

Your Mouth is the Gateway to Your Overall Health

Poor oral health is associated with increased risk for. . .

Cognitive decline:	Dementia and Alzheimer's disease
Neurological decline:	Anxiety, depression, insomnia, brain fog, poor concentration
Cardiovascular disease:	Arterial disease, increased platelet aggregation
Gastrointestinal discomfort :	Abdominal pain, gas and bloating, reflux, altered stool function
Others:	Autoimmunity, pneumonia, poor glucose control

Therapeutic Suggestions

- Regular brushing and flossing to help reduce biofilm formation
- Regular dental visits for cleanings and oral health exams
- Drink plenty of water for adequate saliva formation and flow
- Minimize refined carbohydrate intake, smoking, alcohol consumption & stress
- Address dysbiosis with probiotics

Dietary Nutrients to Consider

- Vitamin D3: anti-inflammatory and immune support
- B-vitamins: connective tissue health
- Vitamins A, C, E: antioxidant support
- Vitamin K2: deposition of calcium into teeth and bones
- CoQ10: supports healthy oral mucosa
- Omega-3 fatty acids: helps prevent gum disease, anti-inflammatory