



Secret to Good, Healthy Gums

If someone told you that gum disease or periodontal disease could lead to having a heart attack, stroke, diabetes or cancer would you believe them?

Probably not, and that is perfectly understandable. For years, we have been told to keep our teeth clean and cavity free, but with no real reason as to *why* that is important—which is scary, when you consider that 85% of the world's population has suffered from gum disease at some point in their life.

It has always been presented as a simple equation. If you brush your teeth, and visit the dentist, you will have a healthy mouth. However, after reading this report, you will realize that is not the case.

It is important to understand how gum disease can affect not only your mouth's health, but your entire bodies' health.

We know now, after extensive studies and research that if you have gum disease your risk of having a heart attack will increase by 25% and your likelihood of having a stroke increases by a factor of ten.

But it doesn't stop there. Periodontal disease can also increase the chances respiratory disease, digestive disorders, pancreatic cancer, make it difficult to control diabetes and most recently, it has been found as a major risk factor in osteoporosis.

With all these diseases having a proven link to gum disease, it makes perfect sense that your overall health care will cost more. A statistic from those two studies shows that the medical expenses of those suffering from periodontal disease increases by 21%.

With all these doom and gloom statistics lurking about this report, you are probably scratching your head asking yourself how you can protect yourself from getting gum disease. The answer is simple, as you are about to find out.



How do I get gum disease?

Before you attempt to tackle any problem you need to learn as much as you can about it. The best starting point for this is to find out how exactly you develop gum disease. There are two main causes for most every form of gum disease: an excess of bacteria buildup, and poor oral hygiene.

First, let's talk about bacteria buildup. No matter what form of gum problems you have, you can rest assured that bacteria have played some part in the progression of your condition.

You need to know that no matter what, you will always have bacteria in your mouth. Some are good, and some are bad. We are going to focus on what the 22 known harmful bacteria can do to your gums and teeth.

The bacteria in your mouth are very simple creatures. They do three things: eat, produce waste, and reproduce.

This is a nonstop cycle, 24 hours a day, 7 days a week, 365 days a year. Bacteria love to feast on refined carbohydrates that are small enough for them to handle. In most cases, this is sucrose, or white sugar. As the bacteria form in your mouth, they grab a foothold in a hard to reach place in the mouth—between your teeth, on the back of the tongue or in little nooks and crannies of the mouth that go unnoticed.

While there, they grab onto free floating food particles, consume them, and create a glue-like substance called plaque. Plaque then builds up on the gum line and the teeth, penetrating its way down to the roots and ligaments of the teeth, causing a whole other set of problems for you including [gingivitis](#), [receding gums](#) and [periodontal disease](#) to name a few. Some of the first warning signs are bleeding gums, swollen gums, red gums and sensitivity.

Bacteria also can affect your teeth. As the plaque buildup on your teeth grows, the bacteria get stronger and eat more. As with anything that eats, they eventually have to “eliminate” waste. The waste that is put out by these bacteria is very acidic. This acidic waste can eat right through the enamel on the teeth, down to the dentin, which is what



keeps the tooth alive. The end result of this process is what causes tooth decay, which of course spells trouble for the mouth also.

Now that you know all this is going on in your mouth, your first reaction is probably to run out to the store and grab a new tooth brush, tube of toothpaste and mouthwash so you can wage a war against this factory of destruction that is going on in your mouth, right?.

Well, wait just one minute...

One of the keys to success

Earlier, it was mentioned that there are two causes to gum disease and tooth decay. You have already read about how bacteria build up can affect your gums, so now, let's talk a bit about bad oral hygiene.

It is a no brainer that if you don't brush your teeth, bacteria will just multiply in your mouth faster, leading to gum disease and tooth decay taking over your mouth much quicker.

But good oral hygiene is a result of more than just brushing your teeth. It needs to be a regiment that you live, day in and day out.

While a good oral hygiene program may vary from person to person, three core foundational pillars need to be in place to see any sort of success. Without using all three, you open the door to loads of bacteria growing in your mouth.

- Floss. We all know that flossing is everyone's least favorite activity, but it serves a great purpose in keeping your mouth clean. As you read earlier, bacteria like to hide in small places in the mouth, where they can stay away from any basic attempt to remove them from the mouth. Flossing ensures that you can get those bacteria and their food out of your mouth, which helps slow down the breeding process. To floss, simply take 18 inches of dental floss, wrap it around you're the first knuckle of each of your middle fingers until there is about 1 ½ inches of floss between the two fingers. Gently work the floss between your teeth to remove food particles and other build up that forms between the teeth.
- Brush in the morning AND evening. This is very important and you have probably heard it several times throughout your life. Brushing your teeth will help to keep bacteria from forming on the teeth. The bristles assist in eliminating plaque buildup, and also help



keep your teeth pearly white by keeping them polished. Be sure to cover all parts of the mouth equally, rotating the brush in a gentle circular motion. Remember, brushing the inside surface of the teeth is just as important as brushing the front of the teeth that you can see.

