



PERIODONTAL DISEASE

Nutritional Support Protocol

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; use lots of garlic-for antiox and antibacterial; antiox herbs-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:

Olive Leaf Extract:	2 capsules per day
Allicillin:	2 capsules per day
Immunitone Plus:	2 capsules per day
Detox Antiox:	1 capsule three times a day (to get selenium and AO)
PerioBiotic Toothpaste:	Brush after each meal

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