mentality... understandably so! That said, I will detail below how I control such infections. Each person is different and quite frankly, if it was my friend or relative suffering, I would tell them to stop playing games already and get the tooth fixed at the dentist. 😬 If you are intuitive and do not have a good feeling about being able to recover, do not take chances. I was only thinking about how wonderful it would be not to have bills, taxes, and deal with inflation anymore 😄. My abscess drained of its own accord within 3-5 days after I did the below, as well as putting Castor Oil on the skin of my jaw, heating it with a warm teacup to promote circulation and drainage. I did not develop any more abscesses after nipping infections in the bud when they occur.

Waterpik – invest in a portable waterpik (\$30-\$50) with different speed settings. This way, you can clean out the cavitation after every meal and before bed, so plaque and biofilm cannot adhere to the hole.

PerioRub – before eating, smear this gel into the cavity to protect it from the acidity of foods and acidity of saliva when it is breaking down food. When you clean your teeth after, the gel will clean out too.



Supplements - Topsoil depletion has rendered all foods with less nutrient density. You need to take supplements in order to get enough of the right vitamins and minerals for your tooth to rebuild itself. Choose good quality, food form and bioavailable supplements in addition to eating the right diet as discussed further below.

- **Liquid Minerals** by Eidon, or Vital Earth Minerals, or equivalent brands



- **Calcium/Bone Supplement** by Pure Synergy, New Chapter, or equivalent organic brands



- **Vitamin D3 and K2 Supplement** by Pure Synergy, Garden of Life RAW, or equivalent organic brands. Even though the Bone Supplements will contain these ingredients, it appears that teeth especially need larger amounts of Vitamin D3 and K2. If you are not vegan or vegetarian, you may be able to take Cod Liver Oil by a brand that is not contaminated with heavy metals or such.



- **Herbal Supplement** – Comfrey is known as “knit-bone” and rapidly heals bone and skin tissue; there was a study saying it was toxic to the liver so it is banned for consumption, however, there is a debate as to whether the test was done correctly since it exposed genetically modified mice to a quantity of the natural plant toxin that could never be consumed by a human at that amount. Some herbalists have said it is fine to use comfrey topically and in the mouth, but avoid drinking it like a tea (consuming it orally). Therefore, use the below mixture as a mouthwash (spit it out but don’t rinse with water so it stays on your tooth/gums) in-between meals or a half hour before you brush your teeth:



Diet – this is the tough part if you are vegan or vegetarian, but it can be done. Omnivores can simply eat more animal fat and organs which is the diet prescribed by Dr. Weston Price on rebuilding teeth, however there may be other drawbacks health-wise depending on any other pre-existing health issues. In addition to getting plenty of veggies and non-acidic fruits, eat lots of fat. Fat does not make you fat!

Good Healthy Fats – for some reason, teeth need fat. Fat intake with the fat-soluble vitamins really helps teeth rebuild. Good sources of healthy fats are:

Vegan Sources

- organic avocados
- organic coconut and coconut yogurt (unsweetened),
- organic flax seeds
- organic chia seeds
- organic nuts
- organic olive oil (unheated and drizzled on salads)

Vegetarian Sources

- **Raw Cream.** Raw Full Fat Milk and Raw Cream are completely different from pasteurized stuff. It retains all the enzymes needed to properly digest the milk and is considered a whole food when left intact. In fact, raw milk does not go rancid with harmful bacteria... it simply sours into sour milk or sour cream. Research raw dairy because although it carries the possibility of contamination by bacteria, their protocol is generally more sanitary than conventional methods. Sadly, many years of eating a junk food vegan diet along with dentists unnecessarily drilling my molars (twice) has caused damage that continued to degrade my traumatized teeth. Unfortunately, I chose to compromise my morals on veganism to use Raw Dairy for my teeth. I was only willing to become a vegetarian for awhile to fix this. I admire those who refuse to compromise at all and would rather remove their tooth or have a fake tooth instead, but I am not that brave especially with what I know about implants and root canal complications.



Omnivore Sources

- Fish, fish oils, egg yolks, and organ meats

Avoid grains, starches and Limit phytic acid and lectins – grains and starches create an acidic environment, and an acid body tries to alkalize itself by leaching calcium from your bones.

The suggestion is your body tries to neutralise the acidity in your blood by drawing calcium out of your bones. Calcium is an alkali, which neutralises excess acid. Theoretically, this could cause your bones to lose strength.



Royal Osteoporosis Society

<https://theros.org.uk> > are-there-any-foods-i-should-avoid

The alkaline diet - Royal Osteoporosis Society

Phytic acid and lectins can prevent absorption of minerals and nutrients while contributing to leaky gut, which then becomes a host for other health problems. Everything in moderation—it is okay to have a slice of bread now and then, or a slice of cake, but having bread or junk sweets every single day as part of your diet defeats the other efforts of this regimen. It would not matter how well you brush and clean your teeth if your acidic body keeps breaking down the minerals to alkalize itself, and your teeth lose the help they need.

Caffeine – make sure you do not consume caffeinated beverages or items at the same time you are taking supplements since caffeine has an amazing ability to bind minerals and render them useless.

