

**Detox**

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## ***Body Ecology's Detoxification Training: Handout #4***

### **Dental Systemic Connection with Dr. Allan Sachey (Holistic Dentist)**

#### **Principles:**

1. You can't leave dentistry out of the equation of optimal health.
  - Dr. Mayo, from the Mayo Clinic, said 80% of disease starts in the mouth.
  
2. The mouth is part of your gastrointestinal tract (GI tract or digestive tract).
  - There are enzymes in your saliva.
  - It's important to chew your foods well, so the enzymes can get to the food and digest it. Chew 20 – 40 times before you swallow.
  
3. Your tongue tells you a lot about your digestion.
  - Coating on your tongue
  - Red tip on your tongue
  - Deep groove in center of tongue or grooves to the side
  - Cracks in your tongue
  - Size of your tongue

4. You are only as healthy as your GI tract, which includes your mouth.
  - Mouth dysbiosis in mouth – bad bacteria has taken over. This is periodontal disease.
5. Adapted Capacity – You adapt until you can't anymore. At some point, your body may exceed its adapted capacity and give up.
  - If you don't have adequate glutathione (the number one antioxidant that ties up heavy metals), your body is unable to effectively fight free radical damage and prevent oxidative stress and inflammation. With too little glutathione, your immune system is weak because glutathione is needed to produce T cells that fight disease.

## **Mercury:**

- When a mercury filling is placed in the mouth – within 2 weeks, bad bacteria take over and suppress the good bacteria. Bad bacteria use the mercury to mutate and get stronger (called Step Mutans).
- Strep Mutans make the environment acidic, which is where tooth decay comes from.
- Strep Mutans produces an anaerobic environment (without oxygen). They make toxins that spread throughout your body.

## **Free Iron Levels**

- You might get too much free iron with:
  - Too much bread and pasta – fortified with iron
  - Eating too much meat (high in iron)
  - Vitamin and mineral tablets, like 1-a day tablets
  - Iron cookware – cast iron pots
- Together, mercury and free iron damage your digestive tract.
- Every cell in your body needs iron to multiply, but iron is so toxic and oxidizing that bacteria, yeast and fungus don't carry it themselves. Instead, they steal iron from your body and then pass it back to you.
- You can get a beta 2 microglobulin test to find out if you are heavy metal toxic.
- You'll never get candida fully under control if the free iron is an issue.

- Your immune system can't defeat heavy metals, so it keeps fighting and gets tired. We need to get the toxic load of heavy metals down.
- Do not chew gum, drink hot coffee or soup – can raise the temperature of mercury fillings. [This video shows how it happens.](#)
- The Red Cross will not take your blood if you've had your teeth cleaned within the past 3 days. This is because the bacteria in your mouth has gotten into the blood.
- Excellent oral health is important so that you reduce bacteria in your mouth.
- Eating fermented foods and drinking probiotic liquids is a great way to protect your mouth and whole digestive tract from bacteria.
- **Colostrum** – helps to detoxify your body. You can purchase colostrum or *lactoferrin* as a supplement. The lactoferrin is what makes the colostrum work. This ties up the iron, so that free iron won't drive infections.

## Detoxing from Heavy Metals

1. **Go slow and steady** – if you go too quickly, you can harm your health. Do not overdo detoxification.
2. **You must have an open bowel** – this is how toxins will leave your body.
3. **You need good liver, gall bladder and kidney function**, so everything flows.
  - Taurine helps increase bile flow. For more, read [Are You Dangerously Deficient in Taurine?](#)
  - LivAmend was also created to increase bile flow.
4. **Your digestive tract should be healthy. Following the Body Ecology diet helps heal your digestive tract.**
5. **You need tremendous amounts of energy** at the cellular level to safely detoxify. If you are tired, exhausted and have chronic fatigue or adrenal fatigue, it would be good to build your energy up before you detoxify.
6. **Make sure you build up your glutathione levels** before going on a detoxification program. Lipothermal delivery through the skin works very effectively for people who are preparing to go through chelation therapies or getting mercury fillings removed.
  - **Undenatured whey protein powder is a good precursor to glutathione**
    - **Well Wisdom ImmunoPro** - <http://www.wellwisdom.com/>

## ***Dental Tips:***

### **Safer Choice to Fill Cavities:**

- Porcelain fillings made custom for your tooth and bonded in place.
- Prevention is still the best policy.

