

Week 34 (2017)

Disease and Death Starts In The Mouth

How many times have you been to a medical doctor or dentist and been confronted with a large poster informing you that disease and death starts in the mouth? Never? Maybe because they don't know this or maybe because they cannot handle the truth but it is 100% true for most conditions.

Almost all health conditions including: Alzheimer's, Heart/Cardio Diseases, Immune Diseases, Lung Diseases and even Obesity have much higher rates in those with gum disease.

What Causes These Problems?

Gum disease is inflammation and infection caused by eating grains and cereals. In particular bread, cakes, bars, cookies, breakfast cereals, rice, potatoes, pasta and in fact any high sugar candy or fruit.

The inflammation eventually rots the gum tissue and teeth eventually decay and fall out. During this inflammatory phase, infection can, and does enter your bloodstream by-passing the immune system in the digestive tract.

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 know 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.

Symptoms include: bad breath, bleeding gums, soft swollen gum tissue, and of course, tooth decay.

Good News

Of course I strongly recommend you stop eating the junk foods I listed as they will steal your life and healthy old age but studies show that oral healthcare is an important part of recovery.

There are four parts to oral healthcare and these include:

1. Spiral brushing between teeth
2. Flossing between teeth
3. Brushing teeth
4. Mouthwash with 3% Hydrogen Peroxide

It is important that this information is brought into the life of everyone when it comes to diseases.

There are new treatments available from progressive dentists and doctors including Ozone Treatment to reverse tooth decay and PRP Platelet Rich Plasma which is an exciting therapy for many things – especially gum disease.

There is no better time to remind everyone that
healthy teeth and gums help you live longer.

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. 3%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, this coenzyme Q10 is eight times better absorbed compared to ordinary CoQ10! [Click Here](#)

