



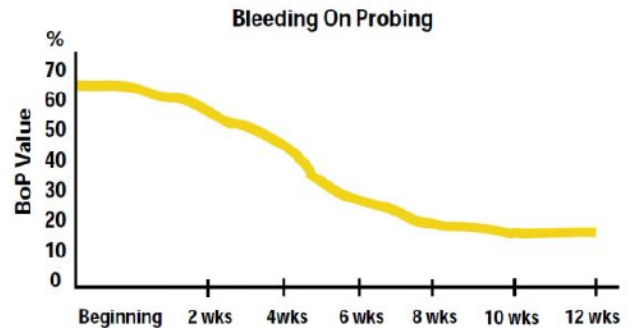
MICRONUTRIENTS IN ORAL HEALTH PERIODONTOSIS

The Centers for Disease Control and Prevention (CDC) estimates about half of all American adults tend to have advanced gum problems at the time of diagnosis. Gum problems are so frequent that they remain second to the common cold. This is because their symptoms appear in the more advanced stages. Symptoms such as red, swollen, painful gums, bleeding while brushing and flossing, constant bad breath, or a bad taste in mouth due to bacterial infection in the gum pockets, warrant attention and further evaluation as they can lead to developing carries and even tooth loss. Some studies show a connection between dental problems and heart disease, stroke, rheumatoid arthritis, diabetes, and many others.

Gum disease starts with bacterial infection and inflammation of the gums. In its initial stage - gingivitis - the bacteria in the plaque buildup slowly destroys the gum line leading to bleeding gums. Periodontitis is an advanced stage involving the destruction of supporting soft tissue and teeth.

Although poor oral hygiene is one of the major contributing factors for gum disease, other risk factors are smoking, hormonal changes (during puberty, pregnancy, or menopause), genetic predisposition, and diseases such as diabetes. In addition, chronic deficiency of collagen-building micronutrients such as vitamin C, lysine, and proline impairs gum structure and accelerates oral problems. A complete deficiency of vitamin C leading to scurvy is marked by bleeding gums as the first sign of the disease. The amino acids lysine and proline are building blocks of collagen which is important for the integrity of the gums and healthy teeth structure.

Periodontosis



Our pilot clinical trial documents the effects of specific micronutrient combinations in patients with periodontitis.* The efficacy of treatment was assessed by the “bleeding-on-probing” (BoP) method that measures the size of gum pockets. For twelve weeks, study participants took a combination of vitamin C, lysine, proline, and other micronutrients essential for healthy collagen.

The average BoP at the beginning of the study was 60% corresponding to advanced stage of gum disease. The gum improvements were visible already after six weeks on the micronutrient program and by the end of eight weeks the BoP decreased to 14%. 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.

Conventional dentistry treats periodontitis with procedures called scaling and root planning, and utilizes surgical repairs and dental implants as well. All procedures are very invasive and cost prohibitive for most people. Our study provides proof that a combination of specific micronutrients is an inexpensive and effective method to maintain healthy gums, in addition to regular and thorough dental hygiene practices. Additionally, micronutrient supplementation provides many other overall health benefits.

*Ref: *JCM and NH Oct, 2019*

This information is provided to you by the Dr. Rath Research Institute a leader in the breakthrough of natural health research in the field of cancer, cardiovascular disease and other common diseases. The Institute is a 100% subsidiary of the non-profit Dr. Rath Foundation.

The ground-breaking nature of this research poses a threat to the multi-billion dollar pharmaceutical “business with disease”. It is no surprise that over the years the drug lobby has attacked Dr. Rath and his research team in an attempt to silence this message. To no avail. During this battle, Dr. Rath has become an internationally renowned advocate for natural health. Says he: “Never in the history of medicine have researchers been so ferociously attacked for their discoveries. It reminds us that health is not given to us voluntarily, but we need to fight for it.”

This information is based on scientific research results. It is not intended to substitute for medical advice to treat, cure, or prevent any disease.
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