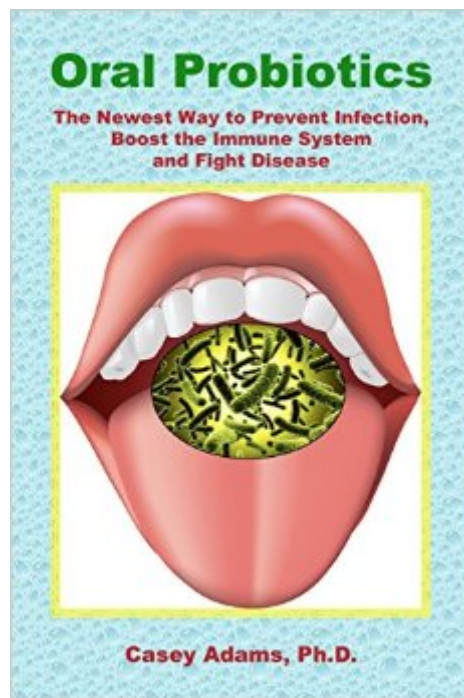


The book was found

# Oral Probiotics: Fighting Tooth Decay, Periodontal Disease And Airway Infections Using Nature's Friendly Bacteria



## Synopsis

Dental caries and gum disease are two of the most widespread forms of infection known to humans, and gum disease has now been linked with cardiovascular disease, including heart attacks and strokes. Yet these infections persist even with consistent use of antibacterial mouthwashes and toothpastes, and rigorous flossing. Here the author exposes the mechanisms of infective oral bacteria and reveals an entirely new yet scientifically proven approach to combating these worthy opponents. "Oral Probiotics" reveals a groundbreaking sustainable and healthy method for reducing infective oral bacteria populations along with tooth decay and gum disease, while at the same time helping protect us from new infections as we travel and work in environments teeming with infective microorganisms.

## Book Information

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Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (12 customer reviews)

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## Customer Reviews

This book is a must-read for anyone who has had dental issues. I used to believe the hype - floss and brush with a flouride-based toothpaste. My teeth have gotten worse over time - despite brushing all the time, using a waterpik 2X/day, flossing once a day, and using a gum stimulator. I probably spent over 1/2 hour a day on my teeth, all in. And my last appointment was no better than any of the others - still had pockets, more sensitivity for my teeth, etc. Anyway, I had a bunch of stains and some film on my teeth (despite all the above), and when my dentist asked what I was doing differently that might cause the staining and film to grow, I mention that I had started taking probiotics from Hyperbiotics a couple months back. That led to a conversation around mouth flora,

and he stated that the science was not well-developed yet, so he wouldn't recommend them. Well, this book puts his theory to rest. It's extremely well-researched - the bibliography of studies goes on for 30 pages. And it's all very well-thought out. The gist of this book is that our mouths are full of bacteria. Some is good, some is bad. When there's too much bad bacteria - streptococcus mutans deserves special mention - you get film, tooth decay and other bad stuff. There are also good bacteria - here L. reuteri, streptococcus salivarius and lactobacillus salivarius deserve special mention - these bacteria fight the bad stuff and help preserve oral health. Complicating things a bit further, what we expose our mouths to can harm our good bacteria colonies, or permit "bad" bacteria to grow unchecked. So fluoride toothpaste kills good and bad bacteria, as do antibiotics (including those consumed when we eat non-organic meat), alcohol, etc.

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