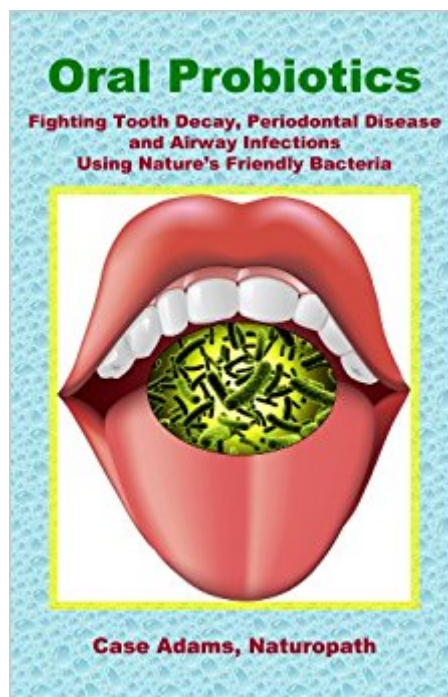




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# Oral Probiotics: Fighting Tooth Decay, Periodontal Disease And Airway Infections Using Nature's Friendly Bacteria



## Synopsis

Dental caries and gum disease are two of the most widespread forms of infection known to humans, and gum disease has now been linked with cardiovascular disease, including heart attacks and strokes. Yet these infections persist even with consistent use of antibacterial mouthwashes and toothpastes, and rigorous flossing. Here the author exposes the mechanisms of infective oral bacteria and reveals an entirely new yet scientifically proven approach to combating these worthy opponents. "Oral Probiotics" reveals a groundbreaking sustainable and healthy method for reducing infective oral bacteria populations along with tooth decay and gum disease, while at the same time helping protect us from new infections as we travel and work in environments teaming with infective microorganisms.

## Book Information

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## Customer Reviews

This book is a must-read for anyone who has had dental issues. I used to believe the hype - floss and brush with a fluoride-based toothpaste. My teeth have gotten worse over time - despite brushing all the time, using a waterpik 2X/day, flossing once a day, and using a gum stimulator. I

probably spent over 1/2 hour a day on my teeth, all in. And my last appointment was no better than any of the others - still had pockets, more sensitivity for my teeth, etc. Anyway, I had a bunch of stains and some film on my teeth (despite all the above), and when my dentist asked what I was doing differently that might cause the staining and film to grow, I mention that I had started taking probiotics from Hyperbiotics a couple months back. That led to a conversation around mouth flora, and he stated that the science was not well-developed yet, so he wouldn't recommend them. Well, this book puts his theory to rest. It's extremely well-researched - the bibliography of studies goes on for 30 pages. And it's all very well-thought out. The gist of this book is that our mouths are full of bacteria. Some is good, some is bad. When there's too much bad bacteria - streptococcus mutans deserves special mention - you get film, tooth decay and other bad stuff. There are also good bacteria - here L. reuteri, streptococcus salivarius and lactobacillus salivarius deserve special mention - these bacteria fight the bad stuff and help preserve oral health. Complicating things a bit further, what we expose our mouths to can harm our good bacteria colonies, or permit "bad" bacteria to grow unchecked. So fluoride toothpaste kills good and bad bacteria, as do antibiotics (including those consumed when we eat non-organic meat), alcohol, etc. Long story short - I've implemented many of the recommendations in this book, and I have noticed a sudden improvement in my teeth - they are whiter, my tongue isn't coated, I don't have a film over my teeth, my gums feel better. There's nothing to complain about. I found a probiotic lozange containing the "good" strains of bacteria, and almost immediately my mouth changed. I stopped brushing with fluoride toothpaste - has some good, non-fluoridated Neem toothpaste that works better than anything I've ever used, and my teeth feel smooth. Also, the sensitivity is gone - mind you, I was already using "Sensodyne," so I was pleasantly surprised by the results. If you have \$5 to spend (for an electronic version), this book is well worth getting. I refer back to it all the time - and it's really changed how I view my body and the world around me.

**FOLLOW-UP: November 18, 2014** So I had a nice visit at the dentist's last week. The shortest visit I can ever remember having - there was nothing for the hygienist to do - she sort of made a half-hearted effort and then called the dentist. The dentist, who usually spends his time chastising me for not brushing and flossing, sort of poked around, said nothing, and sent me on my way. Previous dental visits were about 1.5 hours long, or longer - this took all of 30 minutes, and that counts wait time prior to seeing anyone. Did the dentist rave about my teeth? No, he said nothing. But my last visit he groused about stains, (alleged) poor brushing and flossing, despite me using the fluoride toothpaste he recommended, flossing 2X/day, using a water pik, etc. This time he said zilch, nada, nothing, and I was in and out in record time, and to be honest, I'm spending less time brushing and flossing than before. That says a lot in and of itself. To

be clear, I've changed a lot about my oral care - I use Theraneem tooth powderÃÃ Theraneem Neem Tooth & Gum Powder, cinnamon, 40g, followed by Coral toothpasteÃÃ Coral White Toothpaste Mint Flavor 6 oz, and before bed I suck on a probiotic lozengeÃÃ Dr. David Williams' Probiotic Advantage Oral Sinus, 50 Lozenges (50-Day Supply). Given the results, I don't plan on changing anything. At the end of the day, every morning I wake up and there's no coat on my tongue. My teeth feel slippery-fresh, and they're whiter than they have been in years (and still improving). Who am I to argue with success? I can say that reading Adams' book pointed me the right direction - and my last dentist visit is proof of success, at least in my case.

It's a nice change of pace to read a health book that routinely sources studies and refrains from pushing products. This provided a lot of insight into the inner workings of my microbial world and various actions I can take to tip the scale in my favor/probiotic favor.

I liked this book because it explained why my root canals are continually getting infected. I took this to my dentist.

Knowing about probiotics and using them is a health giving gift to yourself

Excellent resource for anyone interested in understanding how their microbiome functions. I highly recommend it, not just for dental issues, but for the whole body.

Really good info on probiotics and their effect on our mouths. Also has practical info on how to help the health of your mouth and good probiotic colony

This book is wonderful if you are needing an in-depth look at the world of oral probiotics. The author has a PhD and it shows. He clearly knows a thing or two about probiotics and overall health.

I enjoyed reading this book for many reasons! First, it's simple to understand, it has a lot of research studies to back up the information on benefits of different strains of probiotics. It informs us of many different types of probiotic supplements and types of probiotic foods to eat and how to use them. The one thing that I disagree with is the author suggests becoming vegetarians. It was a very small part of the book and it doesn't bother me enough to take away one of the five stars. I eat healthy and lots of organic veggies and high quality meats... Variety is good. It was a quick read and very cheap price

for the kindle version!Very enlightening information that I immediately put to use and will not forget!

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