

# Oral Health and Systemic Health.

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The information contained in this book is based on research, my education, and my personal and clinical experience. It is not intended as a substitute for consultation with your healthcare provider. For treatment and diagnosis of disease conditions or for drug therapy, please visit a healthcare provider.

When I agreed to contribute a chapter to this book, I decided I would modify a guide to oral health that I wrote for my clients in 1998. The book consisted of forty-five pages, but I was told by my editor to confine my chapter to twelve pages. I spent many days thinking about the most relevant information that would empower readers to take action for their health from an oral and systemic connection.

My experience in oral-systemic integration started over thirty years ago. As a trained dental professional, I tried to deliver the best level of dental care in accordance with my education. But often clients would return with the same bleeding gums, mouth ulcers, receding gum margins, sensitive teeth, and many other signs of systemic health issues that were evident in the mouth. I decided I must find a more integrative approach to help the patients who failed to respond to standard care.

During my research, I came across a magazine at a health-food store and read an article on orthomolecular nutrition subclinical signs of vitamin C. I was intrigued by the article and understood then that some of my clients' symptoms were related to the subclinical manifestation of scurvy. I came to an understanding that, as a healthcare provider, my training did not prepare me for a more integrative approach to healing.

I embarked on a journey of learning more about healing. I was on a mission and pursued avenues of learning as I could. I attended seminars, workshops, and conferences; took university postgraduate courses; and completed a degree in orthomolecular nutrition at a time when it was not as popular as it is now. I was fortunate to attend Dr. Linus Spaulding's lectures on more than one occasion.

In addition to studying orthomolecular nutrition, I obtained a doctorate in homeopathic medicine. In my estimation, I have attended more than 500 workshops, seminars, lectures, and conferences on integrative medicine, orthomolecular nutrition, homeopathy, and dental medicine. Manual techniques and other holistic healing techniques, I also lecture to many groups, professional organizations, and on TV and radio, writing articles for various magazines including the Lifestyle and Wellness magazine which I was the editor of for over ten years. My missions get the message to as many individuals as I can on the importance of the mouth and the systemic health,

In the early days of introducing the concept in my practice, I was so excited. I had vitality not only in my body but my mind and began to slowly introduce orthomolecular nutrition and homeopathic immune system support into my practice. However, my dental colleagues and a medical physician in the clinic where I worked were outright skeptical and rude about my approach.

What was really puzzling to me was the failure of the clinicians to see the relationship between nutrition and clients' health challenges. I remember the only nutrition advice one of the dentists would suggest to clients was not to consume sugary foods between meals but instead to consume it with the main meal. The reasoning was that the sugar would have less contact with the teeth during the main meal. I suggested that patients should receive probiotics after being prescribed antibiotics and he laughed at me. I knew then that I was working with an ignorant group of clinicians who were not only in the dark ages but were unwilling to move toward the light.

I decided to open a private orthomolecular nutrition-counseling practice while I continued in dental practice. I would encourage receptive clients to schedule appointments for orthomolecular nutritional guidance and homeopathic immune stem supportive care. Over the years, I grew my practice into a full integrative health service with special emphasis on periodontal health and the relationship between systemic, chronic pain syndromes and immune health challenges. Due to the space limitations of this chapter I will focus on periodontal health.

It has been my experience that many people like to get to "the diagnosis" so they can get to the "treatment." I also feel unsettled when clients make statements like "I am here for you to fix me, doc. I've gone to many doctors already, but I am still sick." To which I would reply, "What are you willing to do?"

At the first complimentary consultation, which I offer to all potential clients, I clarify the philosophy of natural integrative medicine. It is not about focusing on the disease label but on the person with the disease.

Just before writing this chapter I read a Facebook post in which the participant stated, "I'm so tired of pain, loneliness, crying, guilt, struggling daily to take all those medications, missing out on life because of my fibromyalgia." Notice how the poster claimed the title of the disease: "my fibromyalgia."

I responded that she had a choice. I also wondered why, in these days of information overload, people were still stumbling in dark. I posted a link to my Self-Care in Action© link on my website, [www.drsheilamckenzie.com](http://www.drsheilamckenzie.com). I am still waiting to see if she will act.

