

Dementia, Oral Health, and Healing Organic Herbs

by Dr. Yolanda Cintron

Forgetfulness can be an early sign of cognitive decline, a precursor to the devastating conditions of dementia and Alzheimer's that affect countless individuals. Fortunately, there are natural methods to safeguard our brain cells and overall brain health. As a dedicated biological dentist, I am committed to daily eradicating the neurotoxins that harm our neurons and brain cells, beginning with their source in the mouth. However, the journey to healing doesn't end there; it requires a thoughtful strategy. Let's explore this together.

Inspired by the remarkable progress of our star patient of the month, "PJ," I am delighted to share some steps you can take after the removal of neurotoxins from your mouth. It is crucial not to undertake these steps before firstly eliminating neurotoxins from your oral cavity.

This month, we celebrate the remarkable individuals who have entrusted us with their health. Their journeys have led them to prioritize oral detoxification and explore natural methods for healing. PJ, our featured patient, recently completed a full-mouth rejuvenation and detoxification process. Her primary concern was the removal of mercury, aluminum, lead, and mycotoxins that had accumulated over a lifetime, leading to short-term memory challenges. PJ is overjoyed with the results.

Not only does she now sport a radiant smile reminiscent of her youth, but her facial proportions adhere to the golden rule. By expanding her vertical dimension, she has gained increased airway space, alleviating her sleep apnea and enhancing oxygen flow to her brain during sleep. Additionally, her mandible no longer impacts her ear area or temporomandibular joint, eliminating

ringing in the ears, headaches, and tension in the neck and cervical vertebrae.

Most importantly, with the removal of all metals from her mouth, PJ has embarked on a cellular detoxification journey, targeting mycotoxins, heavy metals, mercury, lead, cadmium, and aluminum. Her cells are on the path to restoration and regeneration, striving for equilibrium.

During our recent visit to Hania, Greece, we had the pleasure of exploring a local's garden, abundant with vegetables, herbs, olives, and olive oil. The fragrant herbs, including wild rosemary, thyme, lemon cilantro, and oregano, left a lasting impression. As we ventured into the mountains and gorges, we discovered these herbs growing wild. The benefits were undeniable, and it reinforced our commitment to making them an integral part of our health regimen. We believe that embracing these natural remedies should become the standard for everyone.

I have been inspired by healing herbs that, once your toxic loads are removed, are amazing to remember to put in your cooking. Most of these herbs may be found in your kitchen.

1. Rosemary: This aromatic herb, commonly used in cooking and teas, offers a multitude of benefits. It enhances memory and concentration; inhibits tumor growth; possesses antimicrobial, antiviral, and antifungal properties; stimulates hair growth when used as an oil; and provides protection against EMF radiation. Its versatility is truly remarkable.

2. Oregano: Originating from the mountains of Greece, oregano elevates the flavors of savory dishes. When used as an oil, it can heal small wounds, protect against bacterial infections, and even regulate blood sugar. However, caution is necessary, as it is potent and not suitable

for pregnant women, individuals taking blood thinners, or those with mercury, lead, or heavy metal dental restorations.

I put a few drops under my feet before I go to sleep or place in my foot bath before I detox.

3. Thyme: A member of the mint family, thyme—in oil form—offers anti-inflammatory benefits and has historically been employed as an antibiotic for various ailments, including pneumonia, kidney, and liver toxicity. A few drops under your feet before bedtime or in a foot bath for detox purposes can be especially effective.

4. Chlorella and Moringa: These superfoods play a pivotal role in binding heavy metals like mercury and cadmium, assisting the body in flushing them out effectively.

5. Cilantro (Coriander): While cilantro has the unique ability to rid the body of heavy metals such as arsenic, cadmium, aluminum, lead, and mercury, it can also cross the blood-brain barrier, potentially causing migraines. It offers anti-anxiety properties and facilitates detoxification pathways in the liver and kidneys. It should be used in moderation and with care.

6 Biblical Remedies: *The Bible* contains powerful references to natural remedies for healing, emphasizing the multi-healing properties found in leaves and seeds from trees.

Whether you have dementia symptoms and don't understand the root of the problem, have toxic loads in your mouth that need attention, or are starting your safe detox journey by adding healing herbs into your daily routine - we are here to guide you on your healing journey.

For more information about how to optimize your health from the inside out, call us!