

Oral health

Children present so many interesting symptoms in their mouths.

- Tongue ties
- Teeth grinding
- Teething
- Thrush

Common causes of poor oral health:

1. Mouth breathing: check for ties
2. Poor diets: processed foods, grains, high in sugar, low in animal fat/protein often leading to deficiencies in vit K, magnesium, Vit A, Boron
3. Chronic infections: Strep, lyme, mycoplasmas
4. Poor gut health: malabsorption/leaky gut

