

Concerned About Heart Health? A Simple Step Anyone Can Take To Reduce Major Risks (And Greatly Improve Dental Health At The Same Time)

by Jeff Bell / www.MyHealthOptimizer.com

If there were a simple, easy and practical step you could take to significantly reduce your risk of heart disease would you be interested? How about if it also dramatically improved your dental health? Sound good? Read on – this article is for you.

Overview: It has long been common knowledge that persistent dental bacteria can damage the gums and teeth over a period of time. More recently it has been generally accepted among mainstream health care professionals that such dental bacteria can cause serious heart damage. Dental bacteria, when they can get into the bloodstream, can migrate down to the heart, where they can damage valves, various cardiac lining tissues as well as the arteries that supply the heart.

If you search for articles about dental bacteria and heart damage, you will find many references to “bacterial endocarditis”, which is a bacterial infection of the lining of the heart. It is now quite freely acknowledged that dental bacteria, if they gain access to the bloodstream, (a common occurrence during many dental procedures, including routine dental hygiene treatments), can migrate through the bloodstream to the heart. Once there they can infect the cardiac lining and seriously damage heart valves and other cardiac tissues. Any procedure that causes any bleeding of the gums can allow the dental bacteria to get into the bloodstream and migrate to other parts of the body, especially the heart.

To date, too many dental practitioners still maintain that this is a significant risk only in individuals who are already at high risk for such cardiac infections and or heart valve damage. These are patients who have already experienced significant heart damage, such as people who have had rheumatic fever, or who have had any type of heart surgery, or whose immune systems may be compromised. Yet many in the alternative and holistic health fields have expressed concerns and pointed to evidence that even people without pre-existing conditions are at risk. More recently, an increasing number of conventional health care professionals are expressing their concerns about this risk, which appears to be far more serious and widespread than previously thought.

Recent research confirms that the bacteria that is often found buried in the arterial plaque deposits that cause blockages and heart damage, is same bacteria common to the mouth ¹. An increasing number of researchers postulate the following chain of events:

1. Dental bacteria enters the bloodstream and migrates to the heart and/or the arteries that supply the heart muscle.

2. This bacteria infects these areas and causes tissue damage, inflammation and weakness in the arterial wall.
3. In response to weakened arterial walls and/or inflammation the body deposits a material that we have come to refer to as “arterial plaque”. This is the body’s attempt to “patch” the weakness.
4. In some cases the “patch” becomes thick enough so that it significantly blocks the flow of blood.

The dangers of dental bacteria migrations to the heart area are now well recognized in the mainstream practice of dentistry. It has become routine to give patients deemed to be at high risk for heart complications, antibiotics before and after dental procedures. However, increasingly most research suggests that nearly everyone is at risk for cardiac and cardiac artery damage from migrated dental bacteria. So it makes sense to take measures to reduce the risks of such dental bacteria entering the bloodstream for all patients.

I am not suggesting, however, that all dental patients should receive pre and post treatment antibiotics. In fact, there is some question as to whether or not this should be standard protocol even for high-risk patients. A compelling reason for questioning this is the obvious issue of antibiotic overuse. Not only can overuse of antibiotics lead to the development of antibiotic-resistant bacteria strains, but the frequent use of antibiotics also is hard on the body, and can lead to other health problems.

Further, general or “systemic” antibiotics may not even be the most effective way to protect against the cardiac dangers of dental bacteria. Oral and/or injected antibiotics tend to affect the entire body, killing bacteria throughout many parts of the body. Such antibiotics end up killing the beneficial bacterial in the gastrointestinal tract, which are essential for good digestive health. Also, since oral and/or injected antibiotics tend to disperse throughout most of the body, their concentrations in any one given area are lower. So if the purpose is to control dental bacteria, the dosage must be high enough so that the oral concentration of antibiotics is sufficient to effectively control the dental bacteria. Because of this factor, higher dosages of antibiotics may be required to be effective in controlling dental bacteria than would be required if an effective topical agent could be used instead.

What if there were an antibacterial agent that could be safely and effectively applied to just the oral area? What if this agent did not significantly affect the beneficial bacteria in the gastrointestinal tract? And what if this agent were readily available, without a prescription, and what if it did not lead to the development of drug-resistant bacteria?

