



## PERIODONTAL PREVENTION

### Nutritional Support Protocol

90% of systemic diseases show signs/symptoms initially in the mouth. If you improve your dental health you improve your overall health. There are a multitude of studies showing that a diet high in antioxidants and low in refined carbs and sugar, good dental hygiene and a high quality multi vitamin/mineral and antioxidant formula in addition to fish oils supports both your dental health and your overall health by helping to decrease free radicals, inflammation and bacteria.

#### **Lifestyle Recommendations:**

1. Use Designs for Health toothpaste daily. It was designed to improve gum health, kill mouth bacteria and prevent cavities.
2. Brush after each meal and upon rising in the am. Use a Sonicare toothbrush system. Make sure to place the toothbrush where the teeth and the gum line meet.
3. Use a Waterpik Professional Dental System - this is a Deep Cleaning Advanced Water Jet for cleaning where brushes can't reach and for protecting and repairing gum tissue. Occasionally you may use a special dental rinse in place of filtered water in the Waterpik system for added protection of the gums.
4. See your dentist regularly.

#### **Dietary Recommendations:**

1. Keep your diet 'sugar-free' by avoiding table sugar, honey, molasses, maple syrup, and corn syrup, candy, soft drinks, flour products and fruit juices. Replace sugar with the polyol sugar xylitol, which can reduce dental caries and doesn't raise glucose or insulin significantly.
2. Eat from the rainbow, especially blueberries and tomatoes.
3. Increase selenium intake by consuming brazil nuts and seafood.
4. Drink green tea with xylitol. Consume raw garlic (antibacterial) regularly and herbs high in antioxidants such as cilantro, rosemary, turmeric, etc.
5. Drink at least 8 - 8 ounce glasses of filtered, mineral or sparkling water every day.

#### **Supplement Recommendations:**

In addition to the core nutrient program recommended by your Health Care Professional and/or from the results of your most recent Designs for Health Metabolic Profile:

#### **Twice Daily Essential**

**Packets:**

2 packets per day

**Xylitol:**

use in place of sugar

**PaleoGreens:**

optional 1 tbsp per day if you aren't getting your 5-9 servings of veggies and fruits per day

**Brain Power Sours:**

as an after meal treat to clean off teeth.

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