- Rinse and gargle with mouthwash in the morning AND evening. This is an important step that most people neglect. Rinsing helps flush bacteria out from their hiding spaces, and also allows you to effectively reach spots where your tooth brush cannot, such as the back of the tongue, which is a known breeding ground for bacteria.

Following those steps will help get you on track to having a strong oral hygiene routine that can be followed daily to help remove bacteria that have formed.

It's not working! What do I do now?

So, you have now dedicated yourself to following an oral hygiene program that is similar to the one outlined above, but you are still seeing plaque buildup, and noticing that your gums are red, or slightly swollen.

There are two reasons for this, the food you eat, and the oral care products you use. Let's first talk about the food you eat and the problems it can cause.

As time has progressed, foods have become much less natural and much more processed. Almost everything you eat has refined sugars in it, which as you know from earlier, is the food that bacteria like to eat the most.

In simple terms, that means the amount of sugar--the fuel which bacteria need to thrive-- has greatly increased, yet our bodies do not produce more saliva.

Saliva is your body's natural defense mechanism built in for fighting bacteria in the mouth. Saliva is very rich in oxygen, and bacteria can't survive in an oxygen rich environment. So when you introduce bacteria to oxygen, the oxygen has an upper hand. Couple the oxygen in saliva with other enzymes your body produces, and your body has an answer for *some* of the bacteria build up in your mouth—but not all of it. Unfortunately, with all the processed foods we eat, bacteria is getting the upper hand and creating havoc in on our teeth and gums.



You need to be prepared to work to take care of the rest of the bacteria build up, by practicing good oral hygiene.

However, this is where it gets kind of tricky. The oral hygiene outline above—which is a must have format for anyone wishing to have good oral hygiene—requires the use of toothpaste and mouthwash.

No problem right? You can pick those up at virtually any corner store or supermarket in the world.

Well, it is sort of a catch 22. While we have been told for years that toothpaste and mouthwash are the key components of keeping your teeth and gums clean, the fact of the matter remains, they may not be doing as much good as you think they are! Traditional toothpastes and mouthwashes contain several ingredients—such as Sodium Lauryl Sulfate and Alcohol-- that are not only ineffective in fighting bacteria, but they actually help set the stage for bacteria to thrive in your mouth!

- Sodium Lauryl Sulfate, or SLS which is a main ingredient in most toothpastes, is what makes toothpaste foam up when you brush. The problem with SLS is that it is a skin irritant and is used frequently in clinical studies to irritate the skin. Your gums certainly do not need to be doused twice a day with a skin irritant. SLS can also be found in many industrial grade garage floor cleaners and engine degreasers. Despite the dangers in these ingredients, they most likely can be found in the toothpaste that is sitting on your bathroom counter or in your medicine cabinet right now.
- Most mouthwashes contain alcohol, which does have disinfectant qualities, but also has dehydrating qualities, which can create a dry mouth scenario. Having a dry mouth increases bacteria growth exponentially, and should be avoided at all costs.

These ingredients not only are bad for you, but also aid in drying out the mouth, stunting the production of saliva, thus making your body less effective in fighting bacteria build up that can lead to gum disease.

Also worth noting, the National Institute of Health recommends that you change your toothpaste every few months if you have a gum disease or periodontal disease.



Where do I go from here?

After reading all this, your head is probably spinning in circles. You know that bacteria are always forming in your mouth and your body has a defense mechanism built right in to help fight bacteria—which is half the battle. The other half of the battle is having a regular oral hygiene regiment that you need toothpaste and mouthwash to complete, yet using toothpaste and mouthwash can almost counteract your body's natural defense, leaving you at square one with a mouth full of bacteria that is attacking your gums and teeth.

So what do you do? Well, it sounds strange, but you need to abandon conventional wisdom.

Follow this simple two step plan:

1. Adopt, and live by, a strict oral hygiene program that works.
2. You need to find a product that will help fight bacteria safely.

The keys to good oral health are hidden in nature. Fighting the bacteria that causes the problem is the first place to start. Specific species of peppermint and spearmint oils are scientifically proven to be anti-bacterial, anti-fungal, anti-inflammatory and anti-microbial.

Want to learn even more secrets to good healthy gums?

Get your mouth in mint condition!



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