

Controlling Dental Bacteria For Healthy Gums and Teeth

By Jeff Bell / www.MyHealthOptimizer.com

One of the most important keys to overall health is keeping your mouth healthy. The more we learn about real health the more we understand that dental problems have a profound effect on the rest of the body.

For example, it is well known that dental bacteria, if it gets into the bloodstream, can migrate to the heart, where it often creates serious damage. It is estimated by a number of authorities that more than half of the heart valve replacement procedures are made necessary by damage from migrated dental bacteria.

For this reason, it has become “standard practice” to prescribe strong antibiotics for patients with significant cardiac risk factors prior to and after dental procedures. The concern is that almost all dental procedures, even basic dental hygiene work, cause some gum bleeding, which allows dental bacteria to enter the bloodstream and migrate throughout the body. Some strains of dental bacteria attack the heart valves, while others attack the pericardium, (protective membrane that surrounds the heart). Others cause artery wall inflammation, which then leads to arterial blockage.

And here’s a truly obvious reason to control dental bacteria: Left uncontrolled, it proliferates in the mouth and damages the gums and other oral tissue. If allowed to flourish uncontrolled for too long dental bacteria causes tooth decay and tooth loss, as well as other serious dental damage and disease.

While I agree that it is important to minimize dental bacteria before, during and immediately after all dental procedures, I have a little different take on this subject than that embraced by conventional dentistry:

1. I believe it is important for everyone – not just those with elevated cardiac risk factors.
2. I am not sure that antibiotics are the best way to do this.
3. I believe it is important to control and minimize dental bacteria all the time, and not just surrounding dental procedures. (That is one ostensible purpose of brushing one’s teeth with toothpaste. The only problem is that toothpaste does little to control the bacteria, and most toothpaste contains ingredients that are clearly detrimental to health.)

Item 1 is simple: We are all at risk if our populations of dental bacteria are too high. This does not just apply to those with specific cardiac risk factors. If bacteria is allowed to migrate to the heart valves, and other vulnerable parts of the body, they can cause

damage no matter if we have “cardiac risk factors” or not. And we are all subject to gum disease and dental bacteria, so it is important for all of us to control dental bacteria.

Let’s look at item 2: I do not favor taking antibiotics at all if there is any reasonable alternative. Widespread overuse of antibiotics has led to drug-resistant bacteria, which now pose a much greater risk to our global health than the original bacteria did.

In addition, taking antibiotics doesn’t just kill the bad guys. It also kills the beneficial bacteria in our GI tracts where they are needed to play important roles in our health.

And, I do not even believe that taking antibiotics is a very effective way to control dental bacteria. Consider that it requires a fairly high concentration of antibiotics, or some other anti-pathogenic agent, in your mouth to significantly reduce the population of dental bacteria. But when you take antibiotics, they disperse throughout the body. So you would have to take very high doses in order to effectively offset the threat from dental bacteria. The side effects would be significant.

Item 3 also is a simple one to address: If over-populations of dental bacteria cause harm, (we know that they do), then why would it ever be OK to ignore them. Of course, it is not. So they need to be controlled all of the time and not just when we are having dental work done.

OK, if I am not recommending antibiotics, what do I recommend? Great question! I will tell you what I do, (and what my family does, as well).

Immediately before and after any dental procedures, even just cleaning, we brush our teeth and gums with a single drop of Oil of Oregano that has been diluted with plain water, by first dipping the toothbrush in water before applying the Oil of Oregano.

CAUTION: Oil of Oregano is very strong, and if used improperly it can cause tissue damage. However, if used properly it is very safe and highly effective. If you have not already done so, please read my article on using Oil of Oregano to control dental bacteria. If you do not have a copy, please send me an e-mail to request one:

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PLEASE do NOT go off on our own with the use of Oil of Oregano without first learning how to use is properly. I cannot emphasize this enough!

In addition to using the Oil of Oregano protocol immediately before and after all dental visits, we use it about once a week as long as our gums are healthy. For those occasional times when it just feels like the bacteria might be getting out of hand, or the gums don’t feel as healthy as they should, we throw in a couple of extra Oil of Oregano applications for the week.

Next, let’s look at day-to-day, ongoing bacteria control and dental tissue health maintenance: We need to keep the bacteria down to a low level and brushing my teeth

with a solution of “MMS”, (now known as Sodium Chlorite solution due to FDA meddling), is the best way I have found to do this. Here’s how:

I put 3 drops of my MMS solution, (a 28% solution of sodium chlorite in water), into a small glass. I add 3 drops of the citric acid activator solution, (a 50% solution of citric acid in water). I shake the glass a little to mix them and then wait 3 minutes for the sodium chlorite solution to be activated by the citric acid solution. After the 3 minutes I add about an ounce of drinking water. Now I have an activated solution of sodium chlorite that has been diluted to the appropriate strength.

