Alcohol In Mouthwash... BAD.

Alcohol has been used for many years by leading oral care manufacturers as a way to "kill the germs" that people at one time associated with bad breath. Research has shown that it is not really the bacteria that we want to kill, but rather what is known as the "volatile sulfur compounds" produced by this bacteria. For too long people have been using alcohol mouthwashes as a way to eliminate bad breath but it has not been effective. When we expose our mouths to the minute or two of rinsing with an alcohol mouthwash we are actually drying out the mouth & also destroying the "good" bacteria we need to maintain proper oral health. Most mouthwash contains more alcohol than wine. It contain 6.6% to 26.9% alcohol. Statistics for alcohol in mouthwash are as follows: Listerine 26.9% ~ Scope 18.9% ~ Signal 14.5% ~ Cepacol 14.0% ~ Listermint 6.6%

Children, Alcohol & Dyes

Mouthwash is sold in large containers which hold enough to be fatal to young children. When swallowed in large quantities, mouthwash that contains alcohol can cause seizures, brain damage, & death. Most products that use dyes & color, such as mouthwash, attract a child's attention. The three most widely used dyes, Red 40, Yellow 5, and Yellow 6, are contaminated with known carcinogens, says the Center for Science in the Public Interest. Another dye, Red 3, has been acknowledged for years by the Food and Drug Administration to be a carcinogen, yet is still in the food supply. Tartrazine (Yellow) affects adversely & alters biochemical markers in vital organs, e.g., liver and kidney, not only at higher doses, but also at low doses.

Fluoride In Mouthwash... FACTS:

ENDOCRINE EFFECTS

A National Research Council report cites many endocrine effects of fluoride exposure, including decreased thyroid function, impaired glucose tolerance (Type II diabetes), and earlier sexual maturity.

NEUROTOXICITY & NEUROBEHAVIORAL EFFECTS

The committee also cited research indicating adverse health effects such as lower IQ in children, behavioral, and histopathological changes in the brains of laboratory animals (some of these resembling the brains of Alzheimer’s patients), cerebral impairment of humans, and enhancement of effects in the presence of aluminum. The report concludes: “fluorides have the ability to interfere with the functions of the brain and the body by direct and indirect means.”

SKELETAL EFFECTS

“Fluoride can weaken bone and increase the risk of fractures.” Mobility is not significantly affected, but it is characterized by sporadic pain, stiffness of joints, and osteosclerosis of the pelvis and spine.” Thus within the broad category of arthritis, the condition of Stage I skeletal fluorosis due to exposure to fluoride, with the symptoms of joint pain and stiffness, may be placed alongside approximately 100 other forms of arthritis, such as gout, osteoarthritis, rheumatoid arthritis, psoriatic arthropathy, ankyllosing spondylitis, and post infectious arthritis. Previously, only the effect of actual crippling was regarded by the NRC as an adverse health effect. Fluoride exposure, then, can now be officially listed as one of the causes of arthritis.


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the bacteria responsible for deadly pneumonia. Treating these bacterial killers, as well as E Coli & respiratory viruses that surround us have never approached in the battle against bacteria, fungi, & this blend offers a safe, yet powerful multi-therapeutic approach.

A select blend of therapeutic-grade oils of Clove, Cinnamon, Eucalyptus, Rosemary & Lemon, this blend eliminates bacteria & boosts the immune system. Documented research indicates that most viruses, fungi, & bacteria cannot live in the presence of many essential oils, especially those high in phenols, carvacrol, thymol, & terpenes. Packed with powerful, germ-killing essential oils, this blend offers a safe, yet powerful multi-prong approach in the battle against bacteria, fungi, & viruses - all year long. Increasingly, germs, bacteria & respiratory viruses that surround us have never been stronger or more antibiotic-resistant. The New England Journal of Medicine (04/07/2005) cites the growing prevalence of Methicillin Resistnat Staphylococcus Aureus (MRSA) in cities across the U.S., some of the infections have been associated with necrotizing fasciitis (flesh eating bacteria syndrome). Essential oils have been proven effective in treating these bacterial killers, as well as E Coli & the bacteria responsible for deadly pneumonia. Scientists have found that yucca can help humans fight fungal infections, combat microbes & viruses, boost the effectiveness of certain vaccines, & knock out some kinds of tumor cells, particularly lung & blood cancers.

