

# Chapter 5

## Health Mouth, Healthy You Chapter Review Sheet



**LIVING WELL**  
with DR. MICHELLE

### — Chapter 5 — Nourish the Inside

- **Take-Aways**
- **Fat-Soluble Vitamin Roles and Sources**
- **Things To Do**

# Chapter 5

## Healthy Mouth, Healthy You

### Chapter Review Sheet

#### Take-Aways

- People with more nutrients in their diet have healthier teeth.
- Fat-Soluble Vitamin Roles and Sources.

#### Fat-Soluble Vitamin Roles and Sources

##### Vitamin A: Plays Many Roles

- It helps the eyes adjust to light changes.
- It is crucial in bone growth and tooth development.
- It aids in reproduction, cell division, and gene expression. It works to regulate the immune system.
- It keeps the skin, eyes, and mucous membranes of the mouth, nose, throat, and lungs moist.
- It is an important antioxidant that may play a role in the prevention of certain cancers.

##### Food Sources for Vitamin A

- The form that is easiest for your body to use is from animal foods —butter, milk, egg yolks, goat cheese, fish, and liver. Two particularly rich sources are fermented cod liver oil and butter. You can use an Extra Virgin source of cod liver oil or a fermented version, but make sure your sources are clean and the oils are handled properly.
- Some plants contain the antioxidant beta-carotene, which the body can convert to vitamin A. It is a little more difficult for the body to make this conversion, but it is a great plant source of the vitamin.

- Beta-carotene comes from orange or dark green fruits and vegetables. Examples are carrots, pumpkin, winter squash, dark green leafy vegetables, and apricots.

### **Vitamin D3: Helps the Body use Calcium and Phosphorous.**

- Increases the amount of calcium absorbed from the small intestine, helping to form and maintain bones and teeth. This also prevents tooth decay.
- Plays a role in immunity and controlling cell growth.
- Children especially need adequate amounts of vitamin D to develop strong bones and healthy teeth.

### **Food Sources for Vitamin D3**

- The primary source of Vitamin D is the sun. You need to spend time in the sun, without sunscreen on, in order to have the effect needed to create Vitamin D in the body. The best times are between 11 am–2 pm for Vitamin D formation.
- Vitamin D is also found in oily fish (e.g., herring, salmon, and sardines) as well as in cod liver oil, butter, eggs, and liver.

### **Vitamin E: Benefits the body by acting as an antioxidant**

- Protects vitamins A and C, red blood cells, and essential fatty acids from being destroyed.
- Fights damage by free radicals that are created through chemical processes in our bodies. They neutralize these harmful substances. Eating an antioxidant-rich diet full of fruits and vegetables lowers the risk for heart disease, cancer, and several other diseases.

### **Food Sources for Vitamin E**

- About 60 percent of vitamin E in the diet comes from vegetable and nut oil (olive oil, almond oil). Watch out for oils high in Omega 6 Fatty Acids like Soybean, Canola, Corn, Cottonseed, Sunflower, Peanut, and Sesame Oil.
- Fruits and vegetables, grains, nuts (almonds and hazelnuts), seeds (sunflower), and fortified cereals.

### **Vitamin K2: Enables cells to use Calcium**

- Works synergistically with Vitamin D3 to uptake calcium into cells.
- Essential to remineralize tooth decay.
- Particularly important in times of hormonal change such as puberty and pregnancy.

### **Food Sources for Vitamin K2**

- Raw dairy products have the highest concentrations of this vitamin. Butter oil, raw butter or ghee (clarified butter—you can make it or purchase it), and raw cream.
- Fish, Eggs
- Pasteurized milk does not contain the enzyme necessary to break down calcium. When we drink milk, the calcium can't actually get to our bodies.
- Vitamin K2 is only in milk that comes from grass-fed cows. Raw greens contain oxalates that make it so your body can't break down or use calcium.
- Bone Broth is a great way to get many fat-soluble vitamins.
- Butter from Grass-Fed Cows is also a great source of fat-soluble vitamins.
- Many grains contain a coating that doesn't allow our bodies to access the nutrients inside.

## **Things To Do**

- Look for farmer's markets to get your food or online classifieds.
- Preserve the extra food that you have.
- Use the list of dirty dozen and clean fifteen.
- Buy the dirty dozen foods organic!
- Find raw milk near you or look to ferment your dairy.

## Things To Do Cont'd

- Mix up your greens, cook or steam greens before eating, or use calcium tablets when eating greens.
- Don't eat snacks or sweet things constantly. Take a break between them.
- Soak, sprout, or ferment grains and legumes before using them. Watch the Bonus Videos for help.
- Take the Baking Soda Test to determine your level of stomach acid.