

**Article for 11/06/2018**

**DID YOU KNOW???**

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**TOOTH SENSITIVITY: A SIMPLE PROBLEM WITH A COMMON SENSE SOLUTION**

One of the most common maladies affecting humans is tooth sensitivity. In a normal person, tooth sensitivity is usually the result of a simple problem, a calcium deficit in the teeth due to an acidic diet. To treat any disorder or disease affecting the human body one must first understand the origin of the problem. In tooth sensitivity the source of the problem is simply a calcium deficit leaving the outer root surface (terminal dentinal tubules) exposed. The calcium deficit is caused by an acidic resting pH that eliminates the first line of defense of the tooth from sensitivity, the outer layer of calcium. In our patient interviews we are often able to identify the diet habit that is most likely the cause of the sensitivity, with them most common cause being drinking acidic drinks.

Eliminating the acid from the diet and simply neutralizing the acids associated with decalcification with simple baking soda will eliminate most hypersensitivity affecting normal persons in three to four weeks. For baking soda to change the resting pH from acidic to basic also requires the patient to master disruption of ALL plaque on ALL tooth surfaces. Switching from acidic drinks to Hydrogen infused water eliminates acid from drinks and has many other proven health benefits. Most carbonated beverages not only take calcium from teeth but also take calcium from your bones! This present generation of Millennials are predicted to have the distinction of being the first generation in modern history to live shorter lives than their parents due to brittle bones later in life caused by carbonated beverages!!!

People develop hard to change habits over a lifetime, proper tooth brushing being one of the most difficult skills to master We find that to desensitize and start the patient on the road to oral health the patient will often lack the ability to effectively disrupt their oral plaque (bioflora) allowing for conversion from an acidic, pathogenic oral bioflora to a probiotic bioflora which is dependent on a basic environment. Changing from a manual toothbrush to an electronic toothbrush facilitates proper toothbrushing. It may also be necessary to bring the patient in once a week for air slurry polishing with Sodium bicarbonate and visual assistance in improving oral hygiene by examination with an intra oral video camera.

At the end of four sessions, tooth sensitivity will usually disappear if the patient has also eliminated the offending acid from their diet.

Tooth paste has been one of the most destructive products ever unleashed on the consumer public. Most of the ads seen on TV promoting tooth paste or mouthwashes are simply fraudulent, misleading, or lack full disclosure. For example, there are chemicals that will numb the tooth surfaces. However, these tooth pastes will NOT address the cause of the problem, calcium deficit. Using a product to reduce tooth sensitivity without addressing the source of the problem is like going to your physician with an infected hand due to a splinter and just receiving a

prescription for an antibiotic. The problem is the splinter not the infection. Remove the splinter first.

There are three common sense adjuncts to achieving good oral health:

1. Use an electronic toothbrush to brush the gumlines!
2. 80% of the bad bacteria in your mouth reside INBETWEEN the teeth. Use an interproximal brush to brush INBETWEEN your teeth!!!
3. Use “Common Sense” Teeth cleaning powder which contains baking soda to neutralize the acid around your teeth!

This and more common sense based opinion articles are available on the [www.jtimrainey.com](http://www.jtimrainey.com) website. Dr. Rainey is known for his scientific research into tooth structure and has lectured worldwide on these topics. He can be reached @ [drrainey@jtimrainey.com](mailto:drrainey@jtimrainey.com) or 361 526 4695. Dr. Rainey maintains a private practice in Refugio, Texas @ 606 Osage