



Health Matters

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Oral and Dental Health's Influence on General Health

The Knee Bone Connected to the . . .

The holistic, connected nature of the body and the influence of the health of the mouth and teeth on non-oral health was a topic in a 2005 Bulletin of the World Health Organization that stated:

"The compartmentalization involved in viewing the mouth separately from the rest of the body must cease because oral health affects general health by causing considerable pain and suffering and by changing what people eat, their speech and their quality of life and well-being. Oral health also has an effect on other chronic diseases."

The Inflammation Connection

The oral mucosa is the first line of defense against disease-causing microbes. When it is not healthy, the mouth can be a portal of entry for infections that can ultimately spread to non-oral tissues through the digestive tract, lymphatics and bloodstream.

Periodontal disease (chronic infection of the gums, ligaments, and/or bones that surround the teeth) is associated with diabetes as well as an increased risk of:

- cardiovascular disease in people younger than 60
- strokes caused by clots
- arthritis, including rheumatoid
- Alzheimer's disease and dementia
- pulmonary disease
- valvular heart disease
- miscarriage and premature birth

Like any chronic infection, periodontal disease burdens the immune system, can trigger autoimmune and non-oral inflammatory diseases, and is a major cause of loss of teeth. Compared to a control group having 24 or more natural teeth, a study of more than 42,000 people revealed that people having fewer than ten natural teeth had an increased risk of occurrence of stroke caused by a clot.

What an Oral Exam Reveals

A physical exam of the mouth can provide clues to general health, including raising the suspicion of mouth breathing (that in turn suggests allergy or obstructive sleep



apnea) and often providing the first visible evidence of AIDS and of the adverse health effects from tobacco use. The amount of saliva and the presence of rashes, swelling, bleeding of the gums, discoloration, odors, lesions on the mucosal lining of the mouth, and unusual color, coating, and texture of the tongue can be signs of systemic disease.

Thinning of the alveolar ridge (the part of the jaw bone that holds teeth in their sockets) is associated with osteoporosis and vitamin D deficiency. Other signs in the mouth of other non-oral health problems include associations between bleeding of the gums and vitamin C deficiency, gray discoloration of the gums close to the teeth and lead toxicity, a smooth tongue and pernicious anemia, and a burning sensation of the tongue and vitamin B deficiency.

Connected to the Grid

Though Western medicine excels in surgery, trauma, advances in technology, and the diagnosis of *disease*, it is currently in the infancy of understanding the more subtle energetic contributors to *health*. More than 2000 years ago, the Chinese discovered invisible bioelectrical pathways called meridians that transport subtle, vital energy in the body. The existence of meridians has been substantiated by a Western medical technique of injecting acupuncture points with radioactive isotopes. The isotopes advanced along the precise known course of meridians that acupuncturists had described centuries earlier.

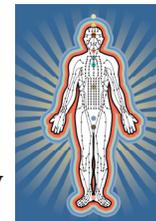
Each tooth is connected to non-oral tissues and organs by this bioelectrical grid. For example, the wisdom teeth are energetically connected to the heart meridian, and the two middle upper front teeth are connected to the meridian that energizes the prostate in men and the uterus in women. Impedance of energy flow in a tooth can adversely affect tissues on the same meridian, though its effects can be apparent soon after the impedance starts or even years later.

Dental Influences

Other factors in mouth health that contribute to non-oral health problems include:

Mercury

Mercury was first placed in people's mouths as a filling material for cavities in the mid nineteenth century. Mercury is called quicksilver, "quacksilber" in German, and dentists who first used mercury to substitute for gold were called quacks and shunned by their colleagues. Today 110 million dental amalgams are being placed in North American mouths



annually. If you have dull, gray-colored fillings in your teeth, you have mercury-containing dental amalgams. Often called "silver" amalgams, they are in fact 50 percent mercury, a known metabolic and neurological toxin.

Murray Vimy, DDS, and Hans Lorscheider, PhD, of Calgary, Alberta, conducted a study in which the teeth of pregnant sheep were filled with dental amalgams that were radioactively tagged to differentiate them from other mercury sources that the sheep had accumulated in their bodies prior to the study. Within weeks of placement in the teeth, the tagged mercury was found in the sheep's brain, bone, lungs, lymph nodes, kidney, liver, placenta, and fetus.

Oral and Dental Health, cont.

Dental amalgam is a metal alloy that typically contains mercury, silver, tin, zinc, and copper. The Occupational Safety and Health Administration (OSHA) considers dental amalgam to be hazardous to health before it is placed in a tooth and again after it is removed and requires that it be handled using strict procedures. Although the human mouth has been used as a storage vessel for mercury for decades, many reasonable, educated people consider that practice to be questionable at best. Mercury accumulates in body tissues after being released from amalgams in the form of an invisible vapor, especially when eating or drinking hot foods.

