

Whole Body Nutrition

When we talk about nutrition, we usually think of “diet,” and the bewildering array of diets that have been proposed for health, energy, weight loss, etc.

We can also think about certain unifying, whole-body goals of nutrition that will enable the body to heal, excrete toxins, and feel healthy. Any of the specific diets can work for some people some of the time, as long as they support these overall goals.

Array of Concepts

The bewildering array of concepts in clinical nutrition:

- Metabolic typing vs. “alkaline diets”
- Food allergy and sensitivity: gluten, dairy, etc.
- Dietary supplements
- Specific diets: Mediterranean; South Beach; Vegan; Paleo; Ovo-lacto-vegetarian; Blood Type; Weight Watchers; etc.
- Holistic (whole body) nutrition vs. allopathic nutrition (specific applications)



Whole-Body Goals for Good Nutrition

Good Hydration

Good hydration promotes good lymphatic flow, and contributes to the health of the interstitial space or “biologic terrain.”



Good Gut Health

Good gut health is attained with the reduction of reactive foods and the reduction of pro-inflammatory foods. Lowering inflammation in the gut reduces many types of metabolic stress.



Overall Balance and Density of Nutrients

It is important to maintain an overall balance and density of protein, fats, carbohydrates, and minerals including trace elements.

Problem-Focused Nutrition

A patient's nutritional status should always be one of our considerations when assessing their dental condition. This is especially so when they have trouble recovering from their dental diseases. For example, when they continue to have new tooth decay, or continue to lose ground to periodontal disease, we can often find that there is something about their diet, their sugar exposure, or some specific nutritional deficiency that keeps our normal therapies from working.

We can provide nutritional support for:

All Aspects of Dentistry

All aspects of preventing and reversing dental disease require our patients to have good nutritional status. This includes:

- Caries control
- Resistance to periodontal breakdown
- Bone healing and wound healing
- Bone remodeling under orthodontic force
- Resistance to infection
- Excretion of toxins, such as mercury

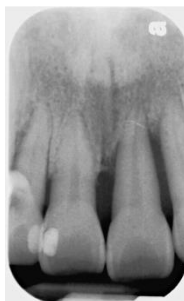


Periodontal Disease

Good general health, and good general nutrition, including smoking cessation are all important aspects of fighting periodontal disease.

Specific nutrients that tend to be lacking in diseased tissue include:

- Vitamin C
- Vitamin D
- Coenzyme Q-10
- Folic Acid
- Mineral cofactors, trace elements
- Acid - Base balance, which controls proper mineral deposition
- Nitric oxide precursors, which also influence proper mineral deposition



Dental Caries

Good general health and good general nutrition for the prevention of dental caries including:

- Recognizing the systemic effect of cariogenic diets that are high in sugar and refined flour.
- Controlling topical exposure to fermentable carbohydrates by curbing: prolonged sipping, snacking, and grazing habits (e.g., exercising the “twenty minute rule” of bacterial fermentation).
- Maintaining an Acid - Base balance to control proper mineral deposition.
- Practicing healthy mineral nutrition and absorption.
- Including proper amounts of trace elements, such as: iodine, selenium, iron, copper, and manganese.
- Incorporating proper amounts of vitamins D3 and K2



Amalgam Replacement

Many practitioners recommend nutritional preparation prior to amalgam replacement. This becomes even more important for patients fighting illnesses, although some patients are sick because mercury toxicity prevents them from achieving metabolic homeostasis. We cover much more about this topic in the course on Mercury Detox in this Fundamental of Biological Dentistry course series.

Goals for pre-replacement preparation:

- Improve gut health
- Up-regulate detox systems

Improve Gut Health

Improve gut health by managing food intolerance and introducing intestinal cleansers such as charcoal, clay, or specific mercury scavengers (Quicksilver IMD) to begin to bring down intestinal inflammation.

Note: leaky gut due to inflammation lets quantities of endotoxins into the blood stream, which, combined with mercury exposure, synergistically reduces kidney clearance of mercury.

Up-regulate Detox Systems

Begin to up-regulate the detox systems by introducing vitamin C and glutathione. Glutathione can be raised by feeding precursors, like N-Acetyl cysteine or d.l-methionine, or directly with liposomal glutathione.

