

Week 46 (2016)

Brush Up On This

Last week I told you of studies that claim the health of your heart is affected by infection that come in via the gums.

I also mentioned that Alzheimer's is likely to become the most common cause of death overtaking cancer, heart disease and that Alzheimer's can be reversed with lifestyle changes according to a study from UCLA.

What I didn't tell you about the studies from UCLA is that brushing your teeth was an important part of this recovery. It is important that this information is brought into the life of everyone when it comes to diseases.

There is no better time to remind everyone than the holiday season (or should I call it the sugar season).

HEALTHY TEETH AND GUMS HELP YOU LIVE LONGER

A beautiful smile does much more than make a great first impression. Most of us take care of our teeth because we want to look our best. Regular visits to the dentist, brushing and flossing are all part of basic oral hygiene. Clean teeth are healthy teeth, and the health of your teeth matters much more than you think.

THE TRUTH ABOUT GUM DISEASE

If you visit the dentist, you may be warned about the early signs of gum disease. Gum disease or periodontal disease may also be referred to as gingivitis. Gum disease begins as bacteria grow rampant in the mouth. If gum disease is left untreated – with poor nutrition and a lack of oral hygiene – it can result in the destruction of healthy gum tissue and, ultimately, tooth loss.

That's not all. Gum disease spreads infection in a condition called periodontitis. Physicians have known for many years that heart attacks are also caused by infection of the heart muscle and now it is linked to Alzheimer's disease.

How does this infection spread to the vulnerable muscle of the heart? Diseased gums breed infection that can move to blockages in the arteries, especially the carotid artery – according to research. Gum disease may play a critical role in spreading infection and furthering damage to an unhealthy circulatory system.

Gum disease allows infection to enter the bloodstream. If the cardiovascular system is already inflamed, it may not stand a chance.

HEAL GUM DISEASE AND PROTECT YOUR HEALTH

Gum disease is caused by a combination of poor oral hygiene and a high-sugar diet rich in starchy carbs. Basic oral hygiene for every member of the family is highly recommended to stop problems before they start:

- Use a spiral toothbrush between each tooth every time you brush.
- Use mouthwash to fight infection that causes inflamed gums and diseases – e.g. hydrogen peroxide purchased from a pharmacy.

The next and most critical step to heal gum disease is to focus on diet:

1. STOP eating starchy carbs and high-sugar foods altogether.
2. Take a friendly probiotic capsule, open and mix into your foods to populate the mouth with good bacteria.
3. Use the potent enzyme Serrapeptase to calm gum inflammation.
4. Enjoy coconut oil liberally at each meal to kill gum disease-causing bacteria. Coconut oil can also be rubbed directly onto gums for all members of the family or used for oil pulling.
5. Take CoQ10 as an extra supplement to heal gum disease – research suggests that gum disease sufferers may have lower levels of CoQ10.

Without proper mouth care and changes to the diet, the outlook for gum disease is bleak. The World Health Organization cites that up to 20 per cent of middle-aged adults have severe periodontal disease that may result in tooth loss. Your family deserves healthy, beautiful teeth as a hallmark of radiant health.

RECOMMENDED GUM DISEASE SOLUTIONS

PRESCRIPT-ASSIST

This product is a third-generation combination of more than x29 friendly soil-based organisms (SBOs) uniquely combined with a humic/fulvic acid prebiotic that enhances SBO proliferation. Backed by human clinical trials, including a one year follow up, this is proven to work. [Click here](#)

COCONOIL – COCONUT OIL

The world's finest Organic Coconut Oil, produced in Sri Lanka. This stable, healthy fat is naturally free from trans-fatty acids and is rich in Medium Chain Triglycerides. [Click here](#)

SERRAENZYME™ 250,000IU

This is a maximum strength Serrapeptase for serious Serrapeptase support. [Click here](#)

UB8Q10

Also known as Ubiquinol, is a coenzyme Q10 that is eight times better absorbed compared to ordinary CoQ10! [Click here](#)

A 'LIFE CHANGING' GOOD HEALTH PLAN

Like Hippocrates, my books help you to practice health care and follow his famous teaching, "Let Food be the Medicine, and Medicine be the Food".

Even if you follow drug taking from the medical system the plan in my eBooks follow, "First Do No Harm" so the plan is 100% safe and can help you to change your life.

GOOD HEALTH COACHING

I would never say it is easy to stick to a plan (ask anyone going on a weight loss or exercise plan) so we have a team of Good Health Coaches all qualified to give you massive support to enable you to stay on the plan.