The techniques and suggestions I offer my clients and the basic version offered in this book are applicable to multiple, if not all, health challenges. In general terms, it's about decreasing oral and systemic inflammation with orthomolecular nutrition techniques and homeopathic immune system support. If you live, breathe, or know someone whoever gets sick, then the suggestions in this book are pertinent to you.

The public at large is accustomed to visiting various healthcare providers for different areas of the body. For example, a few years ago I was invited to participate in a radio show. The interviewer asked me about my profession and when I told him the focus of my practice was oral health and homeopathy, he responded that oral medicine was medicine taken by mouth and that homeopathy was medicine taken at home. I was totally flabbergasted but kept my composure and stuck to polite answers.

Oral health means the health of the mouth. The oral medicine branch of medicine that focuses on the mouth is known in dentistry as stomatology: dentistry concerned with the structures, functions, and diseases of the mouth.

Homeopathy is a holistic system of medicine based on the principle of "like cures like" – that is, a substance that can cause symptoms when taken in large doses, can be used in small amounts to treat similar symptoms. The aim is creating an immune response and start the body's own healing mechanisms. The basic concept of allopathic (modern medical drug system of medicine) vaccination was borrowed from the philosophy of homeopathy.

The basic techniques of how it is practiced were established over 200 years ago by a German physician, Samuel Hahnemann, who was looking for a way to reduce the damaging side effects associated with the allopathic medical treatment of his day. The principle of treating "like with like" dates to Hippocrates (460-377BC). There are basically two forms of practicing homeopathy, the classical, this style of homeopathy is very comprehensive and is practiced by well-trained homeopaths while contemporary homeopathy is less complicated and use more combination treatment and remedies. As a trained homeopath (doctor of homeopathy level of education) I

incorporate homeopathic medicine according to the specifics of the clients but there are some basic homeopathic, remedies and minerals that can be safely used for self-care which I will recommend later.

I also asked a family member who is an allopathic physician what her understanding was of the profession of a dental hygienist. Her answer was that they clean teeth. This indicates a significant lack of understanding from other healthcare providers, and the public at large, about this important aspect of healthcare.

For clarification, a Registered Dental Hygienist (RDH) is a primary health care provider who is trained in detecting and initiating treatment for health issues of the oral cavity, including cancer screening and checking for nutritional deficiencies. Many diseases, because they are first evidenced in the mouth, are detected by dentists and dental hygienists before they are noted by other healthcare providers.

Preventive dental healthcare starts at the time of pregnancy but, due to the limitation of this chapter, I cannot dive more deeply into the subject.

You cannot have good general health without good oral health. "The mouth is part of the body" is now considered an obvious statement. Oral diseases are most often indications of systemic diseases. Over the years, I have detected many systemic health challenges, to name a few such as colitis, vitamin B12 deficiency, anemia digestive disorders, candidiasis, blood sugar imbalance, and other conditions too numerous to include here. By examining the mouth and interpreted and provided effective integrative interventions to correct such imbalances. In fact, I teach a tongue diagnostic technique to healthcare professionals. To approach oral dental health by simply dealing with the immediate vicinity of the problem area in the mouth is like walking on one leg. With the one-leg approach, you are never totally balanced.

It has been estimated that more than 100 systemic diseases and upward of 500 conditions have oral manifestations, which are typically more prevalent in the older population. (Journal of General Dentistry, November 2017.) Hippocrates reportedly cured systemic conditions by pulling infected teeth. Despite this, the relationship and impact of oral conditions on systemic conditions have not been fully appreciated until recently. It is now supported by scientific evidence. It took lengthy scientific research to conclude what has been known since 370 BC, even though most dental and medical and dental providers are still offering the one-leg approach.

### **What Is Periodontal Disease?**

The term "periodontal disease" is used to describe a group of conditions that cause inflammation and destruction of the attachment apparatus of the teeth (i.e., gingiva, periodontal ligament, root and jaw bone). According to standard dental text, periodontal disease is caused by bacteria found in dental plaque (a film of slime that adheres to tooth surfaces).

While the condition usually starts as simple gum irritation, if untreated it can become full-blown disease. Periodontal disease is the major cause of tooth loss in people, even as young as thirty-five. More than 50 percent of the population has at least the early stages of gingivitis. Three out of four adults are eventually affected by it. Many natural health care systems recognize that periodontal disease may be a sign of trouble deeper in the system immune system.

