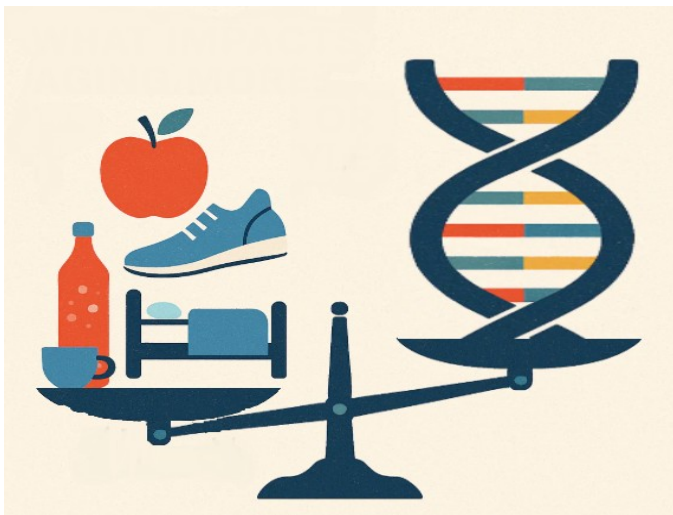


## How to Prevent Tooth Decay and Gum Disease – A Guide



Tooth decay and gum disease, like many health conditions, can be influenced by genetics. However, lifestyle plays a major role in their development. This means that even if you are genetically prone to these issues, following healthy habits can greatly reduce your risk.

Two of the most important causes are **dysbiosis** (an imbalance in bacteria) and a **sugar-rich diet**. These factors reinforce each other: consuming too much sugar feeds harmful bacteria while starving beneficial ones. In turn, these harmful bacteria can signal the brain to crave even more sugar.

Poor nutrition is another key factor. Teeth are mainly made of proteins, calcium, and phosphate. A lack of these nutrients can weaken both teeth and gums. Diets high in sugar and grains can also deplete the body of essential vitamins and minerals. Additionally, substances like glyphosate (a herbicide found in some non-organic foods) and oxalates (compounds found in certain vegetables) can bind to minerals in the gut, making them harder to absorb.

Wild animals do not brush their teeth, yet they rarely suffer from tooth decay or gum disease. This is largely because they eat natural, unprocessed foods—the type of diet their bodies are designed for.





Whenever we move away from natural foods and consume highly processed, man-made products, the risk to our health increases.

Although it is difficult in modern life to eat exactly as our ancestors did, we can still take important steps to reduce the risk of dental and overall health problems by improving our lifestyle.

## The Guide

1. Limit sugar consumption to special occasions. Eat whole fruits. No juices. No fizzy drinks.
2. Reduce intake of grain-based foods such as bread, pasta, crackers, baked goods, and pizza.
3. Eat high-quality, easily absorbable protein sources such as grass-fed organic meat, free-range organic eggs and poultry, and wild-caught small fish. Plant proteins may be less complete and less easily absorbed. Legumes also contain phytates, which can reduce mineral absorption.
4. Consider taking vitamin D3 and K2 daily. Vitamin D3 helps the body absorb calcium and supports the immune system, while vitamin K2 helps direct minerals into teeth and bones.
5. Brush your teeth after main meals. Electric toothbrushes are generally more effective than manual ones.
6. Floss your teeth every night. The dental floss should be thin enough to pass easily between the teeth without fraying. Better if it is unwaxed. Discover how to floss properly watching this video <https://youtu.be/t6TLiAtoV2k?si=M48MSsXHxGzFFRvF>
7. Use toothpastes containing hydroxyapatite and propolis. Hydroxyapatite is a natural mineral that makes up our teeth, and it can effectively replace fluoride by remineralizing enamel. Studies suggest it is equally effective at preventing cavities and reducing tooth sensitivity, without the potential toxicity concerns associated with fluoride. Propolis, a natural substance produced by bees, has antimicrobial properties. It selectively targets harmful bacteria while helping preserve beneficial ones.

Examples of beneficial toothpastes are :

[https://www.amazon.co.uk/Biorepair-Plus-Total-Protection-Toothpaste/dp/B0D9K2Y613/ref=sr\\_1\\_1\\_sspa?crid=1J541AVRUTB33&dib=eyJ2IjoiMSJ9.LMjEyC9V8G4XKx4ibVgi1MLTbxJnugH7iW](https://www.amazon.co.uk/Biorepair-Plus-Total-Protection-Toothpaste/dp/B0D9K2Y613/ref=sr_1_1_sspa?crid=1J541AVRUTB33&dib=eyJ2IjoiMSJ9.LMjEyC9V8G4XKx4ibVgi1MLTbxJnugH7iW)

<https://www.kiscience.com/product/propolis-cistus-toothpaste-mint-flavour/?affiliate=drmarinaci>

8. Do not smoke. Smokers are up to twice as likely to develop gum disease and lose their teeth.
9. Avoid making phone calls with your phone held close to your face. The radiation emitted from your phone may affect the salivary glands, increase the risk of cancer, and reduce saliva production, which weakens the mouth's natural defence against tooth decay.
10. Avoid breathing through your mouth whenever you can. This unhealthy habit dries out your mouth and therefore reduces the protection your saliva provides for your teeth and you gums.
11. Visit your dentist regularly (every 6 months). Early detection means simpler and less expensive treatment.

*“Taking care of your teeth means taking care of your whole health. This is one of the greatest acts of love for yourself and for the people who care about you”.*

Dr. Giuseppe Marinaci