

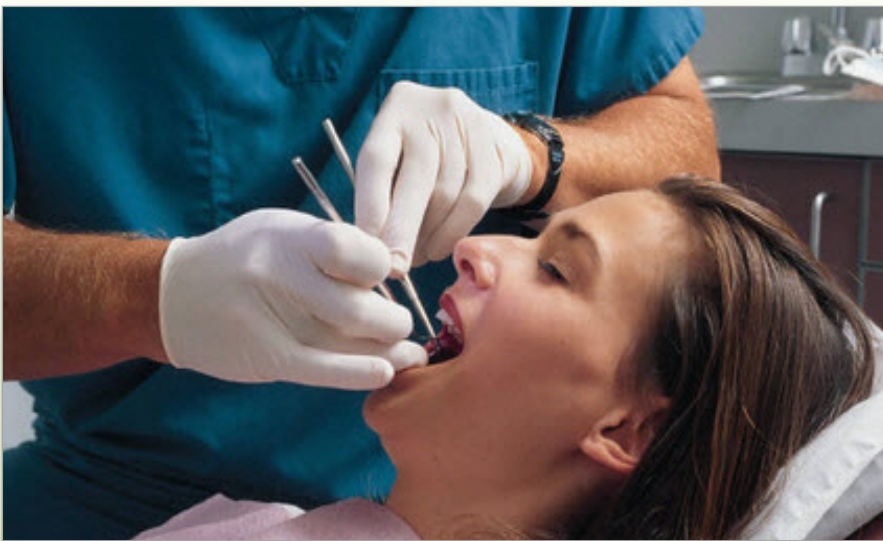


Naturally Reduce & Prevent Oral Infections

"All of us have bacteria in our mouth but conservative numbers suggest 38% of people age 20 and at least 58% aged 50 have periodontal disease."

All of us like to have a bright smile, healthy teeth and fresh breath. Let's consider what we can do naturally and effectively for our teeth and gums? Have you experienced bleeding gums, tender or swollen discolored gums? Bleeding signals inflammation of the gums called gingivitis which is the first step toward periodontal disease. Statistics vary but conservative numbers suggest 38% of people age 20 and at least 58% of people age 50 have periodontal disease. The risk is even higher for people in their golden years.

All of us have bacteria in our mouth. Bacteria forms plaque around the teeth releasing enzymes called collagenases that can damage and erode the gum tissues. The infected gums swell, bleed easily, recede and loosen teeth. Tooth loss is caused more frequently by gum disease than tooth decay.



Let me emphasize again, bleeding gums signal inflammation. Chronic inflammation is a problem and is related to almost every major disease. Before we spend money to have lab tests run to measure inflammation, why not pay attention to the warning signal that is flashing at us when we look in the mirror? It's not a sign of health to have bleeding, tender or discolored gums.

Remember, the mouth can be a breeding ground for infection. I say "can be" because it

is normal to have bacteria in our mouth. A healthy immune system keeps the bacteria in check. However if our immune system is comprised due to poor diet, chronic stress, toxic overload, etc, bacteria can thrive and create deeper levels of infection.

Consider that bleeding also signals capillary fragility. If the capillaries in the gums are weak chances are good the integrity of other capillaries may be compromised. Foods and nutrients that support cap-

illary and tissue healing like buckwheat sprouts can help. My favorite supplement is Bio-FCTS by Biotics Research. Bio-FCTS is a flavonoid complex of quercetin, vitamin C, buckwheat culture, green tea extract and citrus fruit.

Here's a true story that illustrates how chronic infection can provoke health problems. A friend of mine had inoperable brain cancer. After being referred to a dentist who practices complimentary dentistry, he found she had a leaky, infected root canal. Once the tooth was extracted and the infection cleaned up, her body healed the brain tumor. No chemo, no radiation. That was over 10 years ago and still no sign of cancer. This case is dramatic but illustrates how smoldering infections in the mouth, when left untreated, can be a serious health risk.

So what can you do naturally to help reduce and prevent infections? Here's something to consider; a simple therapy that could be described as "unusual." It's called "Oil Pulling." Just the sound of the words "oil pulling" is a little strange. It originates in ayurvedic medicine in India. Oil Pulling Therapy works by removing disease-causing microorganisms and toxins in the mouth that cause poor health. Dr. Bruce Fife in his book [Oil Pulling Therapy - Detoxifying and Healing the Body through Oral Cleansing](#) says "it's nothing magical, just simple biology."

Most of the microorganisms that inhabit the mouth consist of a single cell. These cells are

covered with a lipid or fatty membrane which is the cell's skin. When you combine 2 oils together, they are attracted to each other. By putting sesame seed oil or sunflower seed oil in your mouth, the fatty membranes of the microorganisms are attracted to the oil. As you swish it around your teeth and gums, microbes are picked up as though they are being drawn



to a powerful magnet. Bacteria that hide under crevices in the gums and in pores within teeth are sucked out of their hiding places and held firmly in the solution. Increased saliva production is an added bonus as it also helps to fight certain microbes and balances pH.

For further instruction as well as other natural therapies contact your Wellness professional. Your clinician can recommend a treatment that is right for you.

When your body does not have the burden of constantly fighting off oral infections, bacteria and toxins, the process of self-healing begins. Inflammation diminishes, blood chemistry is normalized, damaged tissue is repaired and healing occurs. It's not too late to get started.

Are your gums sore? Are you experiencing bleeding gums or do you have concerns about infections in your mouth? Ask your Wellness clinician for help. More than half of all people over the age of 50 are at risk for periodontal disease. Be aware and take a Wellness approach.