### **What Are the Basic Signs of Gum Disease?**

Gums that bleed when you brush your teeth; red, swollen or tender gums; gums that have receded or shrunk away from your teeth indicate gum disease. In advanced cases there can be pus between the teeth and gums when the gums are pressed; teeth that loosen or change position, often causing the front teeth to fan out; a change in one's bite; a change in the way a partial denture fits; bad breath or chronic bad taste in one's mouth; along with teeth sensitivity.

According to orthodox dentistry, it is related to "the germ theory," or "the bacteria".

## **1. Theory of Bacterial Plaque**

According to conventional dental textbooks, bacterial plaque (a soft, sticky transparent film that adheres to the teeth) is the causative agent in most forms of periodontal disease. Bacteria are known to produce and secrete numerous toxins that are detrimental to the health of the tissues.

In my opinion and many other holistic-minded healthcare professionals for the gums to be healthy, the rest of the body, including normal protective elements that support the body against diseases, must also be healthy. The fact is that all humans, and other living creatures as well, harbor millions of bacteria in their mouth and other body cavities. Most of the time, they cause no harm. They are, in fact, a necessary part of our body's ecosystem.

We have all seen commercials that sell products that claim to kill nasty bad breath, help prevent gum disease, or ward off tooth-decay germs; however, we continue to wage a fruitless war against bacteria. We must begin strengthening our body's natural bacterial-control mechanisms. Periodontal disease is caused by many things that disturb the bacterial colonies in the mouth or upset the normal biochemical balance of the whole body.

## **2. Tartar and Periodontal Disease**

Another cause of periodontal disease, according to the many orthodox dental textbooks I have studied, is that tartar (a hardened mineral deposit on the teeth that cannot be removed by normal brushing) is the problem. But I often wonder what comes first: the chicken or the egg? Tartar has a rough surface that irritates the gum tissue and provides a site for the accumulation of plaque. Is tartar calcified plaque or not?

To answer this question, let's examine the components of tartar. It is a mineralized mass with various minerals, such as you would normally find in bone—namely calcium, calcium carbonate, calcium phosphate, magnesium, etc. There are also trace minerals in it such as iron, zinc, copper, and fluoride (it is interesting to note that the amount of fluoride in tartar is influenced by the amount of fluoride in the drinking water, topical application, and dentifrices).

Several stages, according to the textbooks, occur from bacterial plaque to tartar, but is it the bacteria or an imbalance in the body that causes extensive precipitation of minerals in the saliva? Body fluids of healthy individuals are alkaline (have a high pH), whereas body fluids of unhealthy individuals are acidic (have a low pH). Many degenerative diseases, including periodontal disease, have been linked to mineral deficiencies (especially ionic calcium).

Many people come to my clinic every three months to have tartar removed from their teeth. Despite this, some of these regular patients appear as if their teeth haven't been cleaned in years, while those who have in fact did not have their teeth cleaned in years appear to have had their teeth cleaned recently. Many of those with excessive tartar are not any less diligent in their oral hygiene habits, however.

It is beyond the scope of this book to go into more depth as to the formation of tartar, but it is enough to know that tartar, regardless of how it gets on your teeth, should be removed to maintain the health of the gum tissue. When patients have a constantly heavy buildup of tartar on their teeth, a mineral screening, and minerals balancing is called for, which I include for all clients.

## **3. Restorations and Periodontal Disease**

Faulty fillings are common causes of irritation and destruction of the periodontal tissues. If margins of fillings are not smooth and contoured to the teeth, an ideal site will be formed for the accumulation of plaque and irritation of the surrounding tissues by bacterial toxins. If the restoration is of silver amalgam, there might be more periodontal involvement due to the decreased activities of antioxidant enzymes.

Mercury accumulation results in a depletion of free-radical scavenging enzymes (such as glutathione peroxide, Sulphur oxide dismutase, and catalase). The connective tissue is particularly sensitive to free radical damage. If you notice a bluish or black stain in the gum line and on the side of your tongue next to an amalgam filling (filling with a combination of mercury and other metals), it is a sign that the filling is deteriorating and spilling its mercury content into the surrounding tissues. It is wise to get it removed., but remember that, before any filling with mercury is removed, a chelation detoxification therapy must commence for at least two weeks before and continue for up to four weeks after. Chelation therapy is done in my practice to remove toxic elements, reducing systemic inflammation and supporting the immune system.