An Ideal Antibacterial Agent: Oil of oregano meets these requirements! But wait, before you run out and get some oil of oregano and just slop it into your mouth, please read through the rest of this article. Oil of oregano, when used properly can be both safe and effective. Used improperly it can be dangerous. PLEASE read and follow the cautions listed below that pertain to its use.

Oil of oregano has some special properties that make it an ideal substance for controlling oral and dental bacteria. As a liquid, it has just the right amount of surface tension so that it tends to readily get into all the little nooks and crannies by means of capillary action. Further, it is a powerful antibacterial agent. It kills a very high percentage of bacteria, and tends to prevent the repopulation for at least several hours.

To my knowledge, when used properly, there are no significant side effects. In fact, most people do not have any side effects at all. Yet, it is highly effective.

There are several circumstances in which you might consider its use. I use it immediately before and after any and all dental procedures, even a dental hygiene session. I have done this for a number of years, and both I and my dentist have noticed that my gums seem healthier since I have adopted this protocol. Further, I think it likely that by applying oil of oregano before and after all dental procedures, I have reduced my risk of having dental bacteria get into my blood stream and having it migrate down to my heart. More and more articles are showing up on the Internet, and in other venues, which highlight the efficacy of oil of oregano for controlling dental bacteria. Many of the studies indicate that when properly applied, oil of oregano is at least as effective as the commonly used pharmaceutical antibiotics, but without the negative effects that such antibiotics almost always entail.

CAUTIONS: Oil of oregano is a powerful agent, which is highly concentrated during the distillation process used to prepare it. Again, this is not a case where if a little is good, more is better. In the use of oil of oregano, the recommended amounts should NEVER be exceeded. Do not leave oil of oregano where young children may have access to it. Be very careful not to get it in your eyes, or in other especially sensitive areas. It has proven to be perfectly safe as long as it is used in appropriate dosage and method of application. (There are other safe and effective protocols for the use of oil of oregano, proposed and/or promoted by various health care practitioners and/or researchers. The one described in this article is certainly not the only safe and effective protocol for using oil of oregano to control oral bacteria. It just happens to be the one that I and my family have safely used for years.)

Be extremely careful not to use too much at any one time. I once was using it late at night, and not paying adequate attention to what I was doing. I got about 4 drops on my toothbrush. It took several days for the minor but annoying burns on my lips to heal! The proper amount is 1 drop.

If one uses a really large overdose, it is possible to aspirate some into the lungs, which could lead to a very serious health complication, requiring emergency care. Pay attention when you are using or handling oil of oregano. It is safe as long as you treat it with proper respect and use it accordingly.

It is important to obtain a good quality of oil of oregano. I would stick to organic preparations, so you are not inadvertently exposing yourself to pesticides and possibly other

toxins. Also some oil of oregano preparations involve the use of solvents that are harmful. It is also important how the oregano is grown. This greatly affects the strength and efficacy. Good quality oil of oregano should be available at most health food stores. It can seem expensive, at \$30.00 and up for a one ounce bottle. However, a one ounce bottle will last a very long time. My wife and I use it a lot. A one ounce bottle lasts us for well over a year. If you are not absolutely certain of a good source for your oil of oregano, you can refer to the link I have provided at the end of this article.

One last possible complication or contra-indication should be mentioned. If you are allergic to oregano, this is not a good protocol for you. Now, I hear you asking, "How do I find out if I am allergic to oregano?" If you have access to an Applied Kinesiologist, who is capable of performing accurate muscle testing, they should be able to verify the safety and efficacy of oil of oregano for you as well as any others in your household who may have reason to consider its use. (Beware, there are many so-called Applied Kinesiologists out there, who do not obtain accurate results. Unless you are satisfied with an AK practitioner, ask for references, and check them out carefully.)

