

It is erroneous to think that a lack of dental care and oral hygiene is the only cause of tooth decay. Man has flourished for thousands of years without modern dentistry...



The origin of TOOTH DECAY

and physical degeneration

—by Johan Jacobs

After being diagnosed with multiple sclerosis (MS) in 2000, I made some life-changing (and life-saving) discoveries on my epic journey back to health.

Four years after my diagnosis, the MS developed aggressively and in 2004 I was finally declared medically unfit to work, without any hope of recovery. The breakthrough came at the eleventh hour and my journey to recovery led to amazing discoveries and revelations. I feel compelled to share these discoveries with others and have documented them in my book, *Go Natural*. (It has been reprinted three times!)

Dental health

Dental health is one of the most important and critical discoveries that I made. In my book I continuously refer to the fact that dental health

is an important factor that is often overlooked when you want to achieve and maintain optimal health.

Dr. Robert Dowling, an independent bio-scientist and researcher, says, "If you don't have oral pathology, you won't get cancer or a degenerative disease. Expressed another way, if you have cancer or a degenerative disease, you have oral pathology." *Fred Hughes, Researched by Robert Dowling, D.Sc. Am I Dead? or do I just feel like it. Cancer Cured, the Coming Storm.*

More about dental pathology, which is caused by tooth decay, in my book.

Tooth decay - the disease of our century

Tooth decay (cavities) is probably the leading mouth disease in the world that affects most of the populations of the industrialised

nations. Research shows about 60-90% of schoolchildren and the majority of adults are affected. Nowadays there is hardly anyone without fillings, yet tooth decay is extremely rare in the animal kingdom. Why?

Background information

Please note that acute tooth decay hardly existed 200 years ago, and that man thrived for thousands of years without modern oral hygiene practices and tools, i.e. no toothbrushes, floss, mouthwash, etc.

The curse of the modern society

Let us examine the research of pioneering researchers such as Dr. Weston A. Price in his book, *Nutrition and Physical Degeneration*; J.D. Boyd M.D. and C. L. Drain D.D.S. *Dietary's Control of Dental Caries*; *Nutrition and Disease*

These photos demonstrate research findings

Dr. Price published these photos in his book.

Here the Maori can be seen before and after exposure to modern food. All 14 people groups exhibited the same dental and physical deterioration after exposure to nutrient-poor modern Western food. This was in contrast to the healthy body and superior health they enjoyed when they followed their traditional nutrient-rich diet.

The photos below from Dr. Price's book is taken in the same time slot and demonstrate the radical contrast between optimum nutrition from a traditional diet and malnutrition as a result of the modern processed and refined diet and lifestyle.



Price-Pottenger Nutrition Foundation, www.ppnf.org

by Dr. May Mellanby; and the arctic explorer, Vilhjalmur Stefansson's research in his book *Adventures in diet*.

All the researchers came to the same conclusion, namely, a healthy diet prevents tooth decay and oral pathology. However, the best explanation is found in the ten years of monumental research that Dr. Weston documented in his book, in which this question is answered thoroughly. According to the research, the earliest human societies were never plagued by this pandemic.

Research among earlier societies

During his global tour from 1930-1939, Dr. Weston Price took many pictures as well as samples of food in search of healthy people among indigenous populations.

nutrition causes physical degeneration. This injury is visible, but what is happening where things are not so visible? For example, in the immune system, the central nervous system, your skeleton, organs, etc. Typical effects of diet and lifestyle injuries are osteoporosis, diabetes, obesity, etc. These are diseases only diagnosed years later. Again, this quote is applicable; "The lack of immediate side effects, concludes that there are no side affects, and we live today at the expense of tomorrow."

Dr. Price's research shows that the food chain of the earlier population groups contains about four times more nutrients for building the body up than the average modern diet. Their teeth and skeleton develop much stronger and better compared to those of modern Western man.

More than a century ago, almost all foods

Plastic and toothbrushes did not exist 200 years ago; yet the earlier civilisations were not nearly as affected by tooth decay than modern man. Why?

Dr. Price studied 14 different traditional populations: the isolated and modernised Swiss, the Celtic Scots, Inuit, Peruvian Indians, Polynesians, Melanesians, the Masai tribes, the original inhabitants of Australia, the Torres Strait islanders, New Zealand Maori, ancient civilizations of Peru, and the North American Indians.

He documented the eating habits of each group as well as their dental health. For example, he found that the Swiss consume a lot of dairy products, i.e. milk, cream, and butter – more than 2-4 cups of milk per day, or 85-170g of cheese, and they also ate dark rye bread made of sourdough. All these isolated communities that followed traditional diets had no tooth decay and dental defects, and had good immunity.

Dr. Price's findings

Tooth decay is an 'injury' due to a lacking modern diet:

His research shows that tooth decay is an 'injury' due to a deficient diet, in other words, poor

were rich in nutrients because it was absolutely natural, whole, fresh, organic, and unprocessed. According to Dr. Price, tooth decay is a symptom, not a disease, that can be directly linked to malnutrition due to an inadequate diet of modern processed foods.

