

# EMERGENCY DENTAL



**PROVEN, COST-EFFECTIVE STRATEGIES  
FOR DEALING WITH EMERGENCIES**

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# TABLE OF CONTENTS

<b>INTRODUCTION</b>	<b>v 7</b>
Avoidance of Harmful Chemicals	vi 7
Balancing Oral Microbiome	vii 7
Reduced Side Effects	7
Preventative Focus	8
Environmental Considerations	8
Cost-Effectiveness	8
Holistic Health Connection	8
<b>CHAPTER 1</b>	
<b>Dental Conspiracy</b>	<b>9</b>
1. Fluoride Controversy:	9
2. Imbalance of Oral Microbiome:	9
3. Common Traditional Dental Procedures:	10
<b>CHAPTER 2</b>	
<b>COMMON DENTAL EMERGENCIES</b>	<b>11</b>
1. Toothache: Natural Relief with Clove Oil and Herbal Teas	11
2. Gum Infections: Oil Pulling with Coconut Oil and Saltwater Rinses	11
3. Cracked Tooth: Turmeric Paste Application and Avoiding Hard Foods	12
4. Abscessed Tooth: Garlic Compress and Tea Tree Oil Rinses	12
5. Bleeding Gums: Vitamin C-Rich Diet and Aloe Vera Gel Application	12
6. Jaw Pain/TMJ Discomfort: Gentle Jaw Exercises and Hot/Cold Compresses	13
7. Loose or Dislodged Crown: Clove Oil and Temporary Dental Cement	13
8. Chipped Tooth: Green Tea Bags and Turmeric Paste	13
9. Foreign Object Lodged Between Teeth: Dental Floss and Saltwater Rinses	13
10. Tooth Sensitivity: Desensitizing Toothpaste and Oil Pulling	14
<b>CHAPTER 3</b>	
<b>Preventative Care</b>	<b>15</b>
1. Oil Pulling: Detoxifying with Coconut or Sesame Oil	15
2. Herbal Mouthwashes: Harnessing the Power of Nature	15
3. Probiotics for Oral Health: Nurturing a Balanced Microbiome	16
4. Balanced Diet: Nourishing Your Teeth and Gums	16
5. Natural Toothpaste Alternatives: Baking Soda and Essential Oils	16
6. Tongue Scraping: Removing Bacteria and Toxins	16
7. Green Tea Rinse: Harnessing Antioxidant Power	17
8. Saltwater Gargle: Soothing and Cleansing	17
9. Aloe Vera Gel Application: Natural Healing for Gums	17
10. Dental Hygiene with Neem: Nature's Oral Cleanser	17

<b>Conclusion</b>	<b>19</b>
The Power of Prevention	19
Financial Savings and Environmental Responsibility	19
Natural Remedies for Dental Emergencies	20
A Holistic Approach to Healing	20
Empowerment Through Knowledge	20

# MISSION

This book is dedicated to the activists and practitioners of natural medicine and healing around the world.

We cannot cure disease by blindly following the fabricated, toxic, and profit-driven therapies of the medical establishment. Since conventional treatments have failed to cure any diseases, we must create our own holistic therapies and alternative methods.

As such, all of the royalties on the sale of this book are being used to help fund the mission of educating people about natural oral health care and exposing corporate and government corruption.

Once you've healed yourself using these methods, I ask you to join my mission by sharing your positive experience with friends and family, so they know there is another path to vibrant health.

*Patrick fernfield*

# LEGAL DISCLAIMER

In this day and age, it is unbelievable to me that the world has come to this. It pains me that I must write a disclaimer at the beginning of this book.

Imagine – a person who is supposed to be allowed to express his opinions under the banner of "free speech" must still put a disclaimer as a preface to his words, thoughts, and opinions.

Lawyers are squashing the rights of people like me from freely expressing their ideas. So, with a figurative gun to my head, I write these words:

Before you read this book, you had better check with your medical doctor and anyone you feel is smarter than you and see if you can get permission to read what I have to say.

You must know that everything I say in this book is simply my opinion, and there are many people who violently disagree with my conclusions.

If you do anything, I recommend that without the supervision of a licensed medical doctor, you do so at your own risk. The publisher, author, distributors, and bookstores presenting this information do so for educational purposes only.

I am not making an attempt to prescribe any medical treatment, since under the laws of the United States, only a licensed medical doctor (MD) can do so.

How sad! So, this book is only my opinions, my thoughts, and my conclusions. Again, it is for educational purposes only, and you and only you are responsible if you choose to do anything based on what you read.

# INTRODUCTION

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In this opening chapter, we delve into the reasons why natural dental care is preferable to traditional oral health practices.

