

Periodontal Disease Treatment Options

Nutritional Supplements

Bio-Immunozyne Forte™ - 2 tablets three times a day for acute conditions, reduce to one tablet twice a day for maintenance. Bio-Immunozyne Forte is a full spectrum product to support the immune system.

Osteo-B II™ - 2 tablets three times a day to support bone rebuilding. Advanced periodontal disease is a major source of tooth loss.

CoQ-Zyme 30™ - 1-2 tablets twice a day for acute conditions.

Organic Virgin Sesame Oil - 2 tsps. See below for instructions on oil pulling.

Bio-FCTS™ - 2 three times a day three times a day for acute cases if bleeding is present to increase capillary integrity.

Bio-D-Mulsion Forte® - 2 drops per day preferably use blood testing to bring levels to 50ng/ml.

ProMulti-Plus® - 2-3 twice a day. ProMulti-Plus is a complete full spectrum multiple used for foundational support during maintenance.

Bio-C Plus 1000™ - 1-3 three times a day for acute conditions and 1-3 per day during maintenance. Vitamin C is very important for the integrity of healthy connective tissue.

Oil Pulling

Oil pulling originates in Ayurvedic medicine in India and although a seemingly odd concept to western thinking is an inexpensive therapy that could yield significant results by offering essential fatty acids for gum support. Numerous authors have suggested EFAs can be valuable to reduce inflammation and are necessary for healthy immune function. The oils in Sesame and Biotics Mixed EFAs have natural antibacterial properties as well.

Oil pulling works by removing disease-causing microorganisms and toxins in the mouth that cause poor health. How does it work? *Dr. Bruce Fife CN, ND* in his book *Oil Pulling Therapy-Detoxifying and Healing the Body through Oral Cleansing*, explains it like this. "Nothing magical about it but 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. Even the membranes surrounding our own cells are composed mostly of fat. When you mix oil and fat they separate; but when you combine 2 oils together, they combine, basically attracted to each other.

When you put oil in your mouth the fatty membranes of the microorganisms are attracted to it. As you swish oil 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. The longer you push and pull oil through your mouth, the more microbes are pulled free. After 20 minutes the solution is filled with bacteria, viruses and other organisms. This is why it is very important to spit it out rather than swallow it. Food particles trapped between teeth also released free. Much of it is attracted to the oil as well as to saliva.

Saliva is an added bonus as it also helps to fight certain microbes and balances pH. Disease causing substances are removed, and healing is increased. When the 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.” *Oil Pulling Therapy-Detoxifying and Healing the Body through Oral Cleansing, Dr. Bruce Fife CN, ND p108-116.*

Begin with 2 tsps of oil, try Biotics’ Sesame Oil, coconut oil is also good. Another oil to consider is Mixed EFAs by Biotics. It contains virgin organic sesame seed oil and cold pressed walnut, hazelnut and apricot kernel seed oils. Ideal time is first thing in morning before breakfast when bacteria are at an all time high. Push and pull through your teeth. Swish in mouth for at least 20 minutes to obtain the full benefits of oil pulling. Do not gargle or swallow the oil! For more advanced cases do oil pulling up to 2 times per day and always before meals. A unique recipe for oil pulling: 2 tsps sesame oil, 2 drops oregano or clove oil, 1 crushed emulsified Co Q10 tablet.

Good Nutrition

Good nutrition: avoid sweets (this includes juices, dried fruits). Refined carbs such as cookies, cakes, cereal, pasta, tortillas contribute to dental disease, affecting the entire body. Sugar promotes the growth of bacteria that will erode gum tissue and contribute to periodontal disease. Sugar depletes a healthy immune system. Do your best to seek out outlets for physical and psychological stress which further contribute to depleted immunity, poor absorption of nutrients and diminished resistance to disease.

Foods’ Potential for Tooth Decay

High Potential for Decay	Moderate Potential for Decay
Sugars and syrups	Cooked vegetables (except legumes)
Candy	Whole grains (wheat, corn, spelt, millet, brown rice, popcorn)
Pastries (cake, cookies, pie)	Hot cereals (oats, cracked wheat)
Frozen desserts (ice cream, popsicles)	Luncheon meats with added sugar
Ready -to-eat breakfast cereals	Whole grain pasta
Dried Fruit	Fruit
Chips, crackers, pretzels	Low Potential for Decay
Fruit juice	Raw vegetables
Canned fruit packed with syrup	Legumes
Sweetened fruit	Healthy dairy from cultured products
Sweetened beverages (eggnog, chocolate milk)	Meat, fish poultry
Jelly and jam	Eggs
White flour products (bread, pasta, pancakes)	Healthy fats and oils
White rice	Tea and coffee, unsweetened
	Sugar substitutes (stevia, mannitol, sorbitol)
	Cheese
	Raw nuts and seeds
	Shiitake mushrooms
	Xylitol
	Healthy salt

Other Nutritional Support ideas

*Juice therapy for immunity:

- 2 stalks celery, washed
- 2 carrots, scrubbed
- 1 clove garlic
- 1 granny smith apple washed and cut into pieces
- ½ inch piece of ginger root
- ½ organic lemon

*Herbal Immune Regulator:

- 2 parts lemon balm leaves
- 2 parts rose hips
- 1 part German chamomile flowers
- 1 part Red clover flowers
- 1 part thyme leaves
- ½ part chopped licorice root
- ½ part chopped dried ginger root

1. In an airtight dark-colored jar, blend together lemon balm, rose hips, German chamomile, red clover, thyme, licorice and ginger. Store in a cool, dark, dry place.
2. To make tea: Crush a small amount of blend to a fine powder, then measure 1 tsp per 1 cup. Place in a warmed ceramic teapot, add 1 tsp to the pot and pour boiling water over herbs. Cover pot and steep 15 minutes, then strain into cup.

The Juicing Bible Pat Crocker and Susan Eagles

References:

How to Save Your Teeth, Toxic-Free Preventive Dentistry, David Kennedy D.D.S.

Oil Pulling Therapy-Detoxifying and Healing the Body through Oral Cleansing,
Dr. Bruce Fife C.N, N.D.

The Juicing Bible, Pat Crocker and Susan Eagles

The Keyes Method, the Non-Surgical Solution to Oral Health

<http://www.drpaulhkeyes.com/method.html>