

Periodontal Disease (Gum Health)

What Is Periodontal Disease?

Periodontal disease is any disease that affects the periodontal tissues; this includes the alveolar bone, periodontal ligament, cementum, and gingiva. The most common are plaque-induced inflammatory conditions that can usually be divided into gingivitis or periodontitis.

What Causes Periodontal Disease?

The term periodontal disease and therefore gum disease are usually referring to periodontitis. While gingivitis never turns into periodontitis in some individuals, there is enough evidence to suggest that gingivitis always precedes periodontitis. Periodontitis is most often preventable and may be related to poor dental hygiene.

Periodontal Disease FAQ

Q: Can the Serrapeptase nutrient supplement benefit/arrest gum pocketing and compromised dental bone mass through periodontal disease?

A: Sorry but no. You need UB8Q10 Ubiquinol, Spiral Brushes, and mouthwash after using them (it worked for me).

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“I’d always had good teeth, and although I wear contact lenses, my prescription hadn’t been changed for years. Some 7 years ago, I began to have flare ups of inflammation and bad swellings on my gums. I went for a second opinion and a third and was generally told that I now had a gum disease and, according to one dentist, would lose all my top teeth. Alarmingly, I have lost some but very careful work by my hygienist and myself has checked that. However, the flare-ups continued, and my dentist began to talk of taking other teeth out. I decided to talk to Robert to see if there was anything I could do.

They suggested a regime of 3 capsules of Serrapeptase chewed each day; Co Enzyme Q 10 capsules, Curcumin, and probiotics. I launched into this with enthusiasm, but when the date of my next hygienist treatment came round, I went to it with dread. I lay there while she probed, expecting her to tell me the usual tale of woe...’You’re fighting a losing battle, I’m afraid.’ Silence. Then: ‘There is a slight improvement. The pockets in your gums have reduced, not dramatically, but they have reduced and there is no inflammation.’

When I told her about my supplement regime, she agreed that enzyme therapy is an accepted procedure. I am delighted. My teeth also feel much healthier, ‘cleaner’ as if plaque formation is reducing, and I continue to have no inflammation.”

- Jenny Pulling

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Follow the Health Plan as recommended for the best results:

PERIODONTAL DISEASE (GUM HEALTH) HEALTH PLAN

The Periodontal Disease plan is designed to provide relief for periodontal disease and to improve gum health when followed with a naturally health lifestyle.

*Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support pain relief - in order of priority:*

- **Fine Rubber Spiral Brushes** - Use these to clear food between your teeth after brushing. Then use mouthwash or hydrogen peroxide (5%) and swish through the teeth and gums for 2 minutes. See www.sunstargum.com for stores selling these spiral brushes.
- **SerraEnzyme 250,000 IU** - Take 1 capsule x 3 times a day, 30 mins before each meal. Clears any pain and inflammation. Open capsule onto a spoon and allow to melt in melt for a few mins. Wash down with a glass of water.
- **Vitamin D3/K2 Spray** - Take 4 sprays x 2 times daily. Swish around mouth for 1 minute before swallowing.
- **Probiotic14** - A probiotic mixed into your foods to populate the mouth with protective friendly bacteria to keep the gums healthy. Take 1 capsule x 2 times a day (must be opened and mixed with food) and then a capsule taken for maintenance at the rate of 1 every 3 days
- **UB8Q10 Ubiquinol** - Contains CoQ10. Studies have shown that CoQ10 will help heal gum disease on its own but it's strongly recommended to take with the probiotic and SerraEnzyme supplements. Take 3 capsules x 3 times a day with food.
- **Organic Virgin Coconut Oil** - This has properties that kill the bacteria causing the gum disease. Use this in your cooking daily, especially if frying at high temperatures as it's much better than other oils. This can also be rubbed into your gums to aid in the healing process.
- **1st Line (Thiocyanate) Immune Support Kit** - This clears any infection remaining in the cells. Take 1 kit daily for 3 days (total of 3). 1st Line should always be taken at least 90 minutes before and after food, approximately. 3 kits are the minimum, and in serious conditions, 10 kits over 10 days are better if finances allow.