Thieves-type Essential Oil Blend:
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Yucca: Used for hundreds of years by SW Native Americans for pain & inflammation caused by arthritis & rheumatism, & brings relief from intestinal toxicity. In studies, 60 percent of people who took yucca supplements experienced reduced joint inflammation, diminished pain, swelling, & stiffness with no side-effects. One of the study's most significant findings was that no patient taking saponin extract for 6 months or more continued to show an abnormally high blood pressure or excessive blood triglyceride & cholesterol levels. In other words, there were permanent health benefits. Successfully treats allergies while strengthening the immune system. Scientists are now looking at how yucca can help humans fight fungal infections, combat microbes & viruses, boost the effectiveness of certain vaccines, & knock out some kinds of tumor cells, particularly lung & blood cancers.

Peppermint Oil: Health benefits include its ability to treat indigestion, respiratory problems, headache, nausea, fever, stomach & bowel spasms and pain. ~ Removes bad breath & removes germs from teeth & gums. Also useful for treating toothaches. ~ Soothes digestion, may restore digestive efficiency. ~ Supportive effect on the liver & respiratory systems. ~ Improves blood circulation. ~ Known to improve the senses of taste & smell when inhaled. ~ Capability to improve concentration & mental sharpness & can directly affect the brain's satiety center, which triggers a sensation of fullness after meals. ~ The muscle relaxing property of peppermint oil has been found to ease irritable bowel syndrome. ~ Increases immunity to diseases, & is believed to be useful for treating cancer & tuberculosis. ~ Contains numerous minerals & nutrients including manganese, iron, magnesium, calcium, folate, potassium, & copper. Also contains omega-3 fatty acids, Vitamin A & Vitamin C. ~ Improves blood circulation. For those with high blood pressure & on medication, Spearmint DBZ is recommended. Antacids can interact with peppermint oil causing heartburn &/or nausea. It's recommended that one use either but not both, but it is likely that - if consumed - the DBZ will replace the need for antacids. Drug Interactions - peppermint oil can increase the effects of the following medications which are processed by the liver: Cyclosporine, Cytochrome P450 2C9 (CYP2C9), Amitriptyline (Elavil), Haloperidol (Haldol), Ondansetron (Zofran), Propranolol (Inderal), Theophylline (Theo-Dur), Verapamil (Calan, Isoptin)

Spearmint Oil: Spearmint oil is sweeter than peppermint & is considered the “gentle version” of mint oil, suitable for use with children & others who may find peppermint too strong. Spearmint oil has been traditionally used for stimulating the mind, supporting digestion, as a decongestant & insect repellent. Can be supportive in cases of nausea, indigestion, fatigue, sinusitis, & congestion.

Minerals, Fulvic Ionic Trace: Scientists have found that Fulvic Acid is the element that makes nutrients absorbable, resulting in a dramatic impact on all kinds of major health disorders that afflict us today. These minerals make the food, herbs, and supplements you take more effective, because they make them bio-available. They aid in the body’s absorption & use of vitamins & its ability to remove toxins. The benefits of adding minerals to the diet are: increased energy & sense of well-being, more restful sleep, reduced arthritis pain, improved circulation, improved growth & appearance of hair, nails & skin & trace mineral uptake is directly linked to good bone health.

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Xylitol: Recommended by dentists, medical doctors, periodontists, pediatricians, & many health organizations & health professionals worldwide as a sweetener for anyone concerned with dental health, upper respiratory health, & sugar consumption in general. Pure xylitol is a naturally occurring 5-carbon sugar alcohol found in many fruits & vegetables & produced in small amounts by the human body. It has the same sweetness as sugar (sucrose) but with 40% fewer calories & none of the negative tooth decay or sugar consumption in general. Pure xylitol is a naturally occurring 5-carbon sugar alcohol found in many fruits & vegetables & produced in small amounts by the human body. It has the same sweetness as sugar (sucrose) but with 40% fewer calories & none of the negative tooth decay or sugar release effects of sugar. Xylitol also has a low glycemic index of 7 & has little effect on blood sugar levels.

DIRECTIONS: Add 26 Oz. Pure Water (<3.5 cups). SHAKE WELL. Swish for 2 minutes & expel. If using as a supplement, up to 2 tablespoons per day is ideal. NOT RECOMMENDED FOR CHILDREN UNDER 6 YEARS OF AGE, KEEP OUT OF REACH OF SMALL CHILDREN. IF PREGNANT OR ON MEDICATION, CONSULT HEALTH PROFESSIONAL BEFORE USE.