You CAN STOP Gum Disease

Alvin H. Danenberg, DDS
Periodontist

Foreword by Simon Gorman
Wise Choice Market
Dr. D, as his patients call him, has been a periodontist for over three decades. He uses a laser-based LANAP® protocol, which he believes is revolutionizing the treatment of gum disease.

“It’s more exciting for me to save teