



Cleansing or Surgery

Simple and Inexpensive Cleanses

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Tooth Cleanse

Most people have a daily cleansing program for their teeth, but they still end up going to the dentist for surgical procedures. These include dental fillings and, in extreme cases, tooth extractions. We found that daily brushing and flossing of the teeth does not keep our teeth healthy. When we have tooth decay, the dentist's solution is to plug our teeth with metal fillings. But metal fillings contain poisonous mercury. We do not want to risk receiving dental fillings that may be hazardous to our health. And what about the cost of regular dental visits? Dental bills can be devastating to those of us living a simple, separated life.

We don't have to be dependent on dentists. There is another way. The Lord Jesus has led us to a daily tooth cleansing plan that has kept our family's teeth healthy.

When our eldest daughter Brooke was born, we were determined to keep her away from white sugar and other refined foods. By the time Brooke was four years old, her teeth were so full of cavities that her molars needed stainless steel caps and she required dental fillings on several other teeth. We were shocked that her teeth were decaying, even though we had been so strict about her diet. The dentist said part of the problem was hereditary.

When our next daughter, Skye, was six, she complained of tooth pain. When we took her to the dentist, the exam revealed that she needed twelve dental fillings. We foresaw hundreds of dollars worth of dental bills in the coming months. Not only were funds scarce, but we also hesitated because we objected to the mercury used in the dental fillings.

Fluoride Drops Fail

I saw my children repeating the same pattern I experienced as a child. When I was in grade school, my mother put drops of fluoride in my milk every day for years. Yet, despite her diligence, every year I had a mouth full of new cavities.

Through the years, we searched for a way to save our teeth. We tried everything from mouthwashing with a smelly purple gel to brushing our teeth with baking soda and salt. We tried flossing the teeth, mouthwashing with hydrogen peroxide, and spraying the teeth with an electric water irrigator. None of these procedures stopped the onslaught of tooth decay.

Cause of Tooth Decay

We cried out to the Lord for a solution to the ongoing problem of tooth decay - and our prayers were answered. We found that the chief cause of cavities is the buildup of plaque. Plaque is a thin, transparent film on the surface of the teeth, containing bacteria. If the plaque is not removed, it hardens into tartar. Cavities in

the teeth and gingivitis (inflammation) of the gums are evidence that this harmful plaque is at work destroying teeth and gums.

The Solution

The purpose of dental hygiene is to prevent the buildup of plaque. If the plaque is removed on a daily basis, there will be little tooth decay or gingivitis of the gums. Over the years, we have found the daily use of a **Sanguinaria-based mouthwash** is the easiest, least expensive way to maintain healthy teeth and gums. Sanguinaria root, also called Bloodroot, is a proven plaque-killing herb. This powerful herb was the active ingredient in Viadent mouthwash.



Sanguinaria Flower

A few years ago, Viadent was purchased by Colgate-Palmolive Company. Sanguinaria root is no longer an active ingredient in their mouthwash, even though it is still listed as an extract on the label. All our family's teeth started deteriorating again using their new formula. We quit using Viadent and formulated our own mouthwash. We now use a no fluoride toothpaste and then rinse the mouth with Sanguinaria-Mint Mouthwash.

Sanguinaria-Mint Mouthwash

This mouthwash is quick to prepare once you have assembled the ingredients. Ready to use in two weeks. Our family has proved its effectiveness in preventing plaque buildup. There are no harmful additives. The mint freshens breath. We add myrrh because it is wonderfully healing for mouth sores. It does taste somewhat bitter, but adding sweetener would defeat its purpose.

YIELD: One 30-ounce bottle (3-3/4 cups)

3 Tablespoons dried Spearmint leaves

1 Tablespoon Myrrh (pea size pieces)(optional)

1/2 ounce of Sanguinaria root (Bloodroot) or about 1 rounded Tablespoon of root pieces

1-1/2 cups of Vodka

Step 1

1. Break up Sanguinaria root into small pieces (1/2 to 1 inch).
2. Put all ingredients in a glass quart jar with a tight-fitting lid.
3. Close lid tightly and shake vigorously.
4. Label and date jar.
5. Leave at room temperature for two weeks, shaking contents once a day.

Step 2

6. After mouthwash has set for 2 weeks, strain into a quart measuring pitcher or wide-mouth jar. Strain through several layers of cheesecloth or an old, clean pillowcase.
7. Wring and squeeze any remaining liquid into pitcher, being careful not to allow herb particles into the pitcher.
8. Ten drops of mint oil extract may be added to mouthwash for a stronger mint flavor.
9. Add 2-1/4 cups water to make 3-3/4 cups (30 ounces).

Using Mouthwash

Store mouthwash in bottle with tight-fitting lid. We use an old mouthwash bottle. Rinse mouth daily with 1 to 2 tablespoons of mouthwash, swirl in mouth for at least 1 minute, then spit out. Avoid eating or drinking for at least 30 minutes after mouthwashing.

Abscessed Teeth

If a tooth abscesses, hold mouthwash in the mouth for several minutes every hour throughout the day. We know of abscesses healing after three days using this method. Mouthwash also helps relieve the pain as the tooth heals.

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Since March 18, 2001

Published by Embassy of Heaven Church