

NUTRITIONAL RECOMMENDATIONS FOR OPTIMAL DENTAL HEALTH

A healthy diet plays a major role in preventing dental problems such as decay and periodontal (gum) disease. We have observed that healthy people who eat well have minimal dental concerns. On the contrary, those who eat poorly and/or are on several medications often display symptoms such as bleeding gums, bone loss, or cavities. The following recommendations are to strengthen the body's immune system which not only will improve general health, but also dental health.

We recommend:

1. A whole or real food diet that is rich in vegetables, fruits, fiber, complex carbohydrates, lean protein (meat, fish, legumes), and good fats such as olive oil and butter
 - Avoid sugar-rich foods and drinks, prepared foods, and bad fats such as trans fats and hydrogenated oils
 - Do organic as much as practical
2. Drink *pure/filtered* water (6-8 glasses per day)
3. Be physically active
4. Avoid smoking and excessive alcohol consumption
5. Nutritional supplements from whole food sources
 - As a nation our food supply has been stripped of much of it's nutrients, so supplements can help fill in what has been lost.*
 - Basic
 - a) Multivitamin and minerals
 - b) Fish Oil
 - c) Vitamin C
 - Additional Value
 - a) Co Q10
 - b) Oral probiotics
 - c) Iodine

The above guidelines combined with good oral hygiene can prevent dental disease and make existing dental treatments last longer.

We recommend and dispense *Standard Process* whole food supplements, which are unique because the nutrients are from whole food concentrates and contain natural synergists as found in nature rather than isolated synthetic ones. Our bodies can use these in a much more effective way.

www.standardprocess.com

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