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Reversing Gum And Heart Disease

Gum disease, also called periodontal disease, is inflammation of the gums. It can lead to the breakdown of the gums, teeth, and bone tissues that hold them in place. Heart disease refers to a broad set of conditions, including heart attack and stroke.

Gum Disease and Heart Disease: What's the Connection?

To reverse heart disease, he says, means becoming a vegetarian. You'll fill your plate with fruits and vegetables, whole grains, legumes, soy products, nonfat dairy, and egg whites, and you'll...

Can You Reverse Heart Disease?

Gum disease and the connection to heart disease. For me, it's been one of the more surprising observations in recent years: study after study has shown that people who have poor oral health (such as gum disease or tooth loss) have higher rates of cardiovascular problems such as heart attack or stroke than people with good oral health.

Gum disease and the connection to heart disease - Harvard ...

Gum disease can be painless, so it is important to be aware of any of the following symptoms: Swollen, red, tender or bleeding gums. Gums that recede or move away from the tooth. Persistent bad breath or bad taste in mouth. Loose teeth. Visible pus surrounding the teeth and gums.

Reversing Gum Disease: Don't Miss Your Window of Opportunity

The longer plaque and tartar are on teeth, the more harmful they become. With time, this bacteria buildup causes inflammation, called "gingivitis," which causes gums to become red, swollen, and can bleed easily. Gingivitis is a mild form of gum disease that can usually be reversed. When

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gingivitis is not treated,...

How to Reverse Periodontal Disease Naturally without ...

Gum disease can attack the bones that hold your teeth in place, making them loosen or move. Periodontitis is the main cause, and it can even change the way your teeth fit together when you bite.

How to Know If You Have Gum Disease and What to Do About It

Specific conditions that might be related to heart disease are: Gingivitis. This early stage of gum disease develops when bacteria build up in the gap between the gums and a tooth. Symptoms may be ...

Gum Disease Symptoms and Heart Disease

Stress management. Stress increases the risk of cardiovascular disease in numerous ways. It increases intestinal permeability, impairs blood sugar control, depresses immunity (which increases the risk of infection), contributes to fat storage in the liver, and promotes consumption of comfort and junk foods.

How to Prevent and Reverse Heart Disease Naturally | Chris ...

Advanced Periodontal Disease, Gingivitis Symptoms, Gum infections, Gum Pockets, Gingival Recession – Here's the bottom line: if you fail to make gums grow back, you may end up with periodontal disease treatment, even periodontal surgery that can be painful and costly. Tooth loss is a real possibility.

Stop Receding Gums and Reverse Periodontal Disease ...

The American Heart Association says there's no evidence that you can prevent heart disease by

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preventing gum disease. But it's important to get regular dental checkups -- including dental X-rays.

Periodontal Disease and Heart Health

Periodontal disease is another name gum disease, which is an umbrella term for a bacterial infection of the gum tissue. This bacterial infection may be mild, in which case it is called gingivitis, or it can be very severe, in which case it is referred to as periodontal gum disease or periodontitis (progressed stage).

How to Reverse Periodontal Disease

These include the gums, the ligaments, and the bones that hold the teeth in the mouth. A gum disease can be a minor inflammation or a serious infection that can cause the loss of a tooth. But reversing a gum disease is possible if it is diagnosed early and treated with appropriate methods.

Reversing Gum Disease - HealthHearty

The more serious the periodontal disease and gum recession, the more difficult it is to treat. Treating Receding Gums at Lamas Dental Specialists Once the gums recede, Dr. William P. Lamas can reverse gum recession using the Traditional Gum Grafting Procedure (i.e., Connective-Tissue Graft or Free Gingival Graft), the AlloDerm® Regenerative Tissue Matrix or the Pinhole Surgical Technique™.

Can You Reverse Receding Gums? - Dr. William Lamas

Bottom line: it is obvious that pomegranate juice and extracts can play a major role in reversing heart disease and keeping arteries clear of dangerous plaque.

Pomegranate shown to help reverse cardiovascular disease

These same bacteria are also responsible for bad breath, gum recession, tooth sensitivity and tooth

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loss. I was surprised to find that gum disease is also linked to an increased risk of heart disease, diabetes, low birth weight babies and even cancer. I learned of a way to treat periodontal disease at home, without all the expense and pain.

Susan's Story | OraWellness

Gum Disease and Heart Disease: How Could They Be Linked? Experts do agree that there are plausible reasons why dental health and heart health may be intertwined. For example, inflammation is a ...

Gum Disease and Heart Disease -- What You Should Know

One effective method to improving your gum disease and reversing periodontitis is oil pulling. Many individuals have implemented coconut oil into their daily regimen. Thanks to its mild, sweet flavor, coconut oil is preferred as a natural mouthwash over other oils such as sunflower or sesame oil.

How to Reverse Periodontal Disease at Home Without Surgery

A plant-based diet is increasingly becoming recognized as a healthier alternative to a diet laden with meat. Atherosclerosis associated with high dietary intake of meat, fat, and carbohydrates remains the leading cause of mortality in the US. This condition ...

A Plant-Based Diet, Atherogenesis, and Coronary Artery ...

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People with gum disease (also known as periodontal disease) have two to three times the risk of

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having a heart attack, stroke, or other serious cardiovascular event. But there may not be a direct connection. Many people with heart disease have healthy gums, and not everyone with gum disease develops heart problems.