

# Why The Tooth Fairy Gave Up Grains

By Alvin Danenberg, DDS

Dr. Danenberg specializes in periodontics, and currently practices dentistry in Beaufort, Bluffton and West Columbia, SC. He received advanced training in evolutionary nutrition from the Kripalu Center for Yoga and Health as well as The Center for Mind-Body Medicine. Dr. Danenberg recently received the designation "Certified Functional Medicine Practitioner".



You may think you know all about tooth fairies. As you know, they discreetly appear at night to exchange your child's baby tooth, that's tucked away under his or her pillow, for little trinkets or coins. They flutter about with their cute big eyes and their huge smiles and their soft, silky wings. But what you probably didn't know was that these precious little busy bees have been around for a long time. As a matter of fact, they have been around for tens of thousands of years.

These tooth fairies knew of a time when little boys and little girls hardly ever got tooth decay. In those days, mommies and daddies worked hard gathering and hunting food. The children ate all the good, nutritious foods that their parents brought to the table. Bodies were strong and lean, and teeth were white and straight. Adult teeth lasted a lifetime, as they were designed to do. But then, something changed, but the fairies didn't realize it until much later.

About 10,000 years ago, certain foods were cultivated that slowly became part of almost everyone's diet. The fairies didn't think any harm was going to come from these new foods. But it did. In time, these foods started to damage the teeth of children and adults. All of a sudden, it seemed like many people started to develop toothaches and loose teeth and holes in their teeth. The fairies finally learned that something was wrong with these new foods. They learned that these foods—these grains—were the cause of the dental problems and other health problems that were beginning to plague humans.

Then, refined sugars became part of most human's diets. And then, the fairies understood that these sugars and the added intake of processed grains created added health problems. The fairies made a pledge to give up these grains and sugars and to try to tell everybody that these were not foods people should be eating.

The way the fairies used to eat, and the way humans used to eat before grains became so much a part of the diet, was the healthy way to eat. So the fairies became focused on a mission—to tell the world that grains and sugars needed to be avoided in order to regain dental health and overall health. You see, our bodies were never designed to eat modern-day processed foods. Our guts cannot fully digest them, and these foods eventually

