

“Behind every strong person there is a story who gave her no choice.”

– Author Unknown

I really love this quote. It reminds me of another quote from Bruce Lee, which says: *“Do not pray for an easy life, pray for the strength to endure a difficult one.”* Life certainly isn't easy and we've all been through our ups and downs, but they're what make us who we are. All those experiences, the good ones and the bad alike, come with a reason. For me, the death of my dad was life-changing on so many levels. It put me on a path to health and wellness that I hope has helped people. What's so interesting about my journey is that after all these years of talking about and writing about information I'd found through research and personal experience, much of what I'd learned is finally being exposed. For example, back in 2014, I wrote about how toxic fluoride is and how its use came to be. Quite a few people (and even friends) thought I was crazy and didn't want to believe what I was telling them. They wondered where I was getting my information because they'd never heard those facts. The reason they didn't know was because the real truth about fluoride was hidden. Well guess what? Light is finally being shown on the dark truth. Because of that, more and more people are getting fluoride out of their lives and will be healthier as a result. Fortunately, my skin is thicker than it used to be and each time my *“crazy information”* turns out to be true, that skin gets even thicker. Over the years, I've suffered a lot of loss, but it made me stronger. I truly didn't have a choice. The chapters in my book of life have brought me to where I am today. Strength ultimately comes from almighty God, but will and determination play a big part. I still firmly believe, to the core of my being, that if I can help one person because of what happened to my dad, he wouldn't have died in vain. I will continue to expose the truth and information as I learn it and God willing, I'll continue to be proven right. Steve Jobs once said, *“The ones who are crazy enough to think they can change the world are the ones who do.”* I pray I'm one of those people who can at least make a small impact.

Yours in health,

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A Better Choice for Your Mouth



As you hopefully know by now, I'm always on the lookout for healthier solutions to everyday wellness, so when I learned about something that can help a feature as important as a smile, I had to share it. As a result, this month, I'm going to shine the spotlight on a natural powerhouse that's revolutionizing oral care that you've probably never heard about: it's called hydroxyapatite (“HA”).

Given all the negative news finally coming out about fluoride, the timing is perfect. What, you may ask, is hydroxyapatite? It's a naturally-occurring mineral called calcium phosphate, which makes up nearly 97% of our tooth enamel and 70% of our dentin. Calcium phosphate occurs naturally in both the body and in nature. Dentin is the calcified, bone-like tissue that forms the bulk of the tooth structure and lies just beneath the enamel on the crown. In short, HA is what your teeth are made of, so it makes sense that it's one of the safest and most effective ingredients for remineralizing the tooth's enamel and fighting cavities. Originally developed by NASA to help astronauts combat bone and tooth loss in zero gravity, it's now becoming the gold standard in oral care.

You may be surprised to learn that it's not new. The use of hydroxyapatite in dentistry goes all the way back to 1979, but it's only recently become more well-known. Many of the dentists who long ago shunned fluoride are using HA in dental cement and fillings. When included in toothpaste, it works as a polisher to reduce plaque. Hydroxyapatite is not only responsible for the development of teeth and bones, but also helps them resist mechanical damage.

If you're looking for alternatives to fluoride or you just simply want a smarter way to support your enamel, HA might be exactly what your teeth need. Here are a few of its key benefits:

- **Remineralizes Enamel Naturally.** Unlike fluoride, which is toxic and claims to strengthen teeth indirectly by forming fluorapatite, hydroxyapatite binds directly to enamel, helping to fill microscopic holes in the teeth and to rebuild the tooth surface naturally. As I mentioned above, HA is the *exact same mineral* from which your teeth are made. It helps repair microscopic damage and strengthens enamel by directly binding to it, restoring minerals lost through acid erosion and daily wear and tear.
- **Safe for Everyone (Even Kids).** Since it's non-toxic, HA is completely safe if accidentally swallowed, making it perfect for children, pregnant women, or anyone sensitive to fluoride. Did you know there's a warning on toothpaste containing fluoride, which states it's dangerous if swallowed for anyone under the age of 2? Why on earth would you want to use a product that warns you it's harmful if ingested? That was my first clue years ago, that there was probably a very big problem with fluoride.
- **Whitens Naturally.** HA gently polishes the surface of the teeth, reducing stains without the harsh abrasives or chemicals found in traditional whitening products. It restores the enamel's smoothness and shine, leading to a brighter, healthier-looking smile.
- **Reduces Tooth Sensitivity.** Since it fills exposed dentinal tubules (tiny openings in the tooth structure), HA blocks nerve exposure, significantly reducing pain and sensitivity from hot, cold, or sweet foods. This was one of the biggest changes I noticed when I started using it. My tooth sensitivity to hot and cold disappeared.
- **Supports a Healthy Oral Microbiome.** Unlike antiseptic agents that kill all bacteria (including the good ones...kind of like what antibiotics do), hydroxyapatite is microbiome-friendly. It reduces harmful bacteria in the mouth while preserving the balance of beneficial ones.
- **Fights Plaque and Cavities.** HA not only strengthens enamel, but it also makes it harder for plaque and harmful bacteria to stick to the tooth surface. This reduces the risk of cavities over time. It also makes visits to the dentist easier because there's much less scraping of the teeth that needs to be done.

I've been using HA for the last few months in a homemade toothpaste and so far, I'm super happy with the results. While my front teeth tend to be pretty susceptible to plaque, since using HA, I've noticed much less. I also think the oil pulling I've been doing, which I wrote about in my June 2025 newsletter, is contributing to the positive results.

With decades of clinical research, growing consumer trust and more information coming out about it, hydroxyapatite is proving that natural and effective don't have to be opposites. Whether you're trying to repair enamel, reduce sensitivity, or simply switch to a healthier and safer alternative, this mineral might just become your smile's best friend. If you're interested in my recipe for a natural toothpaste made with hydroxyapatite, please shoot me an email and I'll be happy to send it to you. You can also find it online, but I prefer to make my own. The picture at the top is the brand I use. Please, moving forward, just say NO to fluoride! I'm actually stunned some dentists still push it.

Have a wonderful month and a fantastic fall.