



## Guidelines nutrition & oral health

A healthy lifestyle and corresponding diet are essential for both overall health and oral health. We have cooperated with an orthomolecular nutritionist and a bioenergetic dentist to provide you with a number of nutrition and oral health guidelines for your practice. You can use these guidelines not only for yourself but also for your patients.

In addition to this general guideline, there are a number of guidelines aimed at specific oral problems:

- Guideline nutrition & oral health in case of caries
- Guideline nutrition & oral health in case of periodontitis, gingivitis and peri-implantitis
- Guideline nutrition & oral health in case of ulcers and herpes

### General guidelines nutrition

- With a varied diet you assure yourself of the intake of as many different nutrients as possible;
- By eating fresh and unprocessed food, you avoid unnecessary intake of sugars, sodium and chemical additives;
- If at least 50% of your food intake consists of vegetables, you will get as much vitamins, minerals and fibre as possible in a natural way;
- Try to limit the use of refined carbohydrates (such as white bread, pasta and white rice) and choose complex (high fibre) carbohydrates as much as possible;
- To meet your protein needs, you can easily eat two eggs a day;
- Use as much unsaturated fatty acids as possible in your diet. Think of coconut oil, linseed oil, extra virgin olive oil, nuts, seeds, fatty fish and avocado;
- In order to maintain your fluid balance, it is important to drink enough (at least 1.5 litres of water and/or herbal tea per day). This is not only important for the disposal of waste products, but also to produce sufficient saliva and to keep your mouth healthy;
- Prevent dehydration and acidification of the body and (oral) mucous membranes by limiting the intake of caffeine and theine (black tea) to a maximum of two cups per day;
- Alcoholic drinks contain a lot of sugars and yeasts, try to limit the intake to a maximum of 4 units per week;
- Avoid milk as much as possible and limit the use of yoghurt and cheese as much as you can;
- Preferably choose goat dairy as the amino acids present in goat dairy are easier to digest;
- Unnecessary intake of sugar/sweeteners and fructose can be limited by avoiding soft drinks and fruit juices as much as possible;
- Limit the intake of meat to a maximum of 2 times a week. Avoid the use of pork. Preferably choose fish, game or poultry;
- To meet your nutrient and protein needs, it is best to eat two small hands of unroasted and unsalted mixed nuts and seeds (not peanuts) every day.



### General guideline lifestyle

- Stay active. Make sure you move actively at least half an hour a day. If possible, take the bike or the stairs, then you have those steps inside. In addition, we advise you to exercise intensively at least 2 to 3 times a week (combination of power training and cardio)
- Stress can suppress the body's defences (and therefore also the gums), moreover, you consume more of your own vitamins and minerals under the influence of stress. Try to reduce stress wherever possible through exercise, relaxation and a good night's sleep;
- For a good night's sleep it is important to avoid EM-radiation (major stressor), turn off WiFi at night, put your smartphone on speaker instead of next to your ear and turn it on *airplane mode* more often;
- It's a bit obvious, but we still want to say it anyway: stop smoking and/or excessive alcohol consumption;
- Research shows that almost all disease processes can be linked to an oxygen deficiency. If we look at the oxygen tension (pO<sub>2</sub> value) of infected or damaged tissues, they appear to be much lower than in a healthy situation. Due to a long-term low oxygen tension, the tissue enters a so-called chronic phase and will not be able to recover. You can advise patients to obtain as much oxygen as possible. Don't only consider oral care products containing active oxygen, but also Wim Hof's breathing techniques, visiting the sauna regularly and taking an ice-cold shower every day (it takes some getting used to, but it's definitely great!).