

## Everything you have been told about dental health is false

(updated on August 6, 2024)

Animals in the wild live on a strict raw diet, never brush their teeth, don't have bad breath, don't visit dentists, and don't suffer from tooth decay. This author has lived on a raw omnivorous diet for more than 2.5 years as of this writing (since 22 December 2021, with 100% compliance) and on a strict starch-free diet since late May 2019 (also with 100% compliance). He has been brushing his teeth less and less frequently because there is no need; the current frequency of brushing+flossing is once every 17 months. The occasional brushing of teeth is needed because of the emergence of bad breath. The appearance of his teeth is normal and satisfactory (not sparkling white teeth, but not bad-looking teeth either); there is some plaque, mostly consisting of animal fat, which is probably natural and protective. The self-rating of one's oral health and dental health is excellent, no problems whatsoever. In particular, there is no halitosis, and the author does not use any traditional mouthwash, except for rinsing with a boiled/cooled baking soda solution, which is swallowed (once every 8 days, as hormesis, not for oral health) and coconut oil pulling (once a month, for dental health). Simultaneously with the baking-soda rinse, he rinses his mouth with sea water (for oral health), which is not swallowed. Incidentally, the self-rating of physical health in general is excellent too; the author has not been sick with anything (even colds or influenza) for more than 3 years: since January 2021, an episode of influenza. (I did have a mild influenza episode recently, in February 2024.) The balanced raw diet (starch-free, neither low-carb nor low-fat) seems to rejuvenate the body and to slowly normalize body weight despite abundance of calories. This diet also results in high mental productivity. The author's BMI is currently 23. It was near 29 between 2013 and 2019. It has been under 25 since the summer of 2020.

The author does have some fillings (installed throughout his lifetime) as well as two dental implants and two crowns (installed in 2016–2017). The last visit to a dentist occurred on 26 December 2018. It is fair to say that the longer one lives on a raw diet, the less frequently he/she needs to brush one's teeth, visit dentists, use a mouthwash, etc.

A Canadian-born American dentist by the name of Weston A. Price conducted extensive research on the relation of nutrition to dental caries across the globe in the 1930s and found that various primitive tribes and cultures that consume simple natural foods (and have no access to civilized highly processed foods) are free or almost free of tooth decay. Some of their foods are cooked. In some primitive communities who consume plenty of animal foods, the prevalence of dental caries is zero. And they don't brush their teeth! (They don't have access to fluoridated water and toothpaste either [my comment].) At the time his research was conducted, across the globe, the prevalence of tooth decay among uncivilized populations was on average 30-fold lower as compared with members of the same ethnic groups who started consuming civilized foods. For example, see [this detailed table](#) summarizing these data. According to the late Nicholas J. Gonzalez, MD, in our times (the 21<sup>st</sup> century), there are no such communities left anywhere on Earth; civilized food has become pervasive everywhere, except for [some tribes](#) that have little access to such foods. I highly recommend the book "Nutrition and Physical

Degeneration" by Weston Price and related foundations: [www.westonaprice.org](http://www.westonaprice.org) and [pricepottenger.org](http://pricepottenger.org). I can draw several important conclusions from this book: 1) the role of genes in birth defects and congenital diseases has been exaggerated ([study](#), [study](#)); the mother's and father's nutrition before conception, and the mother's nutrition during pregnancy are very important for the health of the child; deficient nutrition (for instance, abundant consumption of refined sugar and white flour) can cause congenital defects; 2) home birth is risky for modern women (the reason is a prenatal defect causing abnormal development of pelvic bones), whereas the process of birth is quick, easy, and painless for uncivilized populations who do not have access to modern foods; home birth will be safe for a woman who was born to parents who practiced natural nutrition for several years before her birth and during pregnancy, if this woman lives on a strict natural diet most of her life, especially for several years before giving birth; [my advice: do not give birth in any government maternity hospital or other typical maternity clinics; you need to find a private maternity clinic (via recommendations of people who you know personally) where no procedures (such as vaccines and blood collection) are performed on newborns without a mother's permission ([link](#), [ССЫЛКА](#), [ССЫЛКА](#))]; 3) a strict but diverse diet is the only way to prevent tooth decay; 4) many other diseases, including cancer, occur much less frequently among primitives; the book mentions this in three chapters regarding three uncivilized ethnic groups; one doctor cured primitives who switched to civilized nutrition by sending them back to their settlements where they lead a more natural lifestyle and eat a healthy diet; 5) there is no single "healthy diet" for everybody; humans can thrive on diverse diets with widely varying proportions of fats, proteins, and carbohydrates as long as they obtain key vitamins from one of these three sources: organ meats of animals, raw dairy from pasturing cows that eat rapidly growing grass, or animal sea foods; 6) the main culprits of tooth decay are highly processed foods such as refined sugar, white flour, polished rice, and canned foods as well as the lack of fat-soluble vitamins from the above sources; 7) tooth decay is not caused by bacteria, it is a metabolic disorder resulting in a loss of defensive properties of saliva, whereas acid-producing bacteria are involved as a secondary cause; 8) if you live on a strict natural diet, then you don't need to brush your teeth for maintaining dental health (you may want to brush your teeth occasionally for aesthetic reasons); 9) children who consume at least one good meal a day (with natural foods containing abundant fat-soluble vitamins) do better in school and show significant deceleration of tooth decay; 10) almost all vitamins necessary for dental health can be obtained from cod liver oil and special raw butter obtained as mentioned above; 11) artificial vitamins in pills do not work as well as do natural vitamins present in foods; 12) soil depletion affects nutritional value of foods; 13) uncivilized populations do not have equivalents of prisons and mental institutions because they don't need them; criminal behavior, mental retardation, and mental health problems are caused by civilized nutrition, especially during pregnancy and before conception; 14) to regain mental and physical health, you need to eat a strict but diverse diet free of modern highly processed foods and containing foods rich in fat-soluble vitamins; some health problems (such as defects of skeletal development, mental retardation) are irreversible because they are caused by a prenatal defect resulting from bad nutrition of the parents, but the defective person can have healthy children if he/she lives on a healthy diet. Weston Price is not the only researcher who has noticed that uncivilized populations have much better teeth than civilized societies. For example, arctic explorer Vilhjalmur Stefansson noted in the early 20<sup>th</sup> century that Eskimos violate all the recommendations of dentists but have excellent even teeth without any signs of tooth decay. Finally, various peer-reviewed studies cited in the book "Cure

Tooth Decay" by Ramiel Nagel ("Естественное лечение кариеса" Рамиэль Нэйгел) show that dental cavities can heal spontaneously with certain changes in the diet; the drilling and fillings are not needed.

[Link \(ссылка\)](#)

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