

## 68. TOOTHACHES AND TOOTH CARE

Toothaches can be one of the most distressing of all pain syndromes. And in the bush or 'boonies, an untreated toothache can even be debilitating. Yet the thought of dental work often stops people from seeking professional attention until they are literally sweating from pain in the teeth or gums.

However, with a little knowledge of some simple "self-health" techniques, much of the discomfort associated with teeth can be avoided, relieved, and even "reversed," or healed.

At The G-Jo Institute, we teach three primary means for caring for teeth. The first is the use of **myrrh** (pronounced "murr"), preferably in the form of a **tincture**. Myrrh is the powdered sap of a certain evergreen tree. It is an ancient healer (remember the three wise men bringing it as a gift to the newborn Jesus?) and has many uses beyond oral care.

But to use it as a dentifrice, we suggest you begin by first making the tincture: Put a few teaspoons, or so, of the powder -- available at many good health food stores -- into a jar with perhaps half a pint of vodka (enough to cover the powder, with plenty of liquid left over).

Cover, and let it stand for several weeks, shaking it every few days. This will make enough "toothpaste" to last you for years. Or at that same health food store, you can usually purchase a commercially-prepared myrrh tincture. And in a pinch, I imagine you could use the sap from nearly any pine tree and prepare it the same way.

Later, after it has "aged," fill a small eye-dropper bottle with the resulting tincture. Leave the residue in the bottom of the original container (which you should store in the dark), and place the eyedropper bottle in your bathroom.

Then, whenever you brush your teeth, put a little water into your mouth, along with a few drops of the tincture. It will make a horribly bitter "rinse" (which is its only "downside," but you eventually get used to the taste); then brush your teeth in the normal way, except using the rinse in place of your normal toothpaste.

I always hold this "tea" in my mouth for a while, afterwards, swishing it around and finally swallowing it: Myrrh is also great for the digestive system.

Eventually, if you notice your lower back aching a bit (say, after a few months of using the tincture), stop swallowing this "tooth-tea." It may be causing your kidneys a little distress. The kidneys are often the organs "in charge of" creating back pains. If the back pains stop, then the myrrh may have been at fault. Don't swallow it, again, for a while.

**Hydrogen peroxide** -- the common variety you find in all drug stores -- is my occasional alternative to myrrh tincture. To use it, I simply dilute a tablespoon, or so, of peroxide with a little water, then brush and rinse with the mixture, again holding it in my mouth to let its foaming action reach all areas of my teeth. But then I spit it out -- not swallow it.

These two inexpensive, but extremely effective dentifrices have kept my teeth and mouth in excellent health for many years. But if I were to feel any sensitivity in my teeth, say from a cavity, I'd probably try a little **clove oil** (placed on a cotton swab, then dabbed around the painful tooth or gum) for immediate pain relief.

Or, if the oil weren't available (most drugstores carry it), I'd stop in a supermarket and buy a package of **whole cloves** in the spice department. Then I'd put a couple of the cloves around the

aching tooth and just hold them there, for a while. Until the pain stopped.

Failing that, I might try rubbing a **heated bud of garlic** on the distressed tooth, or **packing the painful area with onions**. Both of these members of the *allium* family can bring relief from toothaches.

But the first technique I'd almost always try before seeking professional attention is **G-Jo Acupressure**. To me, this is the fastest, easiest and most effective means of relieving (and often "reversing" or healing) numerous, common ailments.

G-Jo is a kind of acupuncture ... but without the needles. Instead, you use a deep, digging or goading kind of fingertip massage upon one or several of the body's nearly 200 G-Jo therapy points.

There are G-Jo points for self-treating more than 250 common ailments and health disorders. All the many G-Jo Acupressure points and their hundreds of uses are found in the G-Jo Institute's *Master of G-Jo Acupressure Home-Study Certification Program* -- see [www.g-jo.com](http://www.g-jo.com) . But the first several that come to mind for self-treating toothaches of all sorts would be **G-Jo point numbers 16 and 56**. These two points -- each located toward the tip of a finger -- can perform literal wonders of relief when suffering from aching teeth or painful gums.

To locate **G-Jo point #16**, begin pinching and squeezing between the nail and the first joint of the middle finger, focusing on the area that is closer to the nail than the joint. It will normally be found on the side of the middle finger that is closest to the thumb and pointer finger.

As an alternative to squeezing or pinching, I sometimes use my fingernail for deeper and more specific pressure. When contacted -- if it is the "right" point -- the pain will often be intense ... almost as if there were a "connectedness" to the toothache from that point (which there actually is).

Then "trigger" the spot for a few seconds in either a squeezing, pumping "pinch-massage," or by using the edge of your thumbnail, until you feel a sense of warmth, clamminess begin to occur. You might even feel perspiration breaking out someplace in the body. This is an "acupressure reaction," and it typically occurs within five or ten seconds when a good point is triggered in the proper way.

To finish this simple technique, find and trigger the same spot on the opposite middle finger. Expect one of the two fingers to be more sensitive -- and thus more effective in relieving the pain -- than the other. If, or when, the pain returns, focus more on the painful-most finger ... again, just for a few seconds.

But if this middle-finger spot is not too effective in bringing relief, then go to **G-Jo point #56**. This is just behind the fingernail -- again, on the side closest to the thumb -- of the index or pointer finger. Do exactly the same process: Use the "pinch-massage" or the point of the opposite thumbnail to press the appropriate area deeply and specifically. G-Jo Acupressure points are tiny; only about the size of a pinhead, so you'll need to use precise pressure.

Remember: The point must "announce" itself with a sharp twinge of sensitivity when deeply probed. If you don't feel the "ouch," you haven't found the point. Keep probing until you do.

Finally, a unique but effective means of deadening tooth or gum pain (and an alternative to have a shot of pain-killer when you have dental work done) is ... a *clothespin*! Yes, by clamping a spring-loaded clothespin on either earlobe about 15 minutes before the dentist begins working, you can reduce, and often eliminate, the associated pain ... even from drilling and deep curettage (scraping beneath the gum with that nasty, pointed tool)!

Keep the clothespin in place until the work is completed. Hey, it may look stupid, but it really works!

That's it. If your toothache continues, you might try to find other G-Jo Acupressure points (there are nearly 20 such points for the relief of tooth and gum problems, alone!). But as always, if symptoms persist after you've exhausted all your self-health options, seek professional attention.

Download a free Basic G-Jo Training Chart from The G-Jo Institute's website [www.g-jo.com](http://www.g-jo.com) for illustrations of six important G-Jo points.