

## Introducing Nature's Green Holistic Toothpaste by Olga Isaeva DDS, NMD, IBDM



No more worries about kids ingesting poisonous fluoride and other abrasive unnecessary chemicals in toothpaste. Now, the whole family can enjoy the natural properties of reducing cavities and gum inflammation as well as detoxifying benefits and immune support of Calcium Bentonite Clay and Essential Oils! Introducing Nature's Green an edible toothpaste for the whole family that is child & pet-safe!

The holistic community has been using this type of make-your-own toothpaste for years but now with the help of our Nature's Dental team, and a high demand for natural ways of living, our dental office is excited to offer this new product to more clients beyond our existing patients.

Prevention is the best medicine, that's why all 4 ingredients in Nature's Green Toothpaste optimize your body's self-healing abilities. Here's the list of ingredients and their health benefits:

**Calcium Bentonite Clay:** 71 trace and ultra-minerals enable the body to absorb nutrients. It's used widely by most famous French Naturopath and experienced clay therapist Raymond Dextreit. This natural volcanic ash clay, obtained from a sub-surface mine in California and possessing potent healing properties that have NOT been contaminated by air or water since it has been sealed by zeolite minerals for forty-three million years. Bentonite Clay is a dietary supplement and when mixed with water, adsorbs positively charged toxins (heavy metals-mercury in the metal fillings, cancer-causing free radicals, pesticides like Roundup) like sticky

paper and then absorbs these toxins, by drawing them inside of the clay molecules like a porous kitchen sponge. Bentonite clay also boosts the immune system by keeping viruses, fungus and bacteria out of the body as well as balancing the pH in the mouth, a key factor to keeping cavity-causing bacteria at bay and a must-have for a perfect digestion. "Clay works on the entire organism. No part of the body is left untouched by its healing energies," says clay expert Ran Knishinsky.

But most importantly, the detoxifying heavy metal effect found in Calcium Bentonite Clay starts to work directly from the mouth. Whether you are in the process of removing your mercury fillings, already finished the removal or are just contemplating the process, any time is a good time to start your full body detoxification process.

**Alcoholic Water 9.5 pH:** Reduces Cavities by neutralizing the acid in the mouth and promotes overall health by supporting the healthy digestion, teeth and bones.

**Essential Oils:** Possesses highest antioxidant properties. Across Europe, India and Asia, it is a popular and ancient practice to ingest essential oils and use them internally. Doctors and other medical practitioners in those countries often prescribe the ingestion of essential oils to heal or manage health issues and to bolster immunity.

Even topical application of essential oils shown to reduce gum inflammation and some infections and act as pain relief. Surprise your palate with the choice of fresh essential oils: mint (digestion and sinus relief), zesty bergamot (immune support/digestion), lemon (immune support, metabolism regulator, detoxifier), grapefruit (antiseptic, anti-infectious, antidepressant), ginger (infection, cold/flu prevention), cilantro

(heavy metal detoxifying, immune boosting).

**A Drop of Stevia:** a true natural sweetener. Stevia prevents bacteria from feeding and multiplying in the mouth. And there you have it - a holistic toothpaste for big and small. And we didn't forget our furry friends? Dogs love clay - check it out for yourselves. Many conventional dog and cat food lack ultra-minerals which could be safely added into their diet with clay which has the added benefit of removing intestinal parasites - a key for any animal's health!

### The Benefits of Using

#### Calcium Bentonite Clay Toothpaste:

Daily we get bombarded by heavy metal even if don't have any "silver fillings" in our mouth (which in actuality is 50% mercury, the most potent neurotoxin around). Brushing and swallowing Nature's Green toothpaste, acts as a natural detoxifier for your overall body. Calcium Bentonite Clay absorbs all toxins known to man from heavy metals to all possible fungal, viral and bacterial particles and eliminated all of the above through the bowels. And even if you're not quite ready for the edible effects of clay, even brushing and rinsing your mouth with it shows the detoxifying effects of heavy metals by offering palliative and calming effects for your inflamed gums.

And for the expecting mothers, check out our new formula with fresh lemon, ginger & lemongrass oil - great for any morning blues and a perfect aid for optimizing digestion!

You can use Nature's Green as a preventive measure to boost your immune system, or for mercury elimination or simply because of its pleasantly smooth & naturally earthy flavor, you'll find your mouth feeling rejuvenated, energized and naturally clean with Nature's Green! Keep your Pearlies Clean with Nature's Green!

For more information, please see the ad on page 15 of this issue, please visit [naturesdental.net](http://naturesdental.net) or call 631-316-1816.