The preference for natural or holistic oral care over traditional dental care practices stems from several factors that are often associated with the potential drawbacks of conventional approaches. While both methods aim to maintain oral health, proponents of natural or holistic oral care argue that their approach offers distinct advantages. Here are some reasons why individuals may consider natural or holistic oral care as a preferable alternative:

## Avoidance of Harmful Chemicals

Traditional dental care products often contain chemicals such as fluoride, triclosan, and sodium lauryl sulfate, which some individuals prefer to minimize or avoid. Natural oral care relies on ingredients like essential oils, herbal extracts, and minerals, promoting a chemical-free and environmentally friendly approach.

## Balancing Oral Microbiome

Holistic oral care emphasizes maintaining a balanced oral microbiome. Unlike traditional practices that may disrupt the natural flora with antimicrobial agents, holistic approaches often encourage the use of probiotics and natural remedies to support a healthy balance of beneficial bacteria.

## Reduced Side Effects

Some individuals experience sensitivity, irritation, or allergic reactions to certain chemicals found in traditional dental products. Natural and holistic oral care products, which tend to have simpler ingredient lists, may reduce the likelihood of adverse reactions and side effects.

## Preventative Focus

Holistic oral care often emphasizes preventive measures, promoting overall well-being and reducing the likelihood of dental issues before they arise. This preventative focus may involve lifestyle adjustments, a balanced diet, and natural remedies to maintain oral health.

## Environmental Considerations

Many traditional oral care products come in plastic packaging and may contribute to environmental concerns. Natural and holistic alternatives often come in eco-friendly packaging, appealing to those who prioritize sustainability and a reduced environmental impact.

## Cost-Effectiveness

Some argue that natural or holistic oral care can be cost-effective in the long run. While upfront costs for certain products may be higher, proponents suggest that preventing dental issues through natural methods can lead to fewer dental procedures and associated costs over time.

## Holistic Health Connection

Holistic approaches to oral care often consider the interconnectedness of oral health with overall well-being. Practices like oil pulling, herbal rinses, and dietary adjustments are believed to contribute not only to oral health but also to systemic health.

# CHAPTER 1

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## DENTAL CONSPIRACY

In the pursuit of maintaining oral health, traditional dental care practices have long been the norm. However, a critical examination reveals certain issues associated with these conventional approaches, including the controversial use of fluoride and other standard dental procedures, ultimately contributing to an imbalance of bacteria in the mouth.

### 1. Fluoride Controversy:

Fluoride, a commonly used element in toothpaste and water fluoridation, has been a subject of debate in the dental community. While proponents argue that it strengthens enamel and prevents cavities, skeptics highlight potential adverse effects. Excessive fluoride intake, whether through toothpaste, water, or dental treatments, can lead to dental fluorosis, a cosmetic issue that discolors teeth. Moreover, concerns persist about the cumulative exposure to fluoride and its impact on overall health, particularly in sensitive populations.

### 2. Imbalance of Oral Microbiome:

Traditional dental procedures often involve antimicrobial agents, such as mouthwashes and antibiotics, aimed at eradicating harmful bacteria. Paradoxically, these practices can disrupt the natural balance of the oral microbiome. The oral cavity is home to a diverse community of bacteria, and an imbalance can lead to conditions like dysbiosis, fostering the growth of harmful bacteria and potentially contributing to oral health issues.

### 3. Common Traditional Dental Procedures:

To highlight the impact on both oral health and finances, let's examine the average costs associated with common traditional dental procedures in the United States:

Dental Cleanings: \$75 - \$200

Fillings: \$150 - \$500 per tooth

Root Canal: \$500 - \$1,500 per tooth

Tooth Extraction: \$75 - \$650 per tooth

Dental Crowns: \$500 - \$3,000 per crown

Dental Implants: \$1,000 - \$3,000 per implant

Orthodontic Treatments (Braces): \$3,000 - \$7,000

Teeth Whitening: \$500 - \$1,500

Gum Surgery: \$1,000 - \$3,000 per quadrant

Dentures: \$1,500 - \$4,000 per arch

These costs, often accompanied by additional fees for consultations and diagnostic procedures, contribute to the financial burden associated with traditional dental care.

# CHAPTER 2

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## COMMON DENTAL EMERGENCIES

Dental emergencies can strike unexpectedly, causing discomfort and anxiety. While traditional approaches may involve immediate trips to the dentist and invasive procedures, there are natural and holistic alternatives that can provide relief and promote healing for common dental emergencies.

