

Poor Oral Hygiene: A Red Flag For Poor Health

What's going on in your mouth could be the cause of your health concerns. So important is your oral health, that as an example, gingivitis (inflamed gums) causes 7x increased risk of heart attack (1).

Problems with teeth and gums are also implicated in conditions like diabetes, respiratory disease (2) like COVID-19 (4), inflammatory and autoimmune conditions (2), cognitive decline (3) and cancer (5).



Steps to good oral health:

Essentials - must do:

- **Tongue scrape.**
- **Use a xylitol based mouthwash** which inhibits bad bacteria without harming the good
- **Brush** using a toothpaste without nasties.
- **Floss daily.**

Once you've mastered the above:

- **Regularly sterilise your toothbrush** by soaking overnight in a silver solution.
- **Oil pull** to pull bad bacteria out of teeth. 1-3 tsp coconut oil swished around your mouth for 5-10 minutes, 1-3x week.
- **Eat fermented foods** like sauerkraut, pickles, yoghurt, kombucha and kimchi, an oral probiotic or use a probiotic toothpaste to support a healthy oral microbiome

Holistic dental care

Holistic dentists look at how your dental health affects your overall health, not just the appearance of your mouth. Find one at www.iaomt.org/for-patients/search/

We've found that amalgam fillings and root canal have a significant impact on the health of many of our patients. Ask your holistic dentist.

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