From time to time, many individuals have asked my opinion on the safety of silver amalgam fillings. Well, I will reserve my opinions, but the World Health Organization advises that there are no safe levels of mercury.

### Drugs and Periodontal Disease

Drugs can lower the resistance of the tissues to periodontal disease (e.g., steroids suppress the immune system).

### Hormonal Changes

Hormonal fluctuation such as prepuberty, pregnancy or menopause, can also alter the defense mechanism of the body and contribute to periodontal disease.

### Miscellaneous Causes

Chemical irritants, such as those in cigarettes, lower the amount of oxygen in the bloodstream, increase the need for antioxidants, and impede the body's ability to heal itself.

### Genetics and Susceptibility to Periodontitis

Vulnerability to periodontitis depends on the individual's immune response. Defects of the tissues that line the body surface (epithelial tissue), tissues that connect, support and separate other tissues (connective tissues), and the cells that produce collagen in the connective tissues (fibroblasts) are noted to have contributed to the likelihood of aggressive periodontitis. For more on genetics and periodontal disease see references

### Nutritional Deficiencies and Compromised Immunity

According to holistic views of disease which I completely agree with, is that it is not as an enemy, one does not get attacked by microbes and fungi., but as a manifestation of the breakdown of mechanisms that maintain control, resistance, and balance.

Two-time Nobel prize winner Dr. Linus Pauling declared that "nearly all disease can be traced to a nutritional deficiency." Vitamin C deficiency is associated with the defective formation of the connective tissues that hold cells together (collagen), delayed healing of tissues, and poor bone calcification. If your vitamin C levels drop too low, you could develop scurvy; in fact, bleeding gums is one of the first signs of scurvy. In addition to vitamin C, other signs of vitamin deficiencies such as Vitamin B12 is associated with bleeding and swollen gums, vitamin A is essential for collagen synthesis as well as healing of tissues and enhancing many immune functions throughout the body.

It is now supported by scientific research that dysbiosis of the oral microbiota can interfere with the normal function of the host immune system, resulting in the enhanced development of periodontitis. When your intestinal bacteria are imbalanced, problems show up all over your body. Often, you can see the signs in your mouth. Your oral microbiome and gut microbiome are co-dependent.

Dysbiosis of Salivary Microbiota in Inflammatory Bowel Disease and Its Association with Oral Immunological Biomarkers- DNA Research, Volume 21, Issue 1, 1 February 2014, Pages 15–25,

### Orthodox Periodontal Disease Diagnosis

The standard, conventional approach to diagnosing the periodontal disease is to measure tooth mobility, check bleeding points in your gums (bleeding index), and measure pocket depth—the space between the teeth and the gum tissue—with a special instrument known as a periodontal probe. "The pocket measurement," clinical examination, and x-rays determine the extent of the gum disease.

In my practice in addition to the standard approach, the integrative examination consists of whole-body, two-segments examination, namely the external and the internal. The external examination consists of reading blood pressure, observing breathing, taking an energy index, and head and neck palpation of lymph nodes. Thermography may be included to help assess inflammation that may be present in the head region, along with mineral screening to determine nutritional status, endocrine balance, and oral nitric oxide test as an inflammatory marker.

### Nitric Oxide Check for Inflammatory Markers

Nitric oxide synthases (NOS) are a family of isoforms (one of several different structurally similar proteins responsible for the synthesis of the potent dilator nitric oxide (NO). people with periodontitis have less NO<sub>2</sub>- in saliva than healthy subjects. I include Nitric oxide as part of my assessment technique in my practice.

Sometimes clients ask why I use thermography for this reason I include dental practice. Dental health is linked to overall health; many dental health issues can be linked to other general health issues like headaches, neck pain, and sinus inflammation. Thermography makes it possible to monitor the heat patterns from the mouth that run to other parts of the body like the thyroid and breasts. It is part of the assessment technique in my integrative assessment approach.