I immediately dip my tooth brush in the diluted sodium chlorite solution and begin brushing my teeth and the rest of my mouth. I re-dip the tooth brush each time it feels like it needs it. That turns out to be about every 5 seconds or so. The idea is to thoroughly brush the solution into as many parts of my mouth as I can reach.

When I am done, I take the remaining sodium chlorite solution and use it as a mouthwash.

I do this procedure 3 times a day. Or at least, that is my aim. Sometimes when I am traveling or when my schedule otherwise does not permit I miss a session. But I do my best to do it 3 times a day.

This knocks out just about all the dental pathogens there are. The results are amazing. Since I have been doing this, my gums are healthier, my mouth just feels better, and I have even noticed that dental tarter builds up much more slowly. This will be well worth the small amount of extra effort it takes just for the money I save in dental cleanings, which will need to be done far less frequently, if at all.

Please note that this does NOT take the place of regular brushing and flossing. Please continue to be sure you are doing that properly. (Proper brushing and flossing is outside the scope of this article.)

Also, please keep in mind that there is still more to know about attaining and maintaining the best possible dental health. (As I stated at the beginning of this article, dental health really does affect the health of the entire body, so it pays to pay attention to this area of health and to learn all that you can about real dental health.)

By the way, in our household we do NOT use toothpaste most of the time. Nearly all of the toothpastes we have been able to find have ingredients that we simply do not want in our bodies – not in any quantity. For example, we avoid fluoride like the plague. We don’t want it in our drinking water, and we certainly do not want it any dental preparations, including toothpaste.

Even many of the fluoride-free toothpastes that are increasingly available in the marketplace often have ingredients we want to avoid. Some have preservatives that

may be harmful, and most have some form of artificial sweetener, which we certainly want to avoid.

So we often brush our teeth with some coarse, organic sea salt or Himalayan salt. And some of the time we just use a paste of moistened baking soda. Both work very well.

Frequently Asked Questions

Here are a few common questions I get from readers of this article:

Q: Why do you say to stay away from fluoride? Doesn't it help to protect the enamel in your teeth?

A: When you first start using fluoride, or exposing your teeth to it, there is some hardening of the enamel that usually occurs. But that is a short-lived effect, which generally lasts for just a few years. Then your teeth actually begin to become weakened from the ongoing fluoride exposure. Meanwhile, the fluoride immediately begins to damage other parts of your body, including your nervous system, your liver and more. Germany, Sweden, The Netherlands, and many other countries where the health care system is much more enlightened than ours is have banned the use of fluoride in the drinking water or in any other products that go inside the body. More and more countries are coming into alignment with this.

For more information on fluoride and just what a bad idea it is, check out these links:

<http://www.fluoridealert.org/>

<http://topdocumentaryfilms.com/the-fluoride-deception/>

Q: I have some mercury amalgam fillings in my mouth. Should I get them taken out?

A: The short answer is, "Probably, yes." But if you are going to do this it needs to be done properly by a holistic dentist who really knows how to do it right. Otherwise it is unlikely there will be any health benefits and it may actually make you very ill. Dr. Frank Jerome, DDS, wrote the book on this, literally, in his classic book about real dental health, called: "Tooth Truth". I believe his principles and recommendations are still valid after the several decades since he wrote the book. However, the current reigning expert on seems to be Dr. Hal Huggins. Before getting any significant dental work done, including removing amalgams if you have them, I would get and read one of Dr. Hal Huggins' more recent books. "Uninformed Consent : The Hidden Dangers in Dental Care" would probably be a good choice.

Q: How can I tell if I have mercury in my body?

A: There are a number of ways. One of the simplest and least expensive is a Hair Tissue Sample Analysis, (HTMA), which merely involves snipping off a small amount of hair from the back of the head and sending it in to a lab that does this type of testing. There are other tests that can be done, but this is a great place to start. Here is a link you can follow to learn more about HTMA:

<http://myhealthoptimizer.com/a-safe-and-simple-way-to-check-for-toxins/>

Q: I have heard that diets that are high in sugars and simple carbohydrates tend to increase dental bacteria and lead to gum disease and tooth decay. Is this true?

A: Yes.

Q: Are there diets and possibly nutritional supplements that will help me with my dental health?

A: Yes, there are. However, this is a big topic and beyond the scope of this article. You can start by avoiding sugars and simple carbohydrates.

Please feel free to send your questions or comments to: jeff@myhealthoptimizer.com

To your great health!

Jeff Bell

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