Dr. Rath Research Institute
CUTTING-EDGE RESEARCH IN NATURAL HEALTH

Clinical Nutrients in Periodontitis

Cellular Health Communications, Vol 1, No. 1, 2001

Periodontitis is a dental condition characterized by plaque buildup and infection around the teeth thereby damaging the gums, surrounding bones and other structures supporting the teeth. Marked by easily bleeding gums during brushing and flossing, receding gum line, extra spaces between teeth, pus formation and consistent bad breath, almost half of all American adults suffer from periodontitis. With more than 70% of people 65 or older are living with periodontitis. The treatment depends upon the severity of the gum disease and various types of dental surgical procedures may be required.

Advanced dental diseases are often associated with heart disease, rheumatoid arthritis, diabetes, high blood pressure and other chronic conditions. It is accepted that a complete deficiency of vitamin C causes scurvy. However, many other micronutrients are important to maintain healthy gums and the collagen tissue that supports the gums, and bones around the teeth.

We conducted a twelve-week pilot clinical trial in patients with typical symptoms of periodontal disease. Bleeding on probing (BoP) was the chosen diagnostic measurement to assess the efficacy. In addition to practicing appropriate dental hygiene, the participants were also taking a specifically designed micronutrient program, which included vitamin C, lysine, and proline.

The average BoP at the beginning of the study was 60% corresponding to advanced stage of gum disease. The BoP started decreasing after six weeks on the micronutrient program and fell up to 14% by the end of eight weeks. This continued until the end of the trial for all participants. We also noticed a significant improvement in gum firmness and reduction in spontaneous bleeding gums. Moreover, patients spontaneously reported other health improvements and increased energy.