### 1. Toothache: Natural Relief with Clove Oil and Herbal Teas

Clove oil has natural analgesic and anti-inflammatory properties. Applying a small amount of clove oil to the affected area can help alleviate pain. Additionally, drinking soothing herbal teas like chamomile or peppermint can provide relief by reducing inflammation and promoting relaxation.

### 2. Gum Infections: Oil Pulling with Coconut Oil and Saltwater Rinses

Oil pulling with coconut oil is an ancient practice known for its antimicrobial properties. Swishing a tablespoon of coconut oil in the mouth for 15-20 minutes can help combat harmful bacteria. Saltwater rinses are also effective for reducing inflammation and promoting healing. Mix a teaspoon of salt in warm water and use it as a gentle, natural mouthwash.

### 3. Cracked Tooth: Turmeric Paste Application and Avoiding Hard Foods

Turmeric is a natural anti-inflammatory agent. Create a paste by mixing turmeric powder with water and apply it to the cracked tooth. Turmeric's healing properties can help soothe inflammation and promote recovery. Additionally, avoiding hard foods and opting for a soft diet can prevent further damage to the cracked tooth.

### 4. Abscessed Tooth: Garlic Compress and Tea Tree Oil Rinses

Garlic possesses antimicrobial and anti-inflammatory properties. Create a garlic compress by crushing a garlic clove and applying it to the affected area. Leave it for a short period to allow the garlic's healing compounds to take effect. Tea tree oil rinses are another effective remedy. Dilute a few drops of tea tree oil in water and use it as a mouthwash to combat infection.

### 5. Bleeding Gums: Vitamin C-Rich Diet and Aloe Vera Gel Application

A vitamin C-rich diet supports gum health by promoting collagen production and reducing inflammation. Incorporate fruits like oranges, strawberries, and kiwi into your diet. Additionally, applying aloe vera gel directly to the gums can soothe irritation and aid in the healing process.

## 6. Jaw Pain/TMJ Discomfort: Gentle Jaw Exercises and Hot/Cold Compresses

Gentle jaw exercises can help relieve tension and improve flexibility. Perform simple exercises such as opening and closing your mouth, gently massaging the jaw muscles, and rotating your jaw. Applying hot/cold compresses alternately to the jaw area can also reduce inflammation and alleviate pain.

## 7. Loose or Dislodged Crown: Clove Oil and Temporary Dental Cement

If a crown becomes loose or dislodged, applying clove oil to the affected area can provide temporary relief from pain. Additionally, temporary dental cement, available at many health food stores, can be used to secure the crown temporarily until professional help is sought.

## 8. Chipped Tooth: Green Tea Bags and Turmeric Paste

Applying a moistened green tea bag to the chipped tooth can help reduce pain and inflammation. Green tea contains antioxidants that can aid in the healing process. Additionally, using a turmeric paste on the chipped area can provide anti-inflammatory and antimicrobial benefits.

## 9. Foreign Object Lodged Between Teeth: Dental Floss and Saltwater Rinses

For objects lodged between teeth, gently using dental floss to remove the foreign material is a natural and effective solution. Rinse your mouth with a saltwater solution afterward to prevent infection and soothe the affected area.

## 10. Tooth Sensitivity: Desensitizing Toothpaste and Oil Pulling

Desensitizing toothpaste containing ingredients like potassium nitrate can help alleviate tooth sensitivity. Oil pulling with coconut or sesame oil can also contribute to reducing sensitivity by promoting overall oral health.

Incorporating these natural and holistic solutions into your dental care routine can offer effective alternatives for addressing common dental emergencies while promoting overall oral well-being. However, it's crucial to consult with a dental professional for personalized

advice and guidance.

# CHAPTER 3

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## PREVENTATIVE CARE

Preventative care plays a crucial role in maintaining optimal oral health, and a natural or holistic approach can offer effective strategies to prevent common dental issues. By incorporating these practices into your daily routine, you can promote a healthy and balanced oral environment, reducing the likelihood of problems like gingivitis, bad breath, and oral infections.

### 1. Oil Pulling: Detoxifying with Coconut or Sesame Oil

Oil pulling is an ancient practice that involves swishing a tablespoon of coconut or sesame oil in your mouth for 15–20 minutes. This natural detoxification method helps remove toxins, bacteria, and plaque, contributing to improved oral health and fresher breath.

### 2. Herbal Mouthwashes: Harnessing the Power of Nature

Replace conventional mouthwashes with herbal alternatives. Solutions infused with antimicrobial herbs such as tea tree, neem, and eucalyptus can help maintain a healthy balance of oral bacteria without the potential side effects of commercial mouthwashes.

