



Guidelines nutrition & oral health

Caries

Caries are the result of dissolving hard tooth tissues as a consequence of the action of acids. These acids are produced by bacteria, especially in places where plaque remains behind. The development of caries is multifactorial. Sugar-rich food increases the cariogenicity of the plaque.

Nutritional advice in case of increased caries activity:

1. Avoid refined carbohydrates
2. Avoid soft drinks and fruit juices
3. Limit alcohol and caffeine/theine intake
4. Eat fibre-rich foods to start saliva production
5. Reduce snacks to a maximum of 1 per day
6. Eat enough protein and fats
7. Limit the fruit intake to a maximum of 2 pieces per day
8. Limit dairy intake
9. Decrease, in formation with patient and general practitioner, medication where possible*

Advice for supplementation in case of increased caries activity:

- Use the blue[®]m teeth & bone formula 3 times a day for an optimal calcium/magnesium and vitamin D level.
- Advise a cure of probiotics to reduce Streptococcus Mutans in case of severe cavity formation

* The use of medication has many side effects. The most common side effect is drying out of the (mouth) mucous membranes. In many cases, medication can be reduced and/or stopped in consultation with a general practitioner and/or specialist. If the medication can be reduced, the oral health can be greatly improved.

Additional advice: advise blue[®]m toothpaste fluoride free and blue[®]m mouthwash. Especially the present Lactoferrin reduces cavity forming bacteria where it is proven to be effective against the Streptococcus Mutans.

See Appendix I for more information on dietary guidelines for caries.

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Appendix I Caries

1. Refined carbohydrates

A normal PH value for saliva at rest is around 7. Bacteria in plaque ferment carbohydrates. This causes lactic acid to form. When the PH value in the mouth drops below 5.5, tooth mineral dissolves. We call this process demineralisation. Especially after eating sucrose, fructose and glucose, the PH immediately drops below 5. The sugars mentioned are quickly absorbed by cariogenic bacteria. Carbohydrates to avoid: white sugar, white bread, white rice and pasta, potatoes (starch), biscuits, cakes, sweets and chewing gum.

2. Soft drinks and fruit juice

Soft drinks contain sugar and/or sweeteners. Fruit juices contain a high level of fructose. Both are cariogenic. Our body is very advanced but cannot distinguish between sweet and sweet. Every time sweet substances are consumed, our pancreas produces the hormone insulin. When sweet drinks are consumed several times, we produce more insulin than is desirable. This results in a higher inflammatory activity in both the body and the mouth. It is important to limit sweet drinks as much as possible and preferably to avoid them altogether.

3. Caffeine and alcohol

Caffeine and alcohol cause acidification in the body. This is because of the dehydrating effect that both drinks have as a property. An acidified environment (read: low in oxygen) also causes an increased inflammation activity. Coffee and black tea are often consumed with sugar. This increases the cariogenicity. Wines contain grape sugars which can also give an increased risk of developing caries.

4. Fibre-rich foods

We need fibres to initiate and maintain our digestive system in order to generate sufficient bioenergy. Therefore, recommend a fibre-rich diet consisting of: min. 300 grams of vegetables per day, unrefined cereals (quinoa, amaranth, oats, pleated rice), limited fruits, nuts, seeds and legumes. The foods mentioned not only contain fibres, but are also packed with minerals, vitamins and trace elements.

5. Intermediate snacks

The less snacks there are, the more time the teeth have to remineralize. If the patient consumes three main meals a day, the need for snacks will also be less. For longer saturation it is important to have complete meals.

6. Proteins and fats

Both proteins and fats are not cariogenic. For this reason, both macronutrients are recommended. Think of: nuts, seeds, legumes, eggs, vegetable milk, oily fish, extra virgin olive oil, coconut oil and flaxseed oil. Advise that these products are returned to the diet on a daily basis and that carbohydrate intake is reduced.

7. Fruit

Fruit contains fructose. And as indicated, the body makes no distinction between sweet and sweet. Although fruit contains fibres, vitamins and minerals, the patient is better able to obtain these micronutrients from vegetables than from fruit. Give the advice to eat a maximum of 2 pieces of fruit per day.

