

Re: Enamel

Source: <http://sci.tech-archive.net/Archive/sci.med.dentistry/2006-12/msg00553.html>

- *From:* "Stormin Mormon" <cayoung61-&spamblock*~@xxxxxxxxxxxx>
 - *Date:* Wed, 27 Dec 2006 08:48:22 -0500
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Please log on in a couple days, and let us know how things are going.

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Christopher A. Young
You can't shout down a troll.
You have to starve them.

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"Dave" <djoh6186@xxxxxxxxxxxxxx> wrote in message
[news:R6nkh.14014\\$HU.1348@xxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxx](news:R6nkh.14014$HU.1348@xxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxx)

Thanks, it is worth trying and in all possibility no harm can
come even if

there is no improvment.
David

"Stormin Mormon" <cayoung61-&spamblock*~@xxxxxxxxxxxx> wrote in
message

[news:4591de4e\\$0\\$16994\\$4c368faf@xxxxxxxxxxxxxxxxxxxx](news:4591de4e$0$16994$4c368faf@xxxxxxxxxxxxxxxxxxxx)

Something to try for a couple weeks. Buy yourself a box of
baking
soda, and use that for brushing, instead of fluoride tooth
paste.

I changed from fluoride to baking soda a couple years ago. My
hygenist was totally impressed, and also the dentist thought
my

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teeth looked great. When they found out I'd stopped using fluoride they both tried to get me to go back to the high fluoride tooth paste they were prescribing.

I'd been worried about the chalky white along the gum line.

Now

my teeth are a nice healthy color, and haven't been bothered

as

much by sensitivity, etc. I'm also guessing I won't have any cavities for my next checkup (I was averaging one cavity per checkup).

I use just a trace of baking soda. And I rinse twice with

warm

water, baking soda, like salt, is very high sodium.

Incidentally, I have no medical certifications, not even a

first

aid card. Just a mouth full of comfortable teeth with good

color.

Christopher A. Young
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"Dave" <djoh6186@xxxxxxxxxxxxxxxx> wrote in message
news:M%Kjh.12833\$HU.809@xxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxx
I am 65 yo male, the enamel on my teeth is worn, what options

are

available to me thanks
David

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