

# Holistic, Integrative Approach leads to *Dental & General Health*

by Jim Wright, D.D.S., AIAOMT, AIABDM



***Dr Jim Wright, of Four Seasons Dental Spa in Las Vegas (702-309-4600), gives some insight...***

There are many common oral ailments that can be treated in a holistic manner to promote both dental and general health. As an accredited dentist of the International Academy of Oral Medicine & Toxicology (IAOMT) and the International Academy of Biological Dentistry & Medicine (IABDM), I use an integrative approach, in treating oral issues systemically and holistically. There are common threats to our dental health that affect much more than one might think.

According to the Center for Disease Control (CDC), periodontal disease is very serious and often neglected. It has become a large problem, with estimates of 50% or more of the population infected.

Bleeding is the first sign of oral infection and gum disease. Gum disease is responsible for bad breath and loose teeth which lead to extractions, but that is not all. Fungus and bacteria can infect people in their mouth as well as their body. Although candida fungus appears as a visual problem in your mouth, on your skin, scalp, finger and toe nails, candida and all fungal infections are systemic. Bradley Bale, M.D. and Amy Doneen, M.S.N., A.R.N.P., have studied the

effects of periodontal bacteria in humans and found evidence that there is a direct correlation between gum disease, heart attacks and strokes.

My practice offers salivary testing, which is endorsed by the respected research team Dr. Bale heads, as a way to predict gum disease and heart disease. It helps to identify genetic pre-cursors and markers. Once detected, I am able to create an individual treatment plan to fit my patient's needs.

I have developed a protocol employing an integrative approach. Incorporating science by using state-of-the-art equipment for scaling and root planning (deep cleaning) in conjunction with leading edge periodontal laser treatments. I believe in combining dental treatments with a proprietary natural healing protocol and also recommend dietary changes.

There are many Allopathic medications for treating these threats. Oral medications can be helpful, but they also can produce many unwanted side effects. Oral medications can be difficult to metabolize and they may become a stressor for vital organs such as the liver.

With an integrative approach, I can offer holistic and more natural alternatives, and use traditional medications when they are the

necessary definitive solution.

Download my e-book "Dr. Wright's Simple Tips For Oral Health" at [www.JimWrightDDS.com](http://www.JimWrightDDS.com) for some specific protocols and inexpensive natural ways to help reduce oral bacteria, fungus and periodontal disease.

It is also advisable to limit your consumption of some common dietary ingredients that aid in the production of candida and periodontal bacteria, such as gluten and sugar. Gluten, a protein contained in wheat, is found in pasta, cereal, bread and other high carbohydrate foods. Eating glutes promotes and contributes to fungus in much the same way that sugar feeds fungus, as carbohydrates break down to sugar. Fungus easily survives and thrives on sugar. If you slow down your sugar consumption, fungus is less likely to survive. Some simple dietary changes can create better dental and physical health.

Foods which are known as healthy and anti-fungal include natural coconut products, palm and coconut oils, onions, carrots, ginger, oregano, garlic, black walnut and grapefruit seed extract.

Organic non genetically modified vegetables and fruits typically are good for your immune system and maintain the general health of your body. Check out "The

Anti-Fungal Diet" by Dr. William Crook. Increasing your consumption of healthy, organic leafy green vegetables can have an amazing effect on your health, including any fungus, yeast or bacterial issues. You can have health issues which are clinical (showing) or sub-clinical (affecting your health, but not yet showing). We see this example clearly with oral cancer, where detecting it in the sub clinical stage is a life saver. Oral cancer can be quietly starting, long before it is visible.

Another practical means is the use of probiotics and cultures, that have been shown to have anti-fungal qualities. Eating sugar-free yogurt, without artificial sweeteners, or using probiotics which are available at local health stores, such as Whole Foods, Stay Healthy and Pure Health, are ways to incorporate healthy probiotics into your diet. The natural bacteria in cultures and probiotics will help your body to rid itself of fungus infections. I always recommend that my patients use probiotics after taking antibiotics to restore their own natural healthy flora. Attacking periodontal infections holistically, with an integrative approach can make an appreciable difference.

**For more in-depth coverage, go to [www.JimWrightDDS.com](http://www.JimWrightDDS.com)** - I suggest a healthy diet, natural topical applications, using an oral irrigation system, flossing and brushing at least twice each day with a fine quality electric toothbrush. Combine this with three month periodontal maintenance cleaning visits at your dentist and you will be far more effective in minimizing or eliminating oral issues.

***The key is realizing that your home care makes the difference in the success or failure of your periodontal treatment program.***

Having a deep cleaning, using state-of-the-art laser treatments and natural protocols, or buying a topical solution, while continuing to ingest large amounts of glutens and sugars in your daily diet, is like fanning the flames of a fire and adding fuel, while the firefighters work diligently to put the fire out.

Periodontal disease is a challenge that needs to be managed for whole body health. Most of my patients are experiencing better health through the combination of quarterly maintenance cleanings, leading edge technology, and the natural treatments and protocols we use and recommend for periodontal disease. It is important to attack periodontal infections from all angles, and this requires patients to commit and make the time to follow the home care protocols I outline for them.

Editor's note: In addition to Dr. Jim Wright's 25 years as a practicing dentist, he is also an acclaimed author offering free patient education. At [www.JimWrightDDS.com](http://www.JimWrightDDS.com). You will find exclusive, free, ebooks on the many aspects of cosmetic, holistic, and general dentistry. He answers questions from patient letters and offers a newsletter.



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