

# Tooth Powder

The ingredients in this herbal food combination consist of White Oak Bark, Oat Straw, Comfrey Root, Horsetail Grass, Lobelia, Cloves, Peppermint, and Quercus Alba L. (Fagaceae)

This formula is used to help strengthen the gums (**bleeding & pyorrhea-type infections of the gums**) & assist in tightening loose teeth. This type teeth powder will brighten the teeth's luster and make for a healthier mouth.

Indians use to take thin strips of Inner Oak Bark, place it between the gums & lips, then throughout the day or night they would leave it on. As a result it would heal sores of the gums, tighten loose teeth, etc. If interested in reading an excellent testimony from Dr. Christopher you can do so at:

<http://www.healmarketplace.com/members/member/herbs/toothpowder.html>

## **Instructions:**

With the Teeth Powder and Distilled Water make a fairly dry paste for best results. You will need enough powder to pack around the upper & lower teeth for the night; about 1 tablespoon of powder should be enough to start with. Then add a little water to make a firm paste. Once your paste is slightly moist pack it under the gums & around the teeth on the upper & lower jaws. Leave it on for the entire night.

**NOTE: If the paste does not stay in place to well you can take gauze and pack the paste in it. Then place the gauze filled with paste inside your mouth.**

You can also use as a teeth cleanser. To do so follow these three steps below.

- Wet your tooth brush under running water
- Dip damp bristles into powder
- Brush teeth normal

For severe cases place this powder combination between the lips & gums (**upper & lower**), around entire tooth area, & leave on all night, for six nights a week (**as well as brushing regular**) until there is evident improvement. Then continue regular brushing of the teeth with this herbal food combination.

## **TOOTH & GUM RESTORE FORMULA**

**Ingredients:** Bayberry Root Bark, Oak Galls, Echinacea Root, Tea Tree Oil, Peppermint Oil, & Cayenne Pepper

This formula increases the circulation to the teeth and gums. If used regularly it will rebuild tooth bone loss, tighten teeth, tighten gums and stop bleeding gums due to plaque buildup and gingivitis. This formula is anti-bacterial and anti-fungal it will destroy oral infections on contact.

**Instructions:**

For best results use a water pic. Place 4-6 droppers full (using a dropper) of the formula into a water pic reservoir along with warm water. Use the strongest setting that you can tolerate. If done daily you should notice gum bleeding halts within 1 week. You can also add 2 droppers full to 2 oz of water and rinse mouth thoroughly swishing and straining the water through all the teeth. This formula can also be massaged directly into the gums using a cotton swab.

**To obtain healthier teeth & gums H.E.A.L. recommends the combination of these 2 formulas.**