

# Fighting Gum Disease: A Special Report

Note: Nothing in this book should be construed as advice. Though I have made every attempt to make sure the information is correct and accurate, I cannot guarantee that it is. That is especially true when you consider that even experts have differing viewpoints. Current information may also change in the future.

This book was not intended to provide advice about gum disease or any other health condition and is for information and entertainment purposes only. You should seek diagnoses, treatment, advice and care from a periodontist or other dental professional if you have or think you might have gum disease or any other oral health problem. For other health problems, visit a physician. The FDA has not evaluated statements about the products mentioned in this book.

This report was written for you. It intends to bring to you an understanding of what causes gum disease and how you can fight back against this insidious disease that can rob us of our teeth and possibly cause or contribute to even greater health problems.

Consider for a minute just how many people suffer from gum disease. Periodontists tell us that approximately 80% of the adult American population have some form of gum disease. That equates to 8 out of 10 people. That means the chances are pretty high that you have it, your loved ones have it and about 80% of your friends have it.

While thinking that over, you may also suddenly realize that these people must not know that they have gum disease. After all, how many people would knowingly go around with active gum disease and do nothing about it? Some would, but not eighty percent of the population, right?

On the other hand, many people are painfully aware that they have gum disease and know that they have to do something about it. Fortunately, regardless of whether you want to prevent gum disease or get rid of the gum disease you already have, the solution may be the same.

Here is the reason why this is true: Gum disease is caused by the waste products of anaerobic bacteria. These bacteria do not harm us when they are freely floating in our mouths. However, whenever they grow under a biofilm called plaque is when the gums can become inflamed and the process of tissue destruction begins.

Therefore, the solution to gum disease is to remove the plaque daily. This is a very simple solution. The anaerobic bacteria do not start to proliferate under the plaque until about 48 hours have gone by after the formation of the plaque. That means that if

you remove the plaque once per day, you should stay ahead of the little beasts all of the time.

How do you do this? Most of us, unfortunately, have a notion that brushing and flossing are all that it takes to remove the plaque. They are definitely major tools for fighting gum disease, however, there are still some places that they don't do a very good job of reaching.

You do need to continue to brush and floss. Those activities are essential to removing much of the plaque. However, there is at least one more tool that you should add to your arsenal.

This tool is called a Perio-Aid. If you are unable to find this tool in your local pharmacy then stop by the office of a periodontist. They can either give or sell one to you.

The Perio-Aid is a plastic handle with two specially curved ends. You place the blunted end of a round toothpick on the ends. Then you trace along your gum line with this tool. Visit a periodontist's office for complete and accurate directions and/or to have someone show you how to use it.

What the Perio-Aid is especially good at disrupting is the plaque that accumulates along that little ring of gum tissue that surrounds the 'neck' of the tooth. If you look at one of your teeth, you will see a little u shaped groove at the bottom where the tooth meets the gum tissue. That is the spot where regular brushing and flossing have trouble reaching effectively.

Use the Perio-Aid after brushing and flossing. You must continue to brush and floss because they are good at removing the plaque practically everywhere else. One more word about brushing and flossing: Both should be done very gently. The biofilm is not hard to disrupt. What is required is not hard effort, merely consistent effort.

The mechanical break up of plaque is very important and must be done daily to both prevent gum disease or to stop its progression.

Here are some additional tools that I use to give me the extra insurance that I want to prevent the progression of gum disease.

**Hydrofloss** - This device is the first tool that I used that actually stopped my gums from bleeding. I still use it every day. It is an oral irrigator and it is very powerful for helping to blast away plaque. It uses a magnetic charge on the water that

passes through it to give that water an extra boost at removing plaque when compared to regular oral irrigators. There is debate about the usefulness of the hydromagnetics. All I can say for sure is that this device stopped my gums from bleeding.

