

# Mouth Matters

## INTRODUCTION

Like a puzzle, vitality and health depend on a web of interconnecting pieces. Oral health reflects and influences general wellbeing.

### **1 HEALTH IS INTEGRATED BY DESIGN**

Health and wealth are an interconnected web.

### **2 GUARDING THE GATES**

Your mouth conceals subtle secrets. Poor oral health, especially in the elderly can lead to aspirated bacteria and viruses, sometimes with deadly results.

### **3 WHAT'S THE HEART GOT TO DO, GOT TO DO WITH IT? ...**

### **4 STROKE/CAROTID ARTERY DISEASE ...**

### **5 DIABETES AS AN ACCELERATED AGING MODEL ...**

### **6 WOMEN, SEX HORMONES, AND GUM DISEASE ...**

### **7 OSTEOPOROSIS: WOMEN – AND OLDER MEN – AT RISK! ...**

### **8 SMOKING INFLUENCES ...**

### **9 ORAL CANCER ...**

### **10 KIDNEY TRANSPLANTS**

Oral considerations after kidneys fail. Fluoride alert for diabetics and others with compromised kidneys. Consequences of suppressing the immune response.

### **11 THE NIGHTLY GRIND**

Joint dysfunction can be tricky and cause severe, yet unobservable tooth damage. Surprising origins and treatment outcomes can radically alter general health.

### **12 THE SECRET: BEAUTY, BRAINS, AND BODY BALANCE**

How to grow your child's most beautiful face. How snoring can ruin your love life! The hazards of being tongue-tied. Normalizing issue pH. Extraction orthodontics – links to poor health for a lifetime.

### **13 BEYOND THE DEATH SPIRAL: MODERN DENTISTRY**

Drill-free, needle-free dentistry without built-in obsolescence. Ozone's multiple uses in dentistry. What about root canals?

### **14 FOOD AS MEDICINE ...**

### **15 IMMUNE SYSTEM SUPPORT – ARE YOU READY? ...**

### **16 RISK IS NOT DESTINY: SIMPLE SOLUTIONS ...**

### **17 RESTRUCTURING TO MEET THE FUTURE ...**

### **18 FINAL WORDS: PRESCRIPTION FOR CHANGE ...**

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