

Chapter 10

Health Mouth, Healthy You Chapter Review Sheet



LIVING WELL
with DR. MICHELLE

**— Chapter 10 —
Protect Your Body and Health**

- **Take-Aways**
- **Things To Do**

Chapter 10

Healthy Mouth, Healthy You Chapter Review Sheet

Take-Aways

- Each tooth has its own shared energy channel.
- If your teeth are affected, they can cause other health problems down their energy lines or if another organ is affected on a certain energy channel it can affect the teeth on that line.
- Fluoride can strengthen teeth, but it can also have other harmful health effects.
- Fluoride can activate a thyroid hormone without allowing it to be used by our bodies which can cause thyroid issues.

Things To Do

- Filter the water you drink to remove fluoride.
- Remove other sources of fluoride in your environment like not using dental products with fluoride.
- Remove your dental problems in order to heal your entire body.