### 3. Probiotics for Oral Health: Nurturing a Balanced Microbiome

Introduce probiotics into your oral care routine to support a balanced oral microbiome. Probiotic-rich foods like yogurt, kefir, and fermented vegetables can help enhance the presence of beneficial bacteria, contributing to improved gum health and reduced risk of infections.

### 4. Balanced Diet: Nourishing Your Teeth and Gums

A balanced diet rich in vitamins and minerals is essential for overall health, including oral health. Focus on nutrient-dense foods such as leafy greens, fruits, and dairy products to provide your teeth and gums with the necessary nutrients for strength and resilience.

### 5. Natural Toothpaste Alternatives: Baking Soda and Essential Oils

Explore natural toothpaste alternatives by creating your own using baking soda and essential oils. Baking soda acts as a gentle abrasive, helping to remove stains and plaque, while essential oils like peppermint or tea tree provide antimicrobial properties for a fresh and clean feeling.

### 6. Tongue Scraping: Removing Bacteria and Toxins

Incorporate tongue scraping into your daily routine to remove bacteria, toxins, and dead cells from the surface of your tongue. This simple practice not only promotes better oral hygiene but also helps prevent bad breath.

## 7. Green Tea Rinse: Harnessing Antioxidant Power

Rinsing with green tea can provide antioxidant benefits for your gums and teeth. Green tea contains catechins, which have anti-inflammatory and antimicrobial properties, contributing to a healthier oral environment.

## 8. Saltwater Gargle: Soothing and Cleansing

Performing a saltwater gargle can help soothe oral tissues and provide a natural antiseptic effect. Mix a teaspoon of salt in warm water and gargle to reduce inflammation and promote healing.

## 9. Aloe Vera Gel Application: Natural Healing for Gums

Applying aloe vera gel directly to your gums can have soothing and healing effects. Aloe vera possesses anti-inflammatory and antibacterial properties, making it a natural remedy for maintaining gum health.

## 10. Dental Hygiene with Neem: Nature's Oral Cleanser

Neem has been used in traditional medicine for its antimicrobial properties. Incorporate neem products into your dental care routine, such as neem toothpaste or neem-infused dental floss, to harness the natural cleansing power of this plant.

By embracing these natural and holistic oral care practices, you can establish a preventive routine that not only promotes excellent oral health but also contributes to your overall well-being. Remember that consistency is key, and consulting with a dental professional for personalized advice is recommended..

# CONCLUSION

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In the pursuit of optimal oral health, the journey towards prevention and holistic care emerges as a transformative approach. The significance of adopting preventative holistic oral health practices cannot be overstated, offering a proactive strategy to sidestep potential dental emergencies and foster long-term well-being.

## The Power of Prevention

Preventative holistic oral care serves as a cornerstone in maintaining a harmonious and balanced oral environment. By integrating natural and holistic practices into our daily routines, we fortify the foundation of our oral health, creating a resilient defense against common issues such as gingivitis, bad breath, and infections. From oil pulling to herbal mouthwashes, these practices not only contribute to strong teeth and gums but also support the interconnected health of our entire body.

## Financial Savings and Environmental Responsibility

Furthermore, embracing preventative holistic oral care practices can lead to financial savings by reducing the need for costly dental procedures. The eco-friendly nature of many natural oral care alternatives aligns with a broader commitment to environmental responsibility, emphasizing sustainability in both personal and planetary well-being.

## Natural Remedies for Dental Emergencies

Despite our best efforts in prevention, dental emergencies may occasionally arise. It is reassuring to recognize that a range of natural remedies exists to address these emergencies effectively. From the soothing properties of clove oil for toothaches to the antimicrobial benefits of tea tree oil for infections, nature provides a diverse toolkit for managing unexpected oral health challenges.

## A Holistic Approach to Healing

Holistic oral care not only addresses the symptoms but also considers the root causes of oral health issues. This holistic approach recognizes the interconnectedness of oral health with overall well-being, acknowledging that a balanced lifestyle, nutritious diet, and mindfulness contribute to a thriving and resilient body.

## Empowerment Through Knowledge

In conclusion, adopting preventative holistic oral health practices empowers individuals to take an active role in their well-being. It instills a sense of agency, enabling us to make informed choices that align with our values and health goals. By understanding that natural remedies exist for emergencies, we can face unexpected challenges with confidence, knowing that our journey towards oral wellness encompasses both prevention and responsive, holistic care.

In this holistic paradigm, oral health becomes a reflection of a balanced and harmonious lifestyle—one that not only benefits our teeth and gums but contributes to the vitality of our entire being. As we navigate the path towards holistic oral wellness, let us embrace the wisdom of nature, the resilience of our bodies, and the empowerment that comes from fostering a connection between our oral health and our journey towards overall well-being.