

# Oral Infections

“Addressing oral infections is the single most important thing that can be done for a heart disease or breast cancer patient.”

Infected teeth are the nuclear bomb of oxidative stress. That statement was made by the cardiologist, Dr. Thomas Levy. He went on to say, “All disease is caused by oxidative stress, and the lion's share of oxidative stress is caused by chronic infections.” You can see a link to a must-see interview to the right with Dr. Joe Mercola that will revolutionize the way you see chronic illness.

There were so many mind grenades for me. Here are a few that will draw you in. He believes addressing oral infections is “the single most important thing that can be done for a heart disease or a heart attack patient, a breast cancer patient, or patient with a breast lump. If addressing oral infections is not done, physicians are missing, probably greater than 90% of the time, the true reason why they have that condition in the first place.”

When he said that, I had to stop the recording and listen again. He's saying 90% of heart disease and breast cancer comes from oral



infections. That's a big statement.

In his book, Rapid Virus Recovery, he describes a phenomenon called Chronic Pathogen Colonization or CPC. Pathogens colonize in the teeth, the tongue, sinus cavities etc. They colonize and develop biofilms that protect them. Ultimately, they multiply and are subsequently released into the lymph system, then picked up by the venous system, and ultimately dumped into the heart, where they are forcefully expelled via the arterial system.

He shared a study by Dr. Ott in which he performed athe-

rectomies on 36 chronic coronary artery patients. Dr. Levy described the atherectomy as a coronary rooter where physicians can core and scrape atherosclerotic plaque. Dr. Ott found of the 38 chronic coronary artery disease patients, 38/38 had an array of over 50 different periodontal and oral pathogens. That's 100%!

Other studies have confirmed these results, including studies with controls that do not have coronary artery disease. As it turns out, in normal coronary arteries, there's no detectable pathogens.

He said the most impressive study, however, was done by Dr. Tanya Pessi in Finland, published in the journal, *Circulation* in 2013. She coordinated a study with her researchers and the hospital to immediately angiogram acute heart attack patients. Heart attacks occur when a preexisting narrowing is suddenly blocked with an acute platelet clot. In other words, if you have a 75% blockage, the platelet clot blocks it to a 100% blockage. Cardiologists would suction out those soft platelet clots and send them to Dr. Pessi's group to analyze. She found over 80% of the platelet clots had an extremely high concentration of periodontal pathogens. In fact, the platelet clots had a 1,600% higher concentration than could be found in the blood.

Here is how he describes the process. When you chew, the pressure between two molars is some of the highest pressures in the human body. So, every time you chew on something that has a big abscess at the root tip, you actually push pathogens and toxins into the draining venous and lymphatic circulation more effectively than if you intravenously pushed something with a syringe to disseminate throughout the body.

Although as a cardiologist he was emphasizing heart disease and breast cancer, "a wide array of chronic conditions can be traced to infected teeth and the oral cavity." Auto immune diseases like lupus, inflammatory bowel disease, Crohn's, ulcerative colitis, multiple sclerosis, hypertension, anemia, chronic kidney disease, sudden hearing loss, stroke, diabetes, asthma, Alzheimer's, obesity, and erectile dysfunction, to mention a few.

In fact, any time there is a condition with increased oxidative stress in the body, consider the oral cavity and stealth infections. One of his strategies to treat infected teeth is using a

hydrogen peroxide/water solution with a dental water pik type device after each meal. He is also a huge proponent of nebulizing hydrogen peroxide to deal with sinus, lung, bronchial, and nasal infections. As you know, white blood cells secrete H<sub>2</sub>O<sub>2</sub> to kill pathogens. Dr. Levy asserts H<sub>2</sub>O<sub>2</sub> is essential for healing and very very safe. One of my concerns is that the enzyme catalase is needed to convert H<sub>2</sub>O<sub>2</sub> into water and oxygen. If someone is deficient in catalase, H<sub>2</sub>O<sub>2</sub> will continue to act as an oxidative substance. So, if you are suggesting that your patients use H<sub>2</sub>O<sub>2</sub> aggressively, consider adding additional catalase as in Dismuzyme Granules.

Another consideration for oral healing and reducing periodontal pathogens is to support the oral microbiome. Use Adult ENT-Pro or Children ENT-Pro to seed healthy bacteria in the oral cavity. You can see links to the right that discuss some of the 40 plus studies on Children's ENT-Pro supporting a healthy immune system. One of the links was a testimonial of someone using H<sub>2</sub>O<sub>2</sub> for years to help her bleeding gums. When she added Children's ENT-Pro, her periodontal disease cleared up. Of course, we just barely scratched the surface on this fascinating topic and will come back to it in future sessions.

I know you have family members and patients that are not responding to care and still exhibit an inflammatory picture. You can also see a link to a free book by Dr. Levy called [Hidden Epidemic](#). Please take the time to listen to the presentation and learn about nebulizing H<sub>2</sub>O<sub>2</sub> as well as using H<sub>2</sub>O<sub>2</sub> to treat and prevent oral infections.

Thanks for watching this week. I look forward to being with you again next Tuesday.