How to Stay Flexible, Keep Your Bones from Becoming Porous and Your Teeth from Decaying

As we age, calcium leaves the bones and teeth where it belongs, and deposits itself in the soft tissues of the body. Follow the suggestions below and stop this from happening.

1. Remove metal (amalgam fillings, crowns, caps, caps with metal backs, and metal bridges) and bad teeth from your mouth. Replace with Targus Vectris® or IPS Empress® inlays, full crowns, and bridges, which can be successfully fabricated for long-term results.

   Note: To remove most health problems: Have a culture and sensitivity test done on the decay, tissue and/or bone removed from the mouth to learn which antibiotics will be effective against the bacteria. Bacteria living in the mouth is often found in problem areas of the body.

2. Clean gums and teeth of bacteria by using one of the 2 following mouthwash mixtures:
   - Young Living Essential Oils (YLEO) mouthwash mixture: Mix together 6 drops Thieves™, 6 drops Longevity™ and 1 tablespoon Fresh Essence Plus™ mouthwash, hold it in mouth for 5 minutes, gargle and spit it out. (Warning: Do not mix this mixture in a plastic cup as it melts the plastic cup.)

   Note: To order YLEO products at a discount the company asks that you sign up as a preferred customer using my YLEO number as your sponsor, 41316. There is no obligation to sell products or order monthly. To order call YLEO (800) 371-292, or go to http://www.youngliving.com/

   - A man cured his gum problems 5 years ago with this mouthwash: 5 drops Tea Tree Oil and 7 drops DMSO held in the mouth for 15 minutes once daily. I used the mixture for a toothache I was experiencing by adding it to YLEO’s Fresh Essence Plus™ mouthwash. After holding the mixture in my mouth for 6 minutes I spit it out and the toothache was gone and hasn’t returned in two weeks. (I use this once a week.)

   Note: You may purchase DMSO from Christian Brothers for $14, + shipping, for 2 fluid ounces (5 for $50, + shipping). Christian Brothers’ toll free number is: (800) 395-7379. (Less expensive brands work but smell strongly of garlic.) Tea Tree Oil is available in most health food stores. The Road To Health does not stock DMSO or Tea Tree Oil.

3. Remove the stored inorganic calcium, mercury, and other minerals from the soft tissues in your body by using Medicardium suppositories.

4. Avoid ingesting inferior calcium such as chelated calcium found in tablets and capsules, antacids, mineral water, tap water, well water, processed food and liquids fortified with calcium, coral calcium and trace mineral liquids from humic or organic shale substances (such as Fulvic Acid, and colloidal minerals). These supplements may help in the short term as they contain some available calcium but, over time, the unavailable calcium, found in abundance in these products, will collect in your soft tissues.

5. Supplement your daily diet with Water Oz minerals as they remove inferior minerals (the body holds inferior minerals in the soft tissues until it receives minerals that it can use such as Water Oz minerals). (For more information please see page 5, paragraph 8.)

6. Drink plenty of fresh, organic vegetable juice and supplement your diet with Water Oz minerals and E3Live [a live, liquid form of *Aphanizomenon flos-aquae* (AFA) algae].

7. Transform your food/drink, fluids inside your body, and people you come in contact with (in person, by phone, letter, or e-mail) from being unaligned with your best interests to...
being aligned with your best interests by sending them thoughts of love and gratitude.