

Nutritional Pearls

Tips that may save your life

Dr. Gerald H. Smith

April 17, 2025

**Why a Local
Anesthetic Does Not
Work in a Nutritionally
Compromised Patient**

Local Anesthetic Pharmacology

For the local anesthetic base to be stable in solution, it is formulated as a hydrochloride salt. As such, the molecules exist in a quaternary, water-soluble state at the time of injection. However, this form will not penetrate the neuron. The *time for onset* of local anesthesia is therefore predicated on the proportion of molecules that convert to the tertiary, lipid-soluble structure when exposed to physiologic pH (7.4).

Unfortunately, most patients especially patients in pain are too acidic (4.5 to 6.5 pH) preventing the local anesthetic from working. You can quickly change the pH by taking a food based organic mineral (Organically Bound Minerals from Standard Process). Dosage depends on the degree of acidity. Takes approximately 10 minutes to take effect.

Toxicity of Lidocaine

99.99% of dentists use Lidocaine as a local anesthetic. Lidocaine breaks down into aniline, which is a known carcinogen.

Nutritional Pearl #1

When you have an abundant supply of essential amino acids, the necessity for antioxidant supplementation becomes reduced. Your body can manufacture glutathione in abundance when you have a constant supply of essential amino acids. Cysteine-cystine essential, and glycine and glutamic acid (nonessentials) readily synthesize glutathione. Nine out of ten persons may not accomplish this due to a poor quality of dietary protein.

Nutritional Pearls

Consumption of essential amino acids (animal/vegetable) enables your stomach to manufacture more hydrochloric acid (HCl), to further increase your protein digestion, and acidify minerals (calcium, phosphorus, sulfur, etc.) so that they are prepared for entering your body. This alleviates the most common cause for indigestion, heartburn and acid reflux.

Nutritional Pearls

Essential Amino Acids

- 1. Histidine**
- 2. Isoleucine**
- 3. Lysine**
- 4. Methionine**
- 5. Phenylalanine**
- 6. Tryptophan**
- 7. Valine**

Nutritional Pearl #2

L-arginine is required for the body to synthesize nitric oxide, which is important in wound healing, stimulating immune function, and promoting secretion of glucagon, insulin, and growth hormone.

Food sources of l-arginine: Whole wheat, rice, nuts, seeds, corn, soy, grapes, cocoa, carob, dairy, meat and poultry, chocolate and fish.

Nutritional Pearl #3

Is ascorbic acid really vitamin C?

Ans. No. Natural vitamin C is derived from a food source (green buckwheat, Camu-Camu fruit, acerola berry, Indian Goose Berry [AMLA], wild Spanish orange, and green peppers. Natural vitamin C contains tyrosinase which is activated by copper to convert the amino acid tyrosine to thyroxine, P factor (Bioflavonoids - permeability), J factor (increases oxygenation carrying capacity of the blood), vitamin K is another part of the vitamin C complex that promotes prothrombin formation and helps in coagulation

Nutritional Pearl #4

Periodontal disease is associated with the release of proinflammatory mediators which are also associated with pathogenic bacteria and systemic oxidative stress.

The following nutrients are very effective anti-oxidants to quench the oxidative free radicals:

Astaxanthin: Trout, micro-algae, yeast, and shrimp; most commonly found in Pacific salmon, and is what gives the fish its pinkish color. It is 6,000 times more potent than vitamin C.

Nutritional Pearls

Astaxanthin:

- Reaches into every part of the cell.
- Crosses the blood-brain barrier.
- It does not oxidize after it does its job, like many other oxidants do.
- It can handle many different types of free radicals simultaneously which is a rare quality among antioxidants.

Nutritional Pearls

Effective anti-oxidants to quench the oxidative free radicals:

Resveratrol: It is a nonflavonoid, anti-oxidant derived from the Japanese knotweed. Also found in red grapes, peanuts, and raspberries. The trans configuration has been shown to be the most biologically active form; it works as a powerful anti-oxidant alleviating oxidative stress and inflammation.

Nutritional Pearls

Effective anti-oxidants to quench the oxidative free radicals:

Vitamin C: Functions as an anti-oxidant, is anti-viral, anti-bacterial, anti-fungal and anti-inflammatory. Food based from buckwheat, Camu-Camu fruit from South America, AMLA - C (Indian Goose Berry) green peppers, strawberries are good sources.

Nutritional Pearls

Effective anti-oxidants to quench the oxidative free radicals:

CoQ10: It is an antioxidant and essential in the production of energy in cells. Effective in assisting the periodontal tissues in healing. Present in meat, nuts and some oils and raw vegetables.

Nutritional Pearl #5

Treatment of dental related Inflammation:

Ans. Quercetin is a flavonoid commonly found in apples, onions, citrus, green tea and red wine.

NSAID Drugs such as aspirin, acetaminophen and the prescription drug Celebrex have significant side effects which have resulted in 100,000 hospitalizations and 15,000 deaths per year in the United States. Complications from the use of these medications represent about 40% of ALL DRUG-Related emergencies!

Nutritional Pearl #6

Fluoride has an affinity for calcium, magnesium, and phosphorus and replaces iodine on its receptors.

What's the best way to get rid of fluoride?

Ans. Best way to remove fluoride from the body is to take Magnascent Iodine, which kicks fluoride off the receptors. Magnascent Iodine is the most biologically active form and closest physiologically for thyroid utilization.

Nutritional Pearl #7

Treating Aphthous ulcers nutritionally.

Ans. Calcium lactate (SPL)- suppresses the Herpes simplex virus; Linum B6 (SPL) acts as a diffuser pushing the calcium into tissues. Also pulsing a 5 MW soft laser (red [650 nm] or green [532 nm]) over the ulcer speeds the healing process by stimulating the uptake of calcium.

Nutritional Pearl #8

Effective heavy metal chelators.

Ans. IMD (Quick Silver- Intestinal Metal Detox); Docs Aminos (Supernutrients); Glutathione (Quick Silver, Premier Research, Max International); Dental Chord and Metal Chord (Energetix); Clay FX (Premier Research); Medi-Dental Pak + Neuro ND (Premier Research).

Nutritional Pearl #9

Most chronic pain patients have an acid pH (4.5 - 6.2).

Ans. Can start alkalizing the patient with a teaspoon of baking soda in 8 ounces of water. Also recommend The Gift (Mother Eather labs), Organic Minerals (SPL) or Magnascent iodine. Chronic pain patients are sympathetic dominant and use of magnesium and Catalex B2 helps calm down the sympathetics.