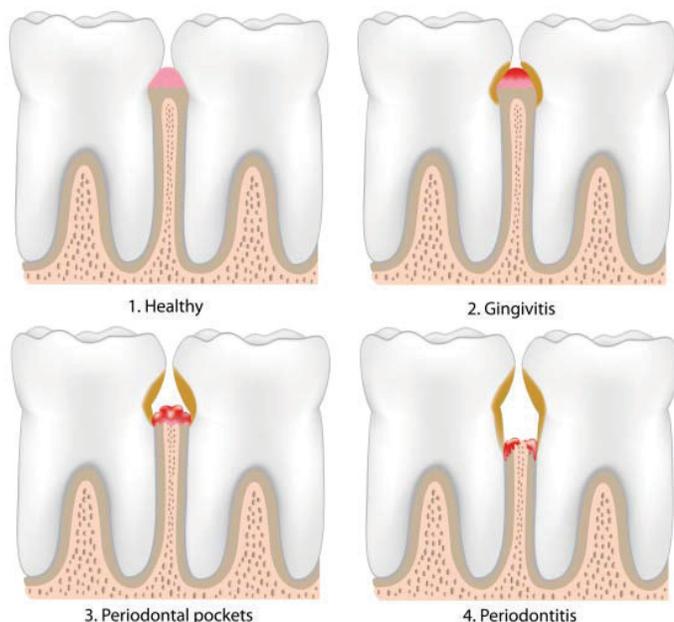




## The stages of periodontal disease



Article By Alvin H. Danenberg, DDS  
(Practice Limited to Periodontics)

# YOU CAN STOP GUM DISEASE

## THIS IS A MIGHTY BIG STATEMENT THAT REQUIRES AN EXPLANATION.

**FIRST, THINK ABOUT THIS QUESTION: IF THERE WERE A SPECIES WHOSE ONLY MEANS OF GETTING NUTRITION WAS BY CHEWING FOOD, AND IF THIS SPECIES HAD RAMPANT TOOTH AND GUM DISEASE CAUSING THE LOSS OF THOSE PRECIOUS TEETH, WHAT WOULD HAPPEN TO THAT SPECIES OVER THOUSANDS OF YEARS OF EVOLUTION?**

**T**he answer: This species would die off, because it couldn't survive over time.

Now consider this fact: Primitive man and woman from Paleolithic and Mesolithic periods did not have gum disease or tooth decay. Why is that?

Let's step back and consider animals in the wild. They don't develop dental decay or gum disease or degenerative diseases like modern-day humans, and they don't get fat like modern-day humans, either. They may lose a tooth in combat, and they do gain weight intentionally to prepare for the cold, winter months or hibernation, but they use this storage naturally and lose it naturally. They eat food in the wild when their bodies tell them they are hungry,

and they stop eating when their bodies tell them they are full. But get this: When chimpanzees and other wild animals are raised in captivity, they do have dental problems; they do get fat; and they do develop chronic degenerative diseases if they are not fed their natural diets.

The differences between wild animals and us are that there are no fast foods or sugary drinks or frozen dinners with a gazillion additives and preservatives in the wild. Wild animals don't eat meat that has been artificially fattened with hormones and antibiotics. And they don't eat genetically modified foods that have never been tested for long-term effects on their bodies. Wild animals eat what their bodies have been designed to eat

for thousands of years. In contrast, we eat what has been processed, refined, hybridized, and genetically modified over the last several decades. Our bodies are rebelling.

Primitive man and woman were hunters and gatherers. They ate the foods that their environments provided for them. They did not eat the processed, refined, hybridized, and genetically modified "foods" we stuff into our bodies every day.

Today, over 95 percent of all gum disease and tooth decay is caused by harmful bacteria in our mouths. And harmful bacteria in our mouths are created by harmful bacteria in our gut. And harmful bacteria in our gut are increased



TODAY, OVER 95 PERCENT OF ALL GUM DISEASE AND TOOTH DECAY IS CAUSED BY HARMFUL BACTERIA IN OUR MOUTHS. AND HARMFUL BACTERIA IN OUR MOUTHS ARE CREATED BY HARMFUL BACTERIA IN OUR GUT.



by certain foods we eat—specifically dense carbohydrates and refined sugars—those highly processed, refined, hybridized, and genetically modified “foods” of modern-day lifestyles.

Current medical evidence suggests that many modern-day diseases, including gum disease, may have their root cause from the unhealthy bacteria in our gut. If we can transform the harmful bacteria in our gut into friendly bacteria, then many of our modern-day diseases might be significantly reduced or eliminated altogether.

Wow! What a powerful possibility!

What do you think might happen to gum disease if we actually address the nutritional causes of the disease, and then treat it with the most cutting-edge method that is becoming the standard of care in dentistry today?

Here is what you could do: You could make healthier choices with your meals

by eliminating the bad foods, specifically grains and grain products, as well as processed foods containing high fructose corn syrup and other refined sugars. In addition, you could include fermented foods like sauerkraut and yogurt and kefir daily, which may help repopulate the good bacteria in your gut and replace the bad bacteria. Of course, this will take time. It won't happen in just a few weeks. So be patient.

Along with improving the nutritional balance in your body, the source of major gum problems could be treated with the PerioLase® Laser, that which kills the bacteria causing this disease without harming healthy cells and without using a scalpel or sutures. It also helps grow new bone.

Laser treatment results in better outcomes with less discomfort and quicker recovery times than traditional surgical methods. The laser treatment is called LANAP® (Laser Assisted New

Attachment Procedure).

**So here's the bottom line. You can stop gum disease by:**

- Making healthier food choices
- Repopulating the friendly bacteria in your gut by eating a variety of fermented foods
- Eliminating unhealthy mouth bacteria through the use of evidence-based, patient-friendly treatment
- Repairing any damage that has already been done in your mouth with necessary dental treatment
- Maintaining a healthy body through healthy eating and a physically active lifestyle, incorporating effective exercise, proper sleep, and stress reduction.



**Alvin H. Danenberg, DDS**

## CH2 / CB2: MEDICAL SECTION II :::::::::::::: ::

**D**r. Dan, as his patients call him, has been a periodontist for over three decades.

He divides his career into two periods: before and after the laser. The laser-based LANAP® protocol, he believes, is revolutionizing the treatment of gum disease. “LANAP is reengineering how I treat periodontal disease.”

He acknowledges that traditional gum surgery could achieve results that were “okay, but never terrific. After 35 years, I am now getting much better results with much more comfort.” LANAP takes far less time, with little or no pain, and the patient can often return to work the next day.

The other exciting news in Dr. Dan's life is the development of his Power Nutrition Program, based on the paleo diet, which he now offers his patients. The program addresses the lifestyle and foods that cause unhealthy bacteria in our gut, leading to various medical and dental diseases and imbalances.

Dr. Danenberg received his dental degree from Baltimore College of Dental Surgery, and his Specialty Certification in Periodontics from the University of Maryland, School of Graduate Dentistry. He was Chief of Periodontics at Charleston Air Force Base, and later had a periodontic practice in Charleston. He joined Beaufort Family Dentistry in 2009 and now sees patients at the new Bluffton office.

He and his wife Sue have been married since 1969 and have two children and three grandchildren.

For a complete list of services and procedures or for more information, visit [BlufftonCenterForDentistry.com](http://BlufftonCenterForDentistry.com).



**Bluffton**  
CENTER FOR DENTISTRY

**Alvin H. Danenberg, DDS**  
**Practice Limited to Periodontics**

**BLUFFTON**

29 Plantation Park Drive, Suite 303  
843 . 593 . 8123