Signs of systemic diseases, such as diabetes and cancer, as well as other concerns like candida and vitamin and mineral deficiencies, can be detected by your dental professional before your medical doctor is aware of them. After examining all the areas of your mouth, a soft-tissue exam is done—examination of your tongue, throat, the color of tissues, saliva consistency, your teeth and supporting structures position of your teeth cavities, etc. Minimum-dose x-rays can be used in dental practice to identify cavities that cannot be detected by observation and bone loss. Losing bone in the jaw is a sign of losing bone elsewhere in the body: osteoporosis. Bad breath and bleeding gums could be indicators of diabetes. A sore and painful jaw could foreshadow an oncoming heart attack. Saliva flow and consistency are used to determine conditions such as dysbiosis, hormone issues, and stress. After various examinations are completed I interpret the findings and a program is designed according to the specific needs of each client.

## Interpreting What Is Seen in the Mouth

According to a 2010 study from the Medical University of South Carolina in Charleston, up to 20 percent of patients with inflammatory bowel disorder develop lesions in their mouth that may even precede abdominal symptoms such as cramps and diarrhea. When I observe swollen lips and ulcers on the inside of cheeks and lips—a white center with a red halo circling—I suspect Crohn disease once gum disease is ruled out. Often after many assessments patients visit their physicians, who order lab tests that always confirm my suspicions.

If the lining of someone's mouth is very pale—a light shade of pink—I usually suspect anemia, a condition in which the body doesn't have enough red blood cells circulating. The tongue can also lose its typical bumpy texture and become smooth looking.

In acid reflux, stomach content regurgitates into the esophagus and mouth can dissolve tooth enamel and create erosive lesions near the back of the mouth that can be detected easily. Some individuals with acid reflux conditions recognize an uncomfortable heartburn symptom, but some patients may experience it only while they sleep and may not know they have it.

It's common for patients to say they're having trouble sleeping and not knowing why they're waking up in the middle of the night. Signs of stress patterns and gumline recession is also detected in examining the mouth. Most individuals are aware of when they are going through a very stressful period, but their mouth may indicate that stress is taking a more serious toll than they realize. Many people grind their teeth which is a condition known as bruxism and is a response to stress, which can wear down and chip your pearly whites. Many clients will say they are not teeth grinders, but most patients tend to do it at night while they're sleeping. We can detect all the telltale signs of mouth stress.

## Periodontal Disease and Osteoporosis

Bone disease has no symptoms, which means most people don't know they have it until they suffer a bone fracture or take a bone-density test. An annual trip to the dental office may be just what your bones need before it's too late. Osteoporosis does not cause changes in the teeth, but it does cause changes in the bone that supports the teeth, which is part of the periodontal structure. This may show up as a receding gum line and loose teeth. And the bone loss in the mouth typically means there are signs of bone loss elsewhere in the body.

## Heart Disease and Periodontal Disease

Swollen, red, and bleeding gums may be a telltale sign of heart disease. In fact, gum disease may put you at risk for both coronary artery disease and heart disease because the bacteria could travel to your heart and form blood clots or build up plaque in your arteries, which can impede your heart's blood flow. People with periodontitis and even early gum disease may often have risk factors that not only put their mouth at risk but their heart and blood vessels, too. Risks associated with periodontal disease span A to Z, including Alzheimer's disease. They are too many to be included in this chapter. But in the case of Alzheimer's, evidence shows that if you have oral and gut inflammation, your brain will also be affected. See more in the bibliography.

## Oral Cancer: The Sobering Facts

It is not my intention to digress or to distress the reader, but I would like to point to the fact that oral cancer has overtaken cervical cancer as the most common HPV-related malignancy in the United States. It is sixth-most-common cancer in the United States. Regular dental visits can help catch signs of it in its earliest stages when survival rates are more than 80 percent. According to the Canadian Cancer society stats in 2017, 4,700 Canadians were diagnosed with oral cavity cancer and in the same period, 1,250 Canadians died from oral cavity cancer.

When actor Michael Douglas candidly revealed that his throat cancer was linked to having oral sex, two things happened. He made headlines that mortified his family. And he helped publicize the fact that a pervasive, sexually transmitted virus called HPV was unleashing an epidemic of oral cancer.

