

# Can Vitamin K2 Actually Reverse Cavities?

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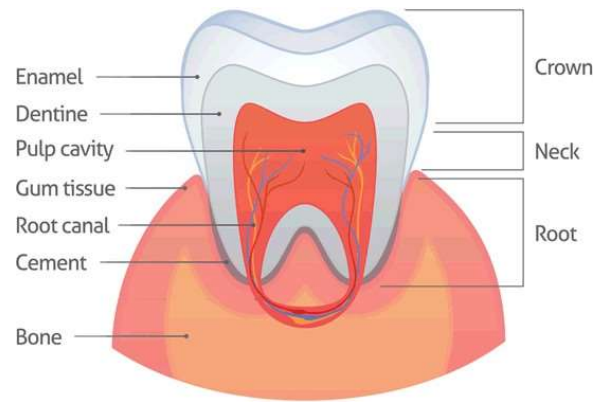


**As a nation we've been taught that brushing, flossing and gargling with mouthwash is the best defence against preventing tooth decay, but what if there was another way?**

Our teeth are comprised of outer and inner layers, the enamel is the protective shell and the dentin is the inner nerve layer. This inner layer has an inbuilt system called the osteo-immune system which originates from the cells of the bone marrow that ultimately create our teeth, bones and immune system.

Rewards

The preservation of tooth enamel should be one of your highest priorities where dental health is concerned. It's essentially a mineralised structure that is managed by your oral microbiome. Tooth enamel contains hollow tubes called enamel tubules which extend to the dentin (the inner nerves). The dentin has cells called odontoblasts which are osteoimmune cells that work to keep our dentin healthy.



## Here's where this gets interesting ...

Your odontoblasts release proteins that are hungry for Vitamin K2. This vitamin is key in activating osteocalcin which is a glycoprotein with a primary function of carrying calcium into bone and teeth. Think about that ... without Vitamin K2, osteocalcin simply can't set about it's mineralisation repair job.

So odontoblasts both defend and repair bacteria-driven tooth decay and are dependent on Vitamin K2 and also the fat soluble vitamins A and D to do so.

## Vitamin K2 is crucial in preventing tooth decay

A deficiency in Vitamin K2 can make our teeth susceptible to decay as they lose the ability to defend against bacteria and heal and remineralise teeth from the inside. No amount of kissing, brushing or gargling will address a deficiency in Vitamin K2. We'll address our thoughts on mouthwash and it's effect on the oral microbiome in another article!

## So Can Vitamin K2 Actually Reverse Cavities?

If you have cavities it appears that all is not lost as according to a number of pioneering functional dentists, healing can occur.

They advise that the body can recruit new odontoblasts if it has enough resources to do so and it seems likely that this is a Vitamin-dependent process. Newly formed cells can be recruited from the pulp core that can help to start a secondary defence layer of dentin which in turn assist to remineralise teeth from the inside.

So to reiterate ... without enough Vitamin K2, our teeth are susceptible to tooth decay. They lose the ability to both defend against bacteria and heal. One such functional dentist even went as far as saying **"If you eat organs, you'll be largely immune to decay"**, interesting thoughts indeed.

## What is Vitamin K2

Most people have never heard of Vitamin K2 but it's pretty important as vitamins go. It was discovered by the dentist (go figure) Weston Price, who travelled the world in the early 20th century studying the relationship between diet and disease in different populations.

He found that the non-industrial 'traditional' diets were high in some unidentified nutrient (later identified as Vitamin K2), which seemed to provide protection against tooth decay and chronic disease.

Vitamin K2 plays an essential role in dental health as outlined above as well as bone metabolism, and studies suggest that it can help prevent osteoporosis and fractures.

## Where to find Vitamin K2

The average intake of this important nutrient is incredibly low in the modern diet. Vitamin K2 is mainly found in certain animal and fermented foods, which most people don't eat much of. Rich animal sources include high-fat dairy products from grass-fed cows, egg yolks, as well as beef liver and organ meats. Beef liver offers the highest percentage of Vitamin K2 from all meats per serve.



The benefits of supplementing with K2 may be required if your diet is lacking in these foods. When combined with a Vitamin D supplement the benefits may be enhanced even further, as these two vitamins have synergistic effects.

To maintain healthy teeth and overall good health, make sure to get adequate amounts of vitamins K2 as well as the fat soluble vitamins A and D.

## How to supplement Vitamin K2

If you are looking for a whole food and bio-available supplement that includes Vitamin K2, A, D as well as a myriad of critical nutrients look no further than desiccated beef organ supplements.

**Organ meats are THE most concentrated source of just about every nutrient, including vitamins, minerals, healthy fats and essential amino acids.**

Our Primal Energy Beef liver supplements are organic, 100% hormone, antibiotic and GMO-free. They are tasteless, provide nose to tail nourishment, are freeze-dried to preserve nutrients and are 100% grass-fed from the pristine Tasmanian pastures.

