Have Scientists Found a Streamlined Way to Regenerate Your Teeth?

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https://arlingtontexasdentist.net/scientists-found-streamlined-way-regenerate-teeth/
What if a cavity could fill itself, a broken tooth regrow? Or a missing tooth regenerate?

Scientists have come up with a bright idea – literally – to repair teeth. Using lasers to regenerate and grow body parts sounds like science fiction, but researchers have just demonstrated that it might be a transformative tool in dentistry in the future.
In past regeneration procedures, scientists take stem cells from the body, reconfigure them in a lab, and then integrated them back into the body. This new laser method simply stimulates stem cells that are where regrowth is desired. A Harvard-led team just successfully used low-powered lasers to activate stem cells and stimulate the growth of teeth in rats and human dental tissue in a lab. Stem cells exist throughout the body, and they fascinate scientists because they have the potential to repair or replace damaged or worn out tissue.

Stem cells are the biological regrowth experts.

Using lasers to make stem cells do their work is a minimally invasive technique. The ability to naturally regrow dental tissue could transform dentistry, making it possible to regrow teeth instead of replacing them with a substitute like porcelain veneers (https://arlingtontexasdentist.net/porcelain-veneers/).

The research is in its earliest stages and has not yet been tested on humans, so it’s far too soon to say whether these futuristic techniques will ever make it to your local hospital.

Why it’s not ready for prime time yet

Despite their attempts, an entire tooth wasn’t regenerated due to the complicated structure of enamel. What they can’t do yet is stimulate an entire tooth to regrow – the new dentin they grew didn’t shape into tooth form. However, coaxing dentin to grow means that root canals (https://arlingtontexasdentist.net/endodontics-root-canal/) and the pain associated with them, may not need to be done in the future. In fact, regrowing our teeth is highly preferable to having them filled because most fillings these days either contain mercury (a known toxin that damages the brain and nervous system) or are estrogenic (white fillings release estrogen and contribute to hormonal problems.)

Home Remedy
Regrowing your teeth using stem cells is still experimental. For re-growing your teeth layers (enamel or dentin) without a laser at home, you’ll just need two things: comfrey root and organic eggshells. Eggshells are used because they contain 27 minerals and loads of calcium, so they contain the ideal building materials to regrow your teeth. In fact, the composition of eggshells is very similar to the composition of our teeth and bones. Comfrey root is used because it accelerates bone, teeth and tissue growth. In fact, another name for comfrey root is “knitbone”, primarily because of its ability to knit bone and tissue back together so quickly.

“knitbone”, or comfrey root (https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3580139/), has been used for decades as a natural option to quickly heal bone and tissue.

While you’re re-mineralizing and adding plenty of calcium to your body with eggshells, you’ll also want to use comfrey root on your teeth and gums. Either fresh or dried comfrey root will do the trick, but if it’s dried, boil the root lightly for ten minutes to rehydrate it. Then, blend a square inch of the root with a few tablespoons of water to make a liquid – and swish the liquid in your mouth and between your teeth for about 20 minutes. When you’re finished, just spit it out.

Using comfrey in this manner is best done once a day and you’ll likely see progress within a few weeks. Many cavities can be completely regrown within a month or two with regular use.

Please note: Comfrey root can be a little hard on your liver so if you have liver problems, you’ll want to avoid using comfrey. After your teeth have regrown, you’ll also want to end the use of comfrey so as not to overdo it.

**Healing Cavities without Drilling**

When you damage a tooth, your dentist usually uses a filling (https://arlington texasdentist.net/tooth-colored-fillings/) or a crown to patch it up. But eventually, researchers say that your dentist might just point a laser at it, encouraging the tooth to regrow on its own. While it's no surprise that light causes reactions in the human body, some researchers have been trying
to determine whether specific wavelengths of light might be able to trigger specific healing properties when focused on a certain area of the body. So, the next time you get a cavity, you might get tooth regeneration instead of fillings.

**Dental Materials for Tissue Regeneration**

Materials scientists are beginning to develop solutions of chemicals that can actually rebuild decayed teeth. Enamel and dentin, the natural materials that make teeth the strongest pieces of your body, would replace gold or ceramic fillings.

But with the help of a calcium-containing solution of ions, scientists have been able to rebuild dentin and remineralize some parts of the teeth ([https://arlingtontexasdentist.net/what-is-tooth-remineralization/](https://arlingtontexasdentist.net/what-is-tooth-remineralization/)). Still, the complicated process is years away from being used in your Arlington dentist's office ([https://arlingtontexasdentist.net/](https://arlingtontexasdentist.net/)). If it works in a clinical trial setting, I think it will be great news in future.

**About Mark C. Marchbanks, D.D.S.**

Dr. Mark Marchbanks has practiced dentistry in Arlington Texas since 1983. He enjoys caring for patients young and old. You can find Dr. Marchbanks on Twitter ([https://twitter.com/marchbanksdds](https://twitter.com/marchbanksdds)) or on Linkedin ([https://www.linkedin.com/company/mark-marchbanks-dds-arlington](https://www.linkedin.com/company/mark-marchbanks-dds-arlington)). If it's been more than 6 months since your last
teeth cleaning, give us a call today to schedule your check-up.

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For additional questions you can call us at (817) 261-2747 or you can find us on Yelp (https://www.yelp.com/biz/mark-c-marchbanks-dds-arlington) and Bbb (https://www.bbb.org/us/tx/arlington/profile/dentist/mark-c-marchbanks-dds-0825-235979864).

Mark C. Marchbanks, D.D.S. (https://goo.gl/maps/h3NnmKjUzMymvCD9) is located on 2624 Matlock Road Suite 100 Arlington, TX 76015, Arlington (https://goo.gl/maps/CZsYCMibGnH2PrLR7). From DFW International Airport (DFW) (https://goo.gl/maps/gWuCSUKAyZCDiL3E8) head north on International Pkwy and use the left lane to take the exit toward Express S. Keep right at the fork and in 0.2mi slight left. Then merge onto International Pkwy and continue onto TX-97 Spur/International Pkwy.

Next, use the right 2 lanes to take the TX-360 S exit toward Arlington and keep left and merge onto TX-360 S. After that use the right lane to take the exit toward TX-303 Spur W/Pioneer Pkwy E and use the right lane to merge onto S Watson Rd. Finally, turn right onto E Pioneer Pkwy and continue straight to stay on E Pioneer Pkwy.

Use the left 2 lanes to turn left onto Matlock Rd and Mark C. Marchbanks, D.D.S. will be on your right.

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