An oral cancer examination is a part of the dental examination and is always done as part of a dental-wellness evaluation in my practice. My clients are aware they are making an appointment for a wellness evaluation, not "teeth cleaning and a check-up." For more information, visit my clinic website at [www.integrativehealth.info](http://www.integrativehealth.info) or [www.drsheilamckenzie.com](http://www.drsheilamckenzie.com).

### Orthodox Treatment of Periodontal Disease

The standard orthodox periodontal therapy will usually consist of the following. Scaling. The removal of soft and hardened deposits from your teeth above and below the gum margins and gum pockets, and root planning, which is smoothing of root surfaces to enable the gum tissues to reattach to your teeth. Curettage. The soft-tissue lining of a periodontal pocket is scraped away to help the gum tissues heal by forming new tissue.

Gingivectomy. This is a surgical procedure in which deep pockets are eliminated, leaving a shallow crevice that is easier to be maintained by the patient. This is done when the disease does not involve the jaw bone. Flap Surgery. Gum tissues are opened surgically to gain access to deep pockets and roots to remove calculus. The gum is then sutured back into place. Sometimes bone around the tooth is reshaped, or part of it is removed. Antibiotics. Antibiotic therapy for periodontal disease is quite unnecessary, in my opinion. Dr. Farghen, a dentist in Sarnia, Ontario, echoes this statement in an Ontario dental journal. I quote: "Antibiotics are often inappropriately prescribed." Often missing in this one-leg approach is attention to systemic support. It is as if the mouth is detached from the rest of the body.

### Holistic Approach

In addition to removing the infection in the immediate area of the mouth, a sensible holistic approach optimizes nutritional therapy, immune support, and detoxification protocols are integrated into the program for the best outcome of the client's health. My approach is to design a program geared to the specific need of each client.

This chapter is offered to provide basic information as to how the reader can start a Self-Care-in-Action© plan. I would like the reader to understand that detoxification, health maintenance, and restoration is not complicated. Many of the health care providers would like you to believe that health is complicated, with thousands of diseases requiring thousands of drugs and trained experts just to keep you alive.

I would like to reassure you that health is very simple because the body was designed to function for a lifetime. All living things, including microorganisms, owe their lives to the creator's blueprint, not medical intervention. The suggestions I offer here will decrease inflammation, support your immune system, and enable your microorganisms to work in a symbiotic relationship. These are first-line, effective, basic techniques that I have used and experience excellent results with my clients for many years. I also provide more specific add-ons and homeopathic immune system support according to each client's needs.

The basic part of this program can be done easily adapted by the reader and will pay big dividends for your overall health:

### Keep Your Mouth Clean

Correct techniques for brushing and flossing can be found on my clinic website which is provided in the resource section of this chapter. Do not use any commercial toothpaste and mouthwash, which have high alcohol content. Gargle can be used to rinse debris from your mouth and throat and help to soothe pain and

decrease inflammation. Another important function of gargle most often overlooks it that it allows nutrients in the gargle to be absorbed in the mucous membrane of the mouth before reaching the stomach and intestine. This is another reason why alcohol mouthwash should never be used.

#### Echinacea and Enzyme Gargle

Grind one to two uncoated chewable papain tablets, into a powder, then mix with 10 drops of echinacea and add to an eight-ounce glass of distilled water. Take a mouth full and gargle for about thirty seconds, then swallow repeat until the glass is empty.

#### Enzymatic and Vitamin C Gargle

Grind one to two chewable papain tablets into a powder, combine the powder with a one-half teaspoon of calcium ascorbate, or magnesium ascorbate crystals or powder added to four ounces of distilled water, stir until completely dissolved, gargle with a mouth full of the mixture for thirty seconds, repeat until the container is empty.

#### Torrens Tooth Powder

Combine 1-part sea salt or Epsom salt with 6 parts baking soda. Place in an electric blender and close lid. DO NOT add water. Put on high speed for 5 minutes. Leave the lid on for another 5 minutes while powder settles. Place in a sealable jar. Dry brush your teeth, then wet finger and dip in mixture and pat powder on gums and let sit for 5-10 minutes. Rinse with warm water. Repeat daily.