Because mercury has been shown to travel to the brain in a retrograde manner along the cranial nerves, the removal of amalgams, itself a significant exposure to mercury, should be performed by a dentist trained in their safe removal, using protective practices that include rubber dams and high volume suction. Using mercury-free, composite dental materials destroys less tooth structure than placing amalgams. Dental composites provide a cosmetically pleasing restoration. Using composites requires retraining, more precision, new skills, and new equipment.

Many concerned scientists across the world have spoken out about growing scientific evidence of the toxicity of dental amalgams. Norway, Sweden and Denmark have banned dental amalgams as have individual dentists from other nations who are concerned about the health of their patients, staff, themselves, and the environment.

Chronic Infections

The term for a chronic infection in the bone is osteomyelitis. The term for an infection that occurs in a tooth socket is cavitation osteonecrosis, an area of dead, infected bone that can develop a black, liquid character where solid bone once existed. More than any other bones, the jawbones have many opportunities to be traumatized from facial and head injuries, as well as from dental decay, disease, and procedures. In addition to up-regulating the immune system, the resulting scar in the bone can become a focal disturbance that interferes with the flow of subtle, vitalizing energy to non-oral tissues and organs.



Each tooth contains about three miles of dentin tubules, microscopic channels in which blood and lymph flow in the inner portion of a tooth called the pulp. When bacteria gain access to the dentin tubules, the tooth is infected and can become a focus of systemic infection and inflammation.

Oral Electro-galvanism

Any time two different metals are in the mouth, electrical galvanic current flows between them. Oral galvanic current is known to cause corrosion of amalgams, intolerance of dental metals, interference with the flow of subtle energy along affected meridians, as well as oral pain in sensitive individuals.

Metal Allergy

Allergy to metals in the mouth can result in a chronic burden on the immune system and rashes. Although the body can have an allergic reaction to any metal, nickel is the most sensitizing.

Fluoride

Few topics in public health evoke more controversy than the fluoridation of drinking water. Proponents claim it prevents dental caries. Opponents are concerned on the basis that it is not possible to maintain safe, consistent levels of fluoride in municipal water systems, and that fluoride is a known toxin, is especially toxic to babies who drink formula mixed with fluoridated water, accumulates in the body, causes white mottling of the teeth (dental fluorosis), constitutes a form of compulsory mass medication, affects thyroid function, weakens tooth and bone structure, can mimic arthritis, as well as the fact that a contaminated industrial waste byproduct, hydrofluorosilicic acid, is the chemical actually put in municipal water supplies.

Diet and Oral Health

Cleveland dentist Weston A. Price (1870–1948) studied populations across the world that had not been exposed to Western civilization and diet. He determined that the crowded, crooked teeth and deformed dental arches he saw in his U.S. practice resulted from devitalized diets that included white flour, pasteurized milk, sugar, processed vegetable oils, unhealthy fats and foods containing chemical additives.

In addition to improved dental health and structure, Price determined that nutrition derived from indigenous diets also resulted in superior physical, reproductive, and emotional health.

An article in the American Journal of Clinical Nutrition (AJCN) stated that Western diets are the single largest cause of chronic disease and death in the United States. Western diets' neglect of basic, non-negotiable principles of health and nutrition is killing its devotees through heart disease, osteoporosis, cancer, high blood pressure, diabetes, and obesity. Overwhelming evidence reveals that human health is directly and adversely affected by what people eat. Modern Western variances from our ancestral lifestyle, activity, and diet to which we are genetically adapted reliably results in chronic, inflammatory states known as "diseases of civilization."

Supporting Oral and Dental Health

An ounce of prevention is worth a pound of cure when it comes to oral and dental health. Regular brushing, flossing, cleaning, dental exams, and a healthy diet are the foundation of a prevention strategy. Ask your doctor whether

certain drugs, including bisphosphonates (e.g., Boniva, Zometa, and Fosamax) could be affecting your dental health.

GSMC practitioners agree with the World Health Association and consider an exam of the mouth to be an important part of a holistic, comprehensive medical exam and refer to dentists trained in biological dentistry when needed.

For Further Information:

International Academy of Oral Medicine & Toxicology (non-toxic dentistry): <http://www.iaomt.org/>

Weston A. Price Foundation (diet): <http://www.westonaprice.org/>

Am Jour of Clinical Nutrition (diet): <http://ajcn.nutrition.org/content/81/2/341.full>

Poisoned Horses (fluoride): <http://www.youtube.com/watch?v=7TwwNZyRVOA>

You Put What in My Mouth? (mercury): <http://vimeo.com/47879349>

All content in this newsletter is intended to be informational and is not to be taken as medical advice or to replace medical care.