

ENSURE THAT YOUR
CHILDREN DEVELOP
THEIR FULL

genetic potential

—by Johan Jacobs

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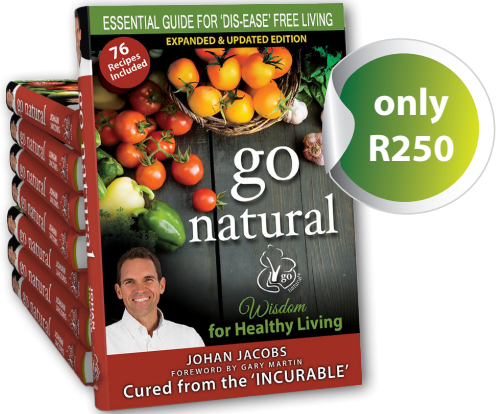


Oral Pathology



Tooth Decay

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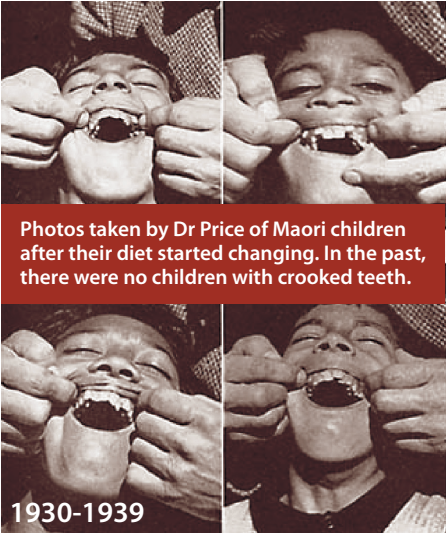
According to research done by Dr Weston A. Price, but also according to my own observations among children, it is my hypothesis that our modern society is pulling at the shortest end of the stick when it comes to our children, who are no longer developing to their full genetic potential. Surely it is every parent’s wish that nothing should hinder this development, but how do we know if our children are developing their full genetic potential?

It is simple, look at the photos. According to Dr Price, humanity’s dental health (narrow arch and weak teeth) is a good indication whether or not we are suffering from nutritional injuries. To fully understand the concept of “nutritional injuries,” we briefly look at Dr Price’s research that he did in 1930-1939. He published all his findings and accompanying photos in his book, *Nutrition and Physical Degeneration*. In it he explained the fundamental principles of adequate nutrition, as well as the consequences of “injury” to the body when nutrition is inadequate. Poor nutrition leads to a chemical imbalance, but the first visual signs are clearly visible in your mouth.



Findings of his research

One key-discovery is that the skull and dental arches of modern men



Photos taken by Dr Price of Maori children after their diet started changing. In the past, there were no children with crooked teeth.

1930-1939

and women has become narrower within one generation. This resulted in there not being enough room in the mouth for all 32 top and bottom teeth. As a result, most modern children develop crooked teeth that need orthodontic treatment. Usually the wisdom teeth, and in many cases other teeth too, need to be extracted to make room for the remaining teeth and to ensure a beautiful smile.

A good nutritious diet

The photos that Dr Price took clearly show that the skulls of people who lived before the industrialisation of society – and thus ate fresh, whole, and unrefined foods – had dental arches that were fully developed without any crooked teeth. All the teeth were healthy and perfectly aligned. Another observation was that most people of that era passed on with all their teeth, with no or minimal cavities / tooth decay. This indicates a good, nutritious diet.

Why are teeth so important?

The main function of your teeth is to chew your food properly. This ensures good digestion. The first food that you take in as an infant is

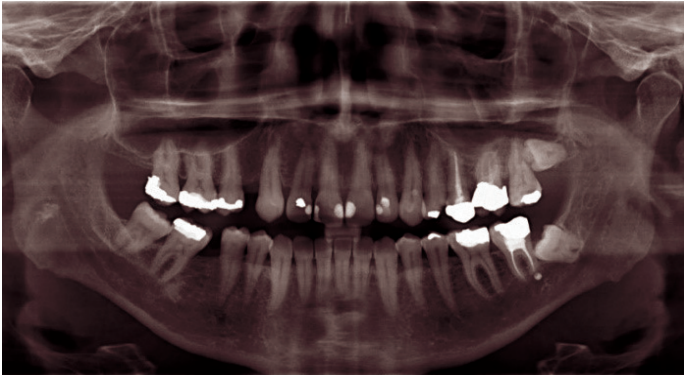
milk. So, in my opinion, one’s food should also be chewed until it is a milky liquid. If your food reaches your stomach and it is only partially chewed, it cannot be properly digested, with the result that the necessary nutrients cannot be absorbed. You can eat the healthiest food, but if it is not chewed properly, you may still be suffering from malnutrition. Your teeth are the first stage of digestion. If this process is not done properly, you will suffer from nutritional deficiencies and / or digestive problems. Remember, chew your food properly, because your stomach does not have teeth!

‘Food’ poor in nutrition

Modern society is consuming fast food in boxes, cans, and plastics and we think are consuming food. However, this has little or no nutritional value, only empty calories. We consume too many refined nutrient-poor foods that actually “injure” us and cause damage, for example a chemical and nutrient imbalance. Modern poor nutrition has led to the exponential growth and development in dentistry. Roughly 75% of the young people I talk to have had their wisdom teeth removed and had to receive orthodontic treatment. Not to mention the fillings, root canals, etc. This is an indication that most children’s bodies are already struggling to develop their full genetic potential.

The invisible enemy

Unfortunately, the problems do not necessarily end when wisdom teeth are extracted and the orthodontic treatment is successful. If teeth are extracted incorrectly – when the periodontal ligament is not removed – there is a big risk that the jaw will not heal properly. An underlying infection in the jaw can develop. We call this a dental cavitation. Anaerobic bacteria can fill this cavitation and are extremely toxic. It can affect and weaken your immune system. It is also called oral pathology. The prevention and treatment of such cavitations is discussed in my book, *Go Natural*.



On the X-ray above you see the story of a typical modern human being with multiple nutritional injuries. It can be seen in the many fillings, two root canal-treated (dead) teeth, and two crooked wisdom teeth that never appeared. In my book I elaborate on all the consequences and dangers of all the various unnecessary injuries.

Food is your future

Remember, we are what we eat! Healthy and true foods are the supply of building blocks for our bodies. It helps to build healthy bodies, full of vitality, and also provides long-lasting, natural immunity. Your food literally determines your future, it becomes part of you. Food is not just essential for growth and energy. Your body also replaces millions of cells every day (about 20 million). Make sure that you and your children are geared for a good future by ensuring that the cells are replaced with equal or better building materials. Do this by feeding them only fresh, whole, and nutrient-rich true foods with ample nutrients. This will also contribute to form a well-developed dental arch that can accommodate all the teeth. ■

JOHAN JACOBS is available as a guest speaker or for consultations. Email him on johan@gonatural.co.za or visit gonatural.co.za