I often recommend the topical application of Vitamin C. As stated earlier, gum-disease symptoms are like vitamin-C-deficiency scurvy. In fact, it is like having small wounds all around your teeth. Vitamin C boosts wound healing in general and integrity of periodontal ligaments and works as an anti-inflammatory.

Remember, you should not use pure ascorbic acid on your teeth. You must use a non-acid form of vitamin C known as "calcium ascorbate." It is safe to leave on your gums. You can pour about a teaspoonful in the palm of your hand and use a wet finger to pat it onto the gum margins. You can keep it on for ten minutes and spit it out without rinsing, but if you dislike the metallic taste you can rinse with a small amount of warm water.

#### Fine-Tune Your Diet

Reduce simple sugars (white sugar, honey, fruit juice, and refined carbohydrates (flour and pastries) from the diet as much as possible. Emphasize flavonoid-rich foods such as berries (blueberries, blackberries, and hawthorn berries). Eat as close to a vegetarian diet as possible, cultivate good bowel habits with fiber to cultivate probiotics, and reseed the gut from time to time with probiotics. Limit your consumption of meat, and stop eating foods with, chemical-laden food additives.

#### Monitor Your Saliva

Normally, saliva has antibacterial properties that keep your mouth clean and your breath fresh. When you aren't drinking enough water, your body becomes chronically dehydrated and stops producing saliva. Your mouth might not be totally dry, but you're not making enough saliva to kill the bacteria. Some people experience bacterial overgrowth, and as a result, their breath stinks.

**White and Clumpy Saliva:** Candida fungus can cause a yeast infection in your mouth which is also known as "thrush." Candida begins in the intestinal tract and eventually moves into the stomach, up to the esophagus and finally into the mouth. Depending on how thick the yeast becomes, it can be seen in the mouth and on the tongue. The fungal yeast mixes in the saliva, turning it white and clumpy.

All you need to test for excess yeast or thrush is a glass of water. For six days, when you wake up (before you eat or drink anything) spit a dime-sized amount of saliva into a six-ounce glass of water. Watch for changes in your saliva in the water over a 45-minute period and write down your results each of the six days.

If your saliva stays floating on top candida overgrowth is likely not an issue for you. If it grows legs, then candida is likely an issue and could be getting in the way of your hormonal and whole-body health. This is a sign that it's time for a tune-up. If it sinks to the bottom of the glass, you'll want to get this under control as soon as possible check bowel frequency increase fiber and water and take probiotics supplements.

There are two ways to increase the accuracy of this test: Do not consume dairy the day before you start testing or on any of the six days, as it can thicken the mucosal membranes and give you a false positive. Stay hydrated, as dehydration can cause your saliva to sink and result in a false positive. If you suspect that you have yeast overgrowth, follow the dietary suggestions and use probiotics to re-establish gut flora.

**Dry and Sticky Saliva:** Dry and sticky saliva could indicate that you suffer from sleep apnea. This is a common disorder whereby you experience one or more pauses in breathing during sleep. Breathing pauses can last from a few seconds to a few minutes. They may occur thirty times or more an hour, according to the National Heart, Lung and Blood Institute (NIH). Usually, normal breathing resumes with a loud snort or choking sound. Sleep apnea is chronic. As a result, the quality of your sleep suffers.

Unfortunately, sleep apnea is often undiagnosed since doctors can't detect the condition during routine office visits. A Chinese study conducted on sleep apnea patients found that those who were at high risk for developing cardiovascular disease produced less spit than those who were not at high risk.

#### Here Are My Basic Supplements for an Anti-inflammatory and Health-Building Technique

In addition to taking a general multiple vitamin and mineral supplement appropriate for your gender, I also suggest taking systemic enzyme, Systemic enzyme therapy is used to decrease pain and inflammation in the gum and support the immune system. I suggest papain (enzyme from papaya fruit), take 250 mg 3x daily on empty stomach for systemic action and a general digestive enzyme with 3 meals. You need to saturate the system with five key nutrients; water, niacin, vitamin C, carotene, and sulfur.

