

# Whole Healthcare Support

For Your Teeth, Gums and  
Oral Microbiome



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## Support for Receding Gums & Tooth Decline

*Jacquie McIntyre | Whole Healthcare Guide*

This guide offers a gentle, natural approach to supporting receding gums and declining tooth health. It brings together practical strategies, nourishing minerals, emotional support tools, and holistic oral care practices that help restore balance and vitality to your mouth and body. Whether you're seeking to prevent further decline or begin healing, these simple and effective suggestions are designed to work in harmony with your body's innate wisdom.

And don't forget—a focused BodyTalk session with Jacquie is a powerful way to support your body's natural ability to heal and rebalance in these areas.

You may find that not all of these suggestions are a priority for you right now. Trust your own discernment and intuition to choose what feels most aligned for you at this time.



### Oral Care Practices

- **Oil Pulling (Coconut or Sesame Oil)** – Swish 1 tbsp for 10–20 mins daily to reduce bacteria and inflammation.
- **Soft-Bristled Brush** – Brush gently in circular motions to avoid gum damage.
- **Natural Toothpaste** – Avoid SLS, fluoride, and sweeteners. Look for **neem, myrrh, CoQ10, aloe vera, and xylitol**.
- **Alcohol-Free Mouth Rinse** – Use herbal rinses or **saltwater** (¼ tsp salt in warm water) to soothe gums.



### Diet & Supplementation

- **Anti-inflammatory Diet** – Eat whole, unprocessed foods. Avoid sugar, processed carbs, and acidic drinks.
- **Vitamin C** – Essential for gum repair. Get it from citrus, capsicum, kiwi, or a gentle supplement.
- **Vitamin D & K2** – Helps remineralize teeth. Get sunlight, fatty fish, and K2 from fermented foods.
- **Magnesium & Calcium** – Key for strong teeth and bones. Combine leafy greens with a supplement.
- **Silica** – Supports connective tissue. Use **horsetail tea, cucumber peel, or bamboo extract**.



## Natural Topicals & Remedies



- **Aloe Vera Gel** – Apply pure gel to gums after brushing to reduce inflammation.
- **Clove Oil or Myrrh Tincture** (diluted) – Antimicrobial; dab gently onto gums with a cotton swab.
- **Vitamin E Oil** – Massage into gums to support tissue repair.
- **CoQ10 Gel or Supplement** – Supports gum cell regeneration; apply directly or take orally.



## Mineral Support for Gum & Tooth Health

- **Calcium** – From sardines, sesame seeds, almonds, leafy greens.
- **Vitamin D3** – Get from sunlight, fatty fish, or supplements.
- **Vitamin K2 (MK-7)** – Found in natto, ghee, grass-fed butter, hard cheeses.
- **Magnesium** – From cacao, spinach, seeds, or magnesium glycinate supplements.
- **Silica** – In cucumber peel, horsetail, bamboo extract, or mineral waters.
- **Trace Minerals** – Include **zinc, boron, iodine, manganese**. Use Celtic salt, seaweed, **fulvic acid**, or **shilajit**.
- **Remineralizing Mouth Rinse** – Mix 1 cup filtered water, ½ tsp calcium carbonate, ½ tsp magnesium, 2–3 drops essential oil.



**Note:** Aim for the highest quality supplements you can access. Many supermarket brands lack potency. Where possible, focus on food-based or practitioner-grade options.




## Support for the Oral Microbiome and Immune System

- **Probiotic-rich foods** like **kefir, sauerkraut, or kimchi** (they help regulate oral and gut flora)
- **Oral probiotics** (lozenges or rinses with **Streptococcus salivarius** strains, which support gum and throat health)
- **Xylitol** (a natural sweetener that helps reduce harmful bacteria in the mouth)
- **Green tea or herbal teas** like **sage or chamomile** (mildly antimicrobial and anti-inflammatory)
- **Apple Cider Vinegar**- If you are not used to taking this, begin with a small amount such as 1 teaspoon mixed with some filtered water once a day (in the AM time is best). Over time as your body and taste acclimates you can increase this to 1 tablespoon.

Strengthening your immune system also supports oral healing. Daily practices like getting enough sleep, spending time in nature, using stress-relieving modalities like BodyTalk, and nourishing your body with minerals and antioxidants all contribute to an oral environment where healing becomes easier and more sustainable.



## Emotional & Energetic Support

- Oral health often reflects stress, unspoken emotions, and unconscious tension. **Jaw clenching, teeth grinding,** and chronic inflammation can be worsened by emotional stress. Support your healing with practices like **BodyTalk, EFT (tapping), craniosacral therapy, guided meditation,** and **somatic release work.** 
- There are many dis-ease processes in the body that can directly influence the health of the mouth. As we continue to discover more connections between systemic imbalances and oral health, it's understandable that even your dentist may not yet be aware of all these links. That's why giving yourself the emotional support, energetic balance, and resources you need can go a long way in creating a healthier, more harmonised mouth environment.



## Mini Glossary

Note: Key terms in bold are defined in the glossary below.

### **Shilajit**

A natural, tar-like resin rich in fulvic acid and over 80 trace minerals. Used in Ayurvedic medicine to support energy, immunity, and tissue regeneration. Supports mineral absorption and gum/tooth healing when taken in purified form. Tips for use: Use only purified, lab-tested shilajit—raw/unprocessed forms can contain heavy metals. Often taken in pea-sized amounts dissolved in warm water or tea. Not suitable for pregnant or breastfeeding individuals without medical advice.

### **Oil Pulling**

An ancient oral detox method where oil (usually coconut or sesame) is swished in the mouth for 10–20 minutes to reduce bacteria, inflammation, and support gum health. (start for a few minutes and work your way up to doing it for long periods of time that feel right for you)

### **CoQ10**

A compound that helps generate energy in your cells. When applied topically or taken as a supplement, it supports gum cell regeneration and repair.

### **Silica**

A mineral found in plants like horsetail and bamboo, important for connective tissue strength, collagen production, and gum elasticity.

### **Vitamin K2 (often taken with Vitamin D)**

A fat-soluble vitamin that directs calcium to the bones and teeth. Works with Vitamin D3 to support tooth remineralization and bone health.

### **Fulvic Acid**

A naturally occurring compound found in soil and shilajit. It helps transport minerals into cells, enhancing nutrient absorption and detoxification.

### **Apple Cider Vinegar**

A fermented vinegar made from apples, rich in enzymes and beneficial acids. When used in diluted form, it may support oral health by balancing pH levels, gently removing plaque, and supporting the oral microbiome. Always rinse the mouth with plain water after use to protect tooth enamel.

