



Remineralization Protocol

How to Rebuild Your Teeth Naturally



This protocol is for people who want to **rebuild their teeth's integrity naturally**. Remineralization of teeth can be accomplished in almost every situation and usually within a 3-6 month period of time.

Remineralization Protocol:

- 3 **Bio Dent** with breakfast and dinner
- 2 **Cod Liver Oil** with breakfast and dinner
- 5 drops **Vitamin D3** in the AM
- 2 A-F **Betafood** with breakfast and dinner

*For children under 10 years of age, reduce the dosage by half. (ex 2 to 1)

**For children under 10 years of age, use an appropriate children's form of vitamin D3

***Recommended time for protocol: **6 months** however most people see results with improved tooth sensitivity within a few days of taking the above protocol.

The following protocol provides the necessary minerals (bio-dent) for tooth regeneration, as well as, the omega three fatty acids (cod liver oil) for mineral absorption. It is critical to have both in combination. The vitamin D3 and A-F Betafood are co-factors for essential fatty acid digestion and mineral absorption - in simpler terms, they make the protocol **much more effective and easier for your body to absorb**.

IF YOUR GALLBLADDER HAS BEEN REMOVED, PLEASE CONTACT AVERIO HEALTH INSTITUTE FOR A REVISED REMINERALIZATION PROTOCOL.

Must Knows About Tooth Remineralization:

- Remineralization is a **natural function** of nerves communicating with your saliva glands that occurs after you stop eating for **3-4 hours**. This can be a challenge if a person is a constant "grazer". You need to have moments where you are not eating in order to give your body a chance to move from **digestion to re-mineralization**.
- You need to drink adequate amounts of water. If you are clinically dehydrated it will interfere with your body's ability to absorb and utilize minerals.
- You must have a **healthy neck to support normal neurological function**. Remineralization is regulated by your nervous system, and a damaged neck can and will interfere with normal tooth, gum, and mouth health.

- **Omega 3 Fatty Acids** are KEY to mineral reabsorption in the teeth. Limit your intake of omega 6 fatty acids as these can lead to an imbalance as well as absorption issues with omega 3 fatty acids. Note: this is extremely important with children.

Omega 6 Oils (PRO- Inflammatory) Reduce, Restrict, Eliminate	Omega 3 Oils (Anti- Inflammatory) Helpful for Mineral Regeneration	Non-Omega 3 Oils (Anti- Inflammatory) Safe to Eat and Cook With
Safflower oil Grapeseed oil Sunflower seed oil Corn oil Cottonseed oil Canola oil Soybean oil	Cod Liver oil Flaxseed oil Ground Flaxseeds Note: Flaxseed oil is VERY challenging to absorb if you have an omega 3:6 imbalance. Use ground flaxseeds instead. Can use on most foods. Ground flaxseeds are also a great form of fiber.	Coconut oil Avocado oil Olive oil in dark bottles Note: Olive oil is a healthy oil that should not be used for cooking.

Other Helpful Resources for Tooth Remineralization:

- Read **Exceptional Health: You Can Have It** and **Cure Tooth Decay**- both books are on Amazon and will help you understand how your body heals.
- Uncle Harry's Remineralization Powder - use 3-5x a day for added mineralization help.
- Uncle Harry's Tooth Soap and/or Tooth Paste.
- Eat raw, sprouted pumpkin seeds - one of nature's most mineral dense whole foods!
- If you are not getting results, it is time to run TESTS - your body is telling you something is wrong and that is why it cannot accomplish a natural process. There are tests to help you get answers. Reach out to Averio Health Institute today!

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