#### Niacin Saturation

Niacin saturation is indicated by a mildly warm ear and facial vasodilation of blood vessels often called "the flush." Take niacin, also known as vitamin B3 (not niacinamide), every ten to fifteen minutes until you feel the flush. Start by taking 50 mg and increase to 100 mg, then continue taking enough niacin throughout the day so that each dose makes you feel a slight bit warmer. A flush should end in about ten minutes if it lasts thirty minutes and you feel a bit spacey, you took too much, but it is totally harmless. A large dose of niacin on an empty stomach will result in too long a flushing action, so take your niacin right after a meal.

Since niacin is a vitamin and not a drug, it does not require a prescription and it is not addictive. Niacin is sold in any pharmacy or health-food store. A good rule when taking niacin is to take all the other B vitamins as a complex, separately, in addition to the niacin. Vitamin B12 is poorly absorbed in the digestive system, The best method of B12 except for injection is intranasal (by way of the nose). Buy ready to use over the counter Vitamin B12. Capsules. Open the capsule and apply the content inside the nostril with a clean finger or Q tip. Be gentle and please remember to not put a whole capsule in the nose the idea is to coat the inside of the nose.

## Vitamin C Saturation

How do you saturate with Vitamin C? Take it until you are symptom-free. The effective level is known as the "saturation level" or "bowel-tolerance level." Gradually increase your daily dose until you have or are on the verge of having diarrhea. Remember Vitamin C diarrhea is not dysbiosis diarrhea, which is frequent, watery, and explosive. Cut back slightly and remain at that saturation level.

## Carotene Saturation

Juice a basket of dark green vegetables and orange color vegetables, such as carrots, twice daily. When your skin turns orange, you are at the saturation level. This is called " **Hypercarotenosis** " and is completely harmless. Juicing also ensures you are fully hydrated; vegetable juice is preferred over plain water. In addition, juicing provides you with a lot of trace minerals. Beta-carotene from vegetables is converted to Vitamin which is essential for healthy, mucous membranes, immune systems, and vision.

## Sulfur Saturation

Research shows that low sulfur diets appear to contribute significantly to the drastic increase in illness or to the slow and ineffective rates of recovery. Premature aging, dependence on all types of medication, autoimmune diseases, skin disorders at all ages, poor skin tone and color, autism, viral and bacterial infections, circulation and heart problems, allergies, arthritic pain, increased incidents of flu and health annoyances, some mood disorders. The drastic deterioration of our overall sense of well-being appears to be influenced by and related to the low sulfur. I consistently used organic sulfur at the saturation level as part of my inflammatory protocol for many years with remarkable results.

It is best to follow an acclimatization period, especially if you have any food sensitivities, allergies, or environmental illness. It is very important that you begin with a low amount and gradually increase to the recommended amount. In a few situations, the gradual increase can take up to two months, although it is usually three to four weeks.

For a healthy person weighing 120–150 pounds (54–68 kilograms): Take half a teaspoon of organic sulfur once a day in the early morning for four days, then increase to half a teaspoon twice a day (early morning and about nine hours later) for four days, then increase to one teaspoon twice a day (same times) for four days. If there are no flu-like symptoms that indicate a healing crisis, go to the recommended amount for your weight and health issues. While coping with stressful situations you may increase your daily amount. See Resources, below, on where to get organic sulfur.

## Homeopathic Minerals:

As I stated earlier homeopathic prescription is most effective if done by trained homeopaths after taking into consideration your constitution and genetic predisposition, but in general homeopathic tissue mineral is readily available and is inexpensive and I highly recommend them for self-care. Calc Fluor 12X (Calcium fluoride) may strengthen tooth enamel, both Kali Phos 6X (potassium phosphate) and Kali Mur 6x (potassium chloride) have been key Tissue Salts to support healthy gum.

Here are some general reports I received from clients who adhered to this protocol: no more bad breath or bleeding gums; teeth appear whiter; firm, healthy gum tissues; no more pain in the face or jaws; no more

headache or neck pain; no more depression; weight loss; being able to cancel surgical procedures; clearer thinking and improved mental energy; and overall feelings of well-being.

Resources:

For more information visit my website: [www.drsheilamckenzie.com](http://www.drsheilamckenzie.com) or [www.integrativehealth.info](http://www.integrativehealth.info). My book: Eclectic Home Medicine Cabinet By. Dr. Sheila McKenzie-available on my website

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