Some places sell the hydrofloss for \$129, which is the suggested retail price. However, the best deal I have been able to find on the hydrofloss is when you use this coupon code: A-PER10 at this site: <http://tobeinformed.com/hydro>. The code gives you a discount of 10% plus free shipping, bringing the total cost of the hydrofloss down to about 89\$ for you. (Note: This is true at the time of writing this report)

In addition, this particular hydrofloss comes with an oxygenated compound. You put the oxygenated compound in the hydrofloss water tray. The oxygen is useful for killing anaerobic bacteria or at least stopping or disrupting their cellular processes and they either die or revert back to aerobic metabolism.

If you live outside of the United States and use a 220-240 volt electrical system, the above coupon code will not be useful to you. If you do live in such a place, you can obtain a hydrofloss here instead: <http://tinyurl.com/ywp4mo>. Just go to the section labeled, 'oral care' and you will find one suitable for 220-240 volt systems there.

### **Complete Care Kit**

The next item I want to tell you about is actually a combination of a few things. It is called the Complete Gum Care Kit. The same coupon code applies to this kit: A-PER10 and you can find the kit here: <http://www.gingivitiskiller.com/Complete-Gum-Care-Kit>

The toothpaste in this kit contains pyrophosphates, which are good at fighting the build up of plaque. There is also a concentrated oxygenated mouthwash that can be used for rinsing or in conjunction with the hydrofloss. If used with the hydrofloss, you might put two capfuls in a hydrofloss tray before irrigating along the gumline.

The toothpaste and the oxygenated mouthwash both contain aloe for soothing the gums. The toothpaste also contains the oxygenated compound in it.

In addition the kit comes with moldable trays that you can fill with a bit of toothpaste to keep the pyrophosphate containing paste in contact with the gums for a longer period of time.

Due to all of these advantages it is easy to see how this kit could be helpful in the fight against gum disease.

The cost of the kit, at the time of this writing is around \$27. If you use coupon code A-PER10 you will receive an additional 10 percent off plus free shipping. In fact, the coupon code never runs out, so if you need to order more mouthwash or rinse you could use the same code repeatedly into the future.

Unfortunately, this code is only good for orders within the United States. Which brings me to the last item in our list of additional home care tools.

Essential Oils of peppermint, spearmint and almond in a special blend that comes in a drip proof bottle are the last item I want to tell you about. This blend, which is available internationally, is said to have antibacterial properties that can help you fight gum disease. It has a bit of a biting taste, but it is available internationally. You can use this in conjunction with a toothbrush or just put a couple of drops on your tongue and mix it with your saliva. You can find details about this product here:

<http://GingivitisKiller.com/Presents/NaturalOils>

Do these items work? The hydrofloss stopped my gums from bleeding. Here is what someone else wrote to say about the products. She uses the Hydrofloss, toothpaste, mouthwash and essential oil blend.

<http://tobeinformed.com/158>

Special note: The things talked about thus far are part of home care. A professional dental cleaning is needed approximately every 2 - 3 months to help protect you against gum disease. Waiting six months between professional cleanings is simply not adequate when it comes to fighting or preventing gum disease, in my opinion. This is also the opinion of my periodontist.

Periodontists are the most qualified among dentists to help you with gum disease. If you have had extensive tissue damage due to gum disease, a periodontist can help you to repair some of that via surgery. I have also found the professional cleanings done in a periodontist's office to be superior to those at a regular dentist's office. That has been my experience.

You really need professional care in addition to home care to give yourself the best chance at keeping your gums healthy.

Though not directly related to fighting gum disease, I would like to tell you about the energizing, easy and relaxing exercises of Falun Dafa. I value these exercises highly and consider them the cornerstone of my overall health regimen.

You can view the video instruction of these great exercises online at no cost. You may watch the exercise videos in English here:

<http://www.falundafa.org/eng/exercises.htm>

Basic instructions are also available in other languages at the same site.

I do hope that you enjoyed this report and feel that I have provided you with valuable information. If you have any questions about this report, gum disease or anything related, you may ask those questions here:

<http://tobeinformed.com/ask-dave-a-question>

You may also provide feedback or share your own experiences through the above link as well.

My name is David Snape and I write for <http://tobeinformed.com> and <http://GingivitisKiller.com>

I wish you the best in your personal fight against gum disease and look forward to seeing you emerge victorious and happier as a result of your efforts.

Warm Regards,

David Snape

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