### **Choose fluoride-free toothpaste**

### **Resources:**

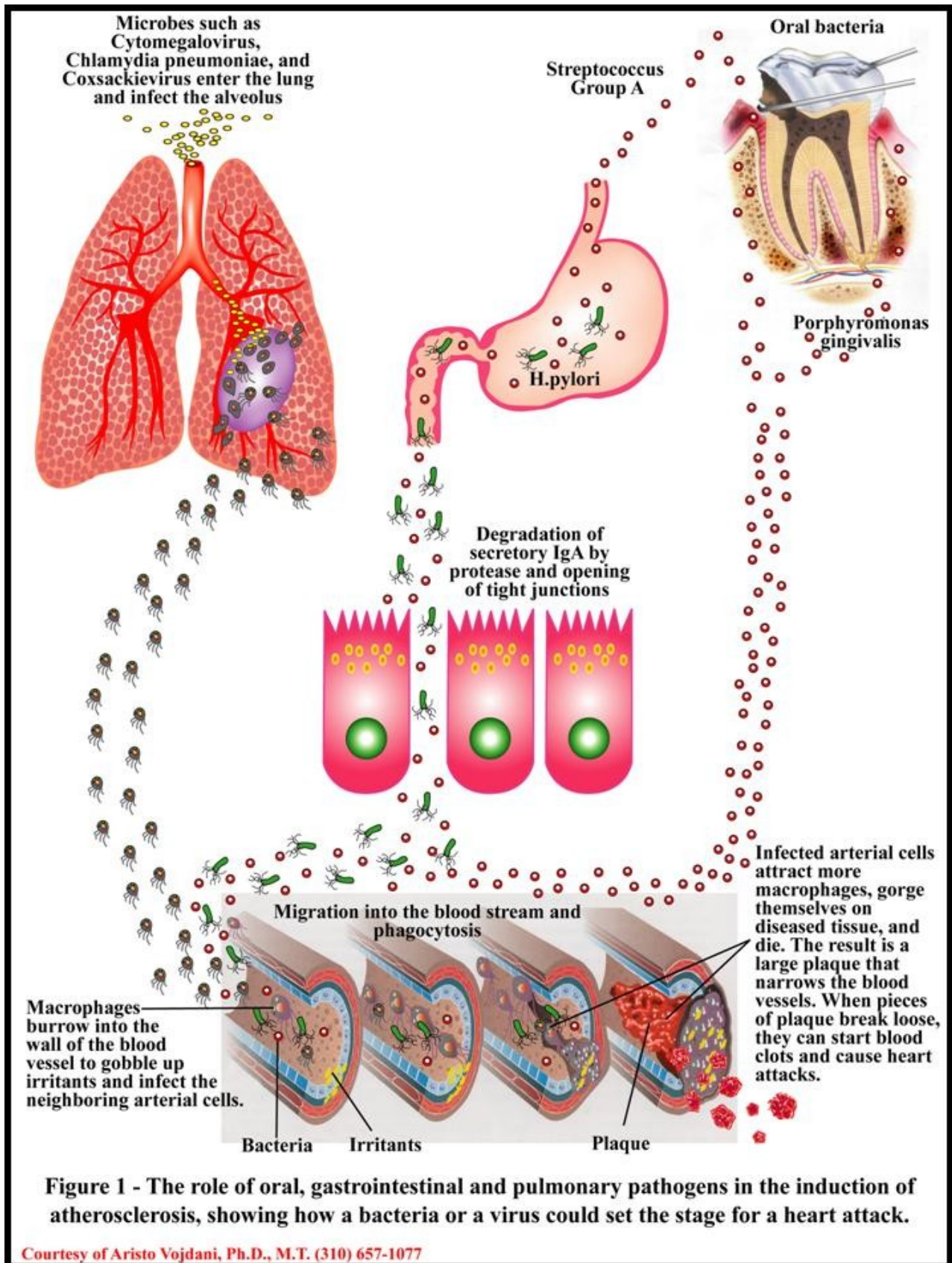
- Weston A. Price Foundation: <http://www.westonaprice.org/>
- Book – The Biology of Belief by Dr. Bruce Lipton
- [www.ToxicTeeth.org](http://www.ToxicTeeth.org)

## **Dr. Allan Sachey (Holistic Dentist)**

### **Heavy Metal Toxicity Issues:**

- **Consulting Services for Dental Questions:** \$300/hour; \$75/15 minutes
- **Comprehensive Wellness Profile Blood testing;** Expanded Blood Profile for people considering having mercury fillings removed.
- **Follow-up Consultations** for blood chemistry results.
- [asachey@roadrunner.com](mailto:asachey@roadrunner.com)

# Systemic Detox Connection



## VITAMIN DEFICIENCIES

The color, coating, and cracks on your tongue can tell you whether or not you are getting sufficient vitamins. One example:



## MINERAL DEFICIENCIES

One possible sign of mineral deficiencies is the outline of the teeth at the side of the tongue. One example:



Excerpt above from *The Tongue Never Lies*, by Victor Zeines, D.D.S., M.S., F.A.G.D., F.I.N.D

### **Special Notes:**

*The Tongue Never Lies*, by Victor Zeines will be available for purchase in the Body Ecology store in 2-3 weeks – we'll keep you posted.

The Body Ecology Go Green Guide that Heather Fougner mentioned at the end of today's class will be provided to all members in a handout next week.