8. Dairy

Milk products contain lactose. Lactose is slightly cariogenic. Products made from milk such as yoghurt and cheese are not cariogenic. It is important to remember that we can hardly absorb the mineral calcium from dairy products. The calcium in dairy products is too strongly bound for human digestion (a calf can absorb this well). It is better for the patient to choose other means to meet his or her calcium needs, such as sufficient vegetables or a supplement. The advice is to avoid milk and to limit yoghurt and cheese as much as possible. Preferably choose goat's dairy because the amino acids present in goat's milk are more easily digestible.

Guideline Supplements



Appendix II Supplementation for the purpose of strengthening oral health

Caries:

- Use the blue[®]m teeth & bone formula 3 times a day for an optimal calcium/magnesium and vitamin D level.
- Advise a cure of probiotics to reduce Streptococcus Mutans in case of severe cavity formation

blue[®]m teeth & bone formula

The teeth & bone formula contains a unique composition of high quality ingredients, such as biologically active magnesium, copper, manganese, zinc, boron, vitamin C, vitamin B6, B12 and folic acid. It also contains high doses of calcium, vitamin D3 and vitamin K2. Calcium naturally ensures that we maintain strong bones and teeth. If you choose to have the patient supplement calcium, always choose a combination with magnesium and vitamin D3. Calcium and magnesium have a so-called synergistic effect (one cannot do without the other). Vitamin D3 is necessary in order to be able to absorb the mineral calcium properly.

Probio Oral

In the case of serious caries, the temporary use of a probiotic is recommended. Bonusan brand Probio Oral supplement is a probiotic specifically designed to promote oral health. Probiotic bacteria are able to reduce the number of Streptococcus Mutants in saliva and plaque.

Gingivitis en periodontitis

- Use the teeth & bone formula 3x daily for optimal calcium/magnesium level.
- Advise the use of vitamin C in supplement form. Always choose a combination of ascorbic acid and bioflavonoids.

blue[®]m teeth & bone formula

See information 'Caries'

Vitamin C

A long lasting severe deficiency of vitamin C can lead to scurvy. One of the characteristics of this is gingivitis. A relationship has also been shown between deeper pockets and more loss of adhesion at reduced vitamin C levels. The severity and increase of periodontitis is also associated with decreased vitamin C values. The orthomolecular guidelines indicate a basic dose of 2000 mg per day. Always advise a combination of vitamin C and bioflavonoids (as it occurs in nature). Brands such as Bonusan, NOW and Vitals often offer the right dosage and combination. Vitamin C can be used for life and can be temporarily increased during the flu/cold period.

Oral ulcers and herpes labialis



- Use the blue[®]m teeth & bone formula 3x daily for a higher calcium, magnesium, iron and vitamin B12 value
- Advise the use of vitamin C in supplement form. Always choose a combination of ascorbic acid and bioflavonoids.
- If serious vitamin B12 deficiency > choose a lozenge tablet including folate (folic acid)*
- Advise the use of L-lysine in case of the herpes simplex virus

blue[®]m teeth & bone formula

See information 'Caries'

Vitamine C

See information 'Gingivitis en periodontitis'

Vitamin B12

Vitamin B12 may attribute many health-promoting properties to its name. One of these is the reduction of oral ulcers and their frequency. If there are frequent and severe ulcers, the advice is to recommend vitamin B12 in supplement form. Always choose a lozenge tablet that contains both vitamin B12 and folate (folic acid). The brand Vitakruid offers a full-fledged B12 supplement. Use as a treatment for at least 1 to 3 months.

L-lysine

As indicated, lysine has beneficial properties when it comes to reducing the herpes simplex virus. If patients experience a regular inflammation of the HSV virus, the advice is to use lysine in a supplemental form. Preventively as well as during an outbreak. The Bonusan brand has a full-fledged L-lysine supplement available. Advise 500mg per day for prevention. In the event of a flash-up/outbreak, it is advisable to use 1500mg temporarily.

Note

Never try to 'just' advise supplements and doses if you are unsure what it exactly does and in what quantities a supplement should be taken. The supplements described above can be used as they are formulated and recommended by an orthomolecular nutritionist. Do you want to work more with supplements but don't have the necessary knowledge? Ask a nutritionist for advice.

Remember that a healthy diet is the basis for optimal (oral) health. Supplements support, but are not a substitute for a balanced diet.