## HOLISTICALLY HEALING OPIOID ADDICTION by David Essel, MS



Over 125 people die every day in the USA from Opiate overdose. From heroin, to prescription drugs like vicodin, oxycodone and roxycodone; the tragedy continues in a country that has the resources to turn this problem around.

Twenty-five years ago, I started to work as a holistic addiction recovery coach in the world of addiction and recovery. I helped people with alcohol, street drugs, prescription drugs, food, sex, spending addictions so much more. But the one drug that is the most brutally difficult to watch someone go through withdrawal from, has to be opiate withdrawal.

I have had multiple clients sit in my office, or let me repeat that, lay on the floor in my office during our sessions for the first 30 minutes, in a fetal position, shaking, sweating and experiencing dry heaves.

It is been so sad to watch them for 30 straight minutes in this extreme state of pain, then to slowly rise, sit on the couch and do their best to begin the session of the day. It's not easy for them, nor has it been easy for me to watch them riddled in pain.

But on the flipside, I have helped many of these addicts get totally clean, and stay clean, through the points below that I think are crucial if we want to try to turn this epidemic around.

But first, how did we get in the situation to begin with? What has really caused this incredible addiction to opiates in our society? In the August 4, 2017 edition of USA Today, Dr. Marty Makary, a professor of surgery and health policy at Johns Hopkins School of Medicine, believes physicians are the root cause of this addiction to opiates. Interesting isn't it? That one of the leading physicians in America will call his profession out as the major cause of opiate addiction. And how is that?

Makary talks about over-prescribing in his practice opiate prescriptions for a number of years. "Take C-section, one of the most common operations paid for by Medicaid tax dollars. Some doctors appropriately prescribe 5 to 10 opiate tablets after the procedure, in combination with non-opiate meds as recommended by the American Pain Society, while other doctors are still doing what I did for years, give every patient a bottle of 30 to 60 highly addictive opiate tablets. We need to take away the matches, not put out the fires."

So here are four keys I think we really need to look at in order to turn this epidemic around:

**Number one.** Medications and supplements to help in the withdrawal process. The most well-known is the drug Suboxone, which must be prescribed by a physician, and if done correctly, can help decrease the cravings for opiates as well as decrease the withdrawal symptoms people go through. But there's a catch. In my experience, I've seen way too many clients come in who are addicted to Suboxone. The doctors, whether they knew it or not, are having these individuals on long-term use of Suboxone which in my professional opinion is uncalled for. They're afraid if they go off it, they will not only experience withdrawal, but they will start craving the opiates that they been trying to get away from.

The best supplements are the amino acid DLPA, or DL - phenylalanine, Tyrosine as well as the herbal supplement Kratom. In our practice, we have seen the combination use of these supplements, have helped people to decrease their mental and physical cravings for opiates, and begin to see that they can lead a life without these highly addictive and destructive drugs.

**Number two.** In my practice, the number one cause of all types of addiction, is the fact that we don't know how to deal with emotions in society today. So

let's take someone who had surgery, they were prescribed opiates for their recovery, but then they found that not only did the opiate take away their pain, but it took away boredom, anxiety, nervousness, and even depression after surgery.

**Number three.** Medical and emotional support versus law enforcement. A recent article in the September 24 New York Times, described the incredible response the country of Portugal has had in dealing with opiate addiction and overdose. Once they decriminalized opiates and cocaine use, and instead put their health department system in charge of dealing with opiate addicts, the number of overdose deaths dropped dramatically. We need to follow their lead. We don't need more policemen rounding up addicts and throwing them in jail for the rest of their lives.

**Number four.** Education. This is a tough one. Most of the addicts I've worked with, I had no idea what they were heading into when they started playing around with opiates. There is not one addict I've ever worked with, who said they knew at some point they were injecting heroin in their arms. There needs to be a greater amount of education, once again by our health department, in our school systems, and universities, not just warning about the dangers of opiate use, but educating people on the correct use of opiates for pain relief.

In our holistic addiction recovery program, we also teach people how to keep their blood sugar levels balanced through diet, so that they don't reach out for opiates to lift their moods. We also offer spiritual and emotional practices, cognitive behavioral therapy techniques and exercise to release endorphins in the brain so that these individuals have a chance to become healthy, and free of addiction for the rest of their life.

David Essel, M.S., is a best-selling author, counselor, master life coach, and international speaker. His book, "Positive Thinking Will Never Change Your Life But This Book Will! The Myth of Positive Thinking - the Reality of Success" is available on [amazon.com](http://amazon.com). Visit his website at [www.talkdavid.com](http://www.talkdavid.com)