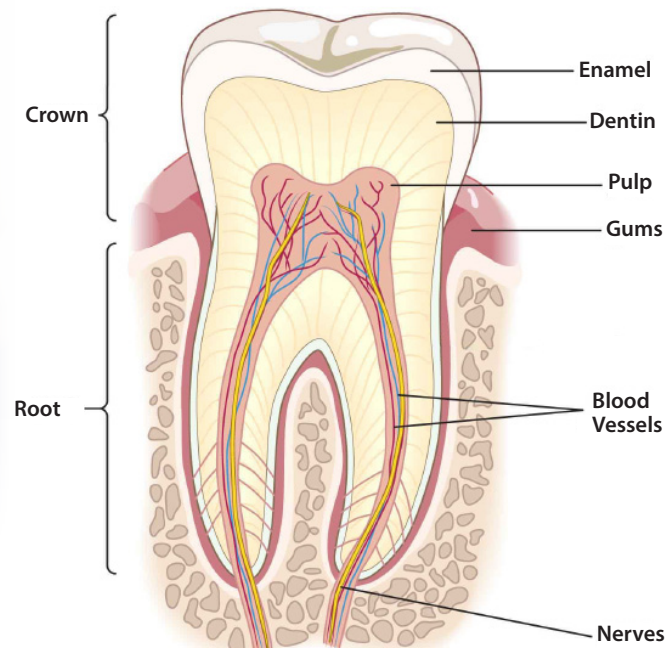
Oral hygiene

It is erroneous to think that a lack of dental care and oral hygiene is the only cause of tooth decay. Plastic and toothbrushes did not exist 200 years ago; yet the earlier civilisations were not nearly as affected by tooth decay than modern man.

Dr. Mellany also noted: "A lot of tooth decay-free societies do not use artificial methods to clean their teeth," while oral hygiene is practiced in her country (Britain) on a large scale, but dental cavities and defects are common. "There is indeed evidence that oral hygiene is of little importance in the prevention or stopping of tooth decay," she says.

The logic for healthy teeth

I agree with Dr. Price and other researchers' »



The origin of TOOTH DECAY

findings. We should eat only nutrient-rich real food like our ancestors did. Look at the anatomy of the tooth. There is a network of blood vessels inside a tooth that distributes nutrients to the tooth.

If the tooth receives healthy blood, fortified with real nutrients, it will be able to maintain itself to be strong. Like the rest of the body, it is designed to maintain itself. When given the proper nutrients, the body can function the way it was designed to do.

Prevent tooth decay naturally

The modern treatment for a cavity is to drill the decay out and to put a filling in consisting of different materials (e.g. Resin blends, or mercury amalgam, porcelain, etc.). This is a destructive process because large portions of healthy tooth structure is drilled away. Soon the nutrient-deficient diet and lifestyle that was never corrected, leads to more loss of tooth structure, which later leads to a sensitive tooth and eventual root canal treatment. During this procedure the

Return to basics

It is sad that the system that has been implemented is exactly the opposite of what the pioneers proposed, with devastating consequences and statistics. I believe we must urgently return to and commit ourselves to the fundamental principles again, as defined by the original real food chain that our Creator designed for us – full of sufficient nutrients without chemicals. Imagine no tooth decay, no pain, and no modern dread diseases that are caused by dental pathology.

No filling, no drilling, no kidding! ■

JOHAN JACOBS is the author and founder of *Go Natural*. Visit www.gonatural.co.za to purchase his book.

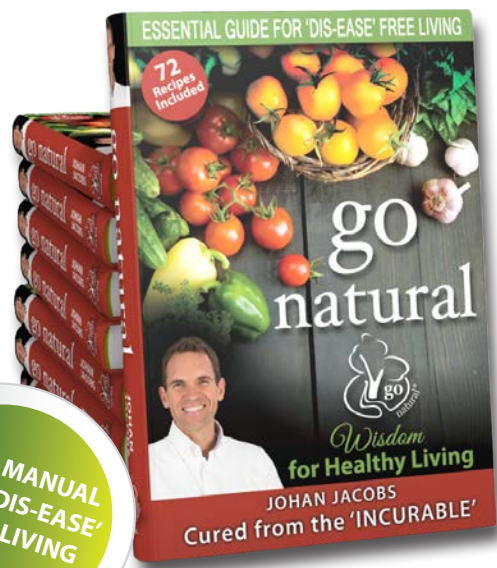
If healthy blood, fortified with true nutrients, is given to a tooth, the tooth will be strong and look after itself. It is designed to maintain it itself.

Before the advent of modern, processed, refined foods, people died of old age with almost all their teeth still in their mouth. There are many anthropological studies as proof of this.



"In an examination of 1276 skulls in succession, I have not yet find one with the typical deformities of our moderns."

tooth is killed because the blood supply and nerve are removed. This is the only procedure whereby dead porous bone is left in the body. Such a tooth becomes an incubator for anaerobic bacteria in the warm humid environment and eventually the tooth discolours or turns blue. Underneath the enamel layer the dentine is decaying. The bacterial waste product is highly toxic. This is the risk of oral pathology. There is a proven and natural way to prevent tooth decay and to reverse the decay as explained in my book under "Primitive control and cures for dental caries (decay)". – as long as it is still in the developing stages and no tooth structure has already been drilled away.



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