If you do not have access to a good Applied Kinesiologist, you can try putting a very small drop of oil of oregano on the skin of your arm and seeing if any irritation develops. If it does, you may be allergic to oregano. You might also pay close attention to what happens when you eat foods that are generously seasoned with oregano. If you develop mucus immediately after eating such foods, you might suspect that you are allergic to oregano. (This does not seem to be a common allergy, but it pays to be careful. Repeated exposure to substances to which you are allergic can weaken your immune system and cause other problems.)

The Oil of Oregano Protocol: (How to use Oil of Oregano for controlling dental bacteria) Please read through this protocol completely, and make sure you understand it thoroughly before using this protocol.

1. Brush and floss your teeth as you normally would.
2. Dispense a single drop of oil of oregano into a non-reactive, open container. (A good quality stainless steel teaspoon works well. Also, a shallow container made from laboratory-quality glass, such as a Petri dish is fine.) CAUTION – This is NOT a situation where if a little is good, more is better. If you use too much of the oil of oregano, you can damage your lips and other oral tissues.
3. Wet an ordinary toothbrush with plain, cold water.
4. Work the toothbrush bristles around in the drop of oil of oregano to get as much of it as possible onto the bristles.
5. Brush your teeth and the inside of your mouth thoroughly for about a minute to spread the oil of oregano around in it.

6. Carefully and thoroughly clean the toothbrush in plain, running cold water until it is completely free of oil of oregano.
7. Clean the teaspoon, or whatever you used.
8. Think of a few choice swear words as your mouth and lips feel like they are burning for just a minute or so. It really can feel alarming, but as long as you did not use more than I am recommending, the burning sensation lasts only a minute or two, and no harm is caused. This is well worth it for the health benefits.
9. Wash your hands very thoroughly after you handle oil of oregano. You want to be very sure you do not get any in your eyes, or in other delicate areas.
10. There is no need to rinse your mouth after using oil of oregano. In fact, it is probably more effective if you do not, as that gives the undiluted oil of oregano more time to destroy the bacteria. The temporary burning sensation seems to last the same amount of time either way, so I see no benefit to oral rinsing after using it.

How often should you use oil of oregano? There does not seem to be much consensus yet on how often one should use oil of oregano. I think it largely depends on what health conditions one might be trying to address. Given the serious dangers to the heart posed by dental bacteria, it seems sensible to use oil of oregano immediately before and after all dental procedures, including routine cleanings. Further, one might wish to use it on a periodic basis to lessen the likelihood of developing gum diseases, such as gingivitis, that are caused by uncontrolled bacteria.

I use it at least twice a month as a general preventive measure. If one already has gum disease, or an overgrowth of dental bacteria, one might use it more frequently. I know of people who have used it once a day for a couple of weeks, then tapered off to several times a week for one or two months, and have seen fairly significant gum disease problems either disappearing, or at least very much improved.

If you do use it more frequently than once a week, you may want to consider including some sort of tissue-soothing mouth wash. This is because the oil of oregano may have a slight tissue-drying affect. A good, alcohol-free, soothing mouthwash can help to offset that affect. If you do use such a mouthwash, be sure to wait at least an hour after applying the oil of oregano so that it has time to kill the bacteria before you use the mouthwash.

Aloe Vera juice is a great alternative to an actual mouthwash. Be sure to use pure, organic, unsweetened Aloe Vera juice, which is readily available at most health food stores. Take a medium-sized mouthful and swish it around in your mouth. Then you can either swallow it or spit it out. (Aloe Vera juice is very good for the entire digestive tract, so it won't hurt you to swallow it.)

Lastly, I want to acknowledge and make clear that the use of oil of oregano for this purpose is certainly not my discovery. I would be proud to claim it if it were. This idea has been around for a very long time. The reason I wrote this article is because I have not seen any detailed, written instructions for its safe and effective use in controlling dental bacteria.

Here is the link to obtain the best oil of oregano that I know of:

<http://www.globalhealingcenter.com/af/172537>

Once there, Select Supplements from the options on the left side of the page. Then scroll down to "Oil of Oregano Bland".

This is from Global Healing Center in Texas. They have the absolute best oil of oregano, (purest and most potent), that I have ever been able to find.

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

To your great health!

A handwritten signature in cursive script that reads "Jeff Bell".

Please visit www.MyHealthOptimizer.com for more valuable health information.

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