Mouthcare Products – avoid products with glycerin because the coating can hamper your tooth's ability to stay permeable to minerals and nutrients. Below are recommended products that do not contain glycerin. Nano-silver is debatable. I have used nano-silver products -although not religiously- and plant derived silver may be different and safer than those developed from other methods. Do not use cutting-edge/modern calcium or zinc hydroxyapatite products for your teeth if you have large, open cavitations. The nano-sized particles occlude the dentinal tubules and may slow down healing. Such products are meant to reinforce the enamel and keep the surface enamel strong like a shield. Once the shield has been breached, these products may be harmful to the dentin that is trying to heal. Here are brands I use on a daily basis, or occasionally.

Uncle Harry's Remineralization Kit – what a tooth saver!! Until I discovered this, I was really struggling. This regimen tastes horrible and is why some people cannot stand it, but it's the only one I can recommend for results! Available on Amazon:



Georganics Toothsoap – available at a health food store or from their own website; this is not remineralizing but allows your teeth to remineralize and is gentle and non-abrasive. I use this between meals or when I want to take a break from the pungent products of Uncle Harry's:



EcoDent Tooth Powder – available at a health food store; does not contain glycerin and uses effervescent baking soda when you need a bit of bubbly clean



Mouthwashes (Alkalizing) – TheraBreath is alkalizing and a non-glycerin formula for any time; Desert Essence does contain glycerin but it is one of the alkalizing and moisturizing brands containing L-Arginine which prevents plaque build-up, so use it in the morning only because the glycerin will dissolve once you eat and drink throughout the day; Elementa NanoSilver mouthwash is ridiculously expensive but I was using it whenever I would feel the onset of potential tooth infection for the nanosilver penetration (use sparingly)—I am feeling it may not be an essential part of this whole routine though and as mentioned before, nano-anything could obstruct/occlude your dentinal tubules and slow remineralization because I have no idea the size of the nano particles compared to dentinal tubule openings.



Controlling Tooth Infections* – Please reference the Disclaimer at the beginning of this article about taking major risks with your health. The use of all four ingredients below helps control tooth infections:

Vitamin C – high dose with pharmaceutical grade C, if you do not have any kidneys issues. People with kidney disease cannot high dose with Vitamin C unfortunately. If high dosing, do not use liposomal versions of C because those stay in your bloodstream longer. Water-soluble C is the form that is used up quickly and any excess is excreted in urine, which means you can high dose again. The aim is to high dose for a certain period of time to knock down the major infection and allow your body to heal the rest. Catching an infection early is the trick to controlling it. When your tooth starts to feel tender and pulsate as if an infection is just starting, act quickly! Vitamin C cannot be made by the human body so we must obtain it externally. In fact, high dosing C when I thought I might get a flu, is how I avoided ever contracting COVID too, hehe. How to high dose Water-soluble Vitamin C (I cannot find the internet article from like 10 years ago, but this dosage here is still lower than what the article link below recommends):

Take 1,000 mg by dissolving in water (or put the powder in empty capsules bought from Whole Foods, Sprouts, or Amazon) every other hour over six hours. Then, you can do the same thing the next day and stop. I don't high dose as aggressively as the article below—that's like whoa, but I prefer to stay on the safe side even though my kidneys can handle it. Keep the high-dosing separate from the rest, meaning that on an off-hour is when you can take the other supplements and food:

<https://annarborholistichealth.com/2014-12-26-the-power-of-vitamin-c-taking-the-correct-dose-y5zyg/>



Oil of Oregano Capsules – antifungal, antibacterial, and anti-inflammatory



Olive Leaf Oil Capsules – boosts immunity; fights infection and inflammation due to antibacterial and antiviral benefits




Liquid Turmeric – powerful anti-inflammatory; relieves pain and promotes healing (use in place of aspirin or Tylenol). Or just take Aspirin for pain relief if it's so bad you don't think you can sleep. I have slept through some pain because I knew it would soon go away. Remember my disclaimer though!



Woo-woo Tips:

I asked Creator/Spirit/Mother Nature how I could possibly heal my tooth and prevent the cavity from getting worse. The next day, the answer was given to me like a flash of insight directly into my mind to “Hold saliva in your mouth for 15 mins a few times throughout the day.” I later researched on my own for this tip and it is known that “dry mouth” tends to cause more cavities and gum issues. Saliva based on a proper alkalizing-mineralizing diet is very healing and continues to “bathe” each tooth in healing waters where the tubules in the teeth can perform mineral exchange and whatever it is that they magically do!

Abstract. Dentinal tubules are the means by which the pulp and mineralised tissues surrounding the dentine (enamel and cementum) communicate. Through these tubules external agents can damage the pulp and subsequently the periodontal ligament.

 National Institutes of Health (NIH) (.gov)
<https://pubmed.ncbi.nlm.nih.gov> > ...

[Study of dentinal tubule architecture of permanent upper ...](#)

Fasting or Intermittent Fasting helps to boost stem cell production (depending on your age) and can help your teeth. Besides, giving your teeth a rest from constant snacking or eating allows it to degrade less quickly and therefore, flips the ratio in being able to heal faster than it degrades.

Talk to your tooth and reinforce the belief that it is a “chomping champion”, a “miracle molar” which focuses your intent on doing what is right to help your tooth. Sending positive thoughts and love to specific parts of your body that are injured will help it heal faster.

Hope this was extremely helpful to you and Happy Healing!!

