*FUNCTIONAL , HOLISTIC DENTISTRY + toothpaste recipe*

Have you ever heard the idiom "as above so below"? It is a universal law, this means nothing is exempt, not even our own anatomy...

Logically, a lot of  us understand that what occurs in our external environment profoundly influences our internal environment [consider; stress, mould toxicity, mercury pollution in seafood, chlorinated water...]

Further few of us understand that what occurs internally reverberates too through our external [think; manifestation, inner alchemy, emotional freedom, therapy...]

Why do we sever this paradigm at that? With this realisation then, it should not be too far reached to hear that our oral hygiene DIRECTLY impacts our gut and colonic health.

Below I have linked some incredible articles that detail this paradigm further...

> **Functional dentistry... recognising the oral microbiome and dental health in the way that no one seems to; as still vitally and intrinsically connected the whole of your being...**

<https://www.organicolivia.com/2020/08/ep-22-holy-spit-salivas-role-in-cavities-the-dangers-of-fluoride-why-diet-matters-more-than-brushing/>

>**COVID-19 (and honestly, any viruses) direct relationship to the health of the oral microbiome...**

<https://www.organicolivia.com/2020/08/episode-19-dr-victoria-sampson/>

...the takeaways?

1) When you swallow, you swallow what then becomes your gut microbiome, which then, undoubtedly, becomes you.

2)Flossing is actually way more important than brushing.

3)Your shop bought toothpaste is nearly redundant in maintaining oral health.

The most profound understanding of 2021 that I have heard thus far is; the emerging theme for humanity to embody will be "resilience". The ability to persevere when the unthinkable happens. This year is about becoming dependent only on yourself...perhaps we can start with homemade tooth powder?

Below is the oral care routine that I have embodied in the last few months. Certainly view this as an act of self honouring as much as a necessity, the medicine, as always, is in the ritual and intention...

* Coconut oil pulling first thing upon waking. [Follow here for the science...<https://www.organicolivia.com/2017/01/coconut-oil-pulling-benefits/>]
* Drinking green tea boiled with orange peel directly after...Orange peel is an addition since covid19, it contains compounds that inhibit a bacteria called prevotella that is directly linked to the onset of covid19 in the lungs. Rosemary also contains these compounds.
* In the evening, flossing and brushing with a charcoal toothbrush (charcoal binds to toxins to pull them from the mouth) and a homemade tooth powder recipe...
* Occasionally I will swill with diluted sage essential oil as well

Recipe

-Charcoal powder

-Cinnamon powder

-Licorice root powder

simply combine equal parts of all of these and store in a jar.

**Bottom line**: recognise your mouth is as much a part of your system as your stomach? In fact, it is the direct entry point to our ENTIRE digestion [of life and of food]. If you have digestive issues, oral hygiene is a profound place to start, otherwise, the health of our second brain [the gut], is undeniably linked to our spiritual health...toxins and poor care within the body, relays information to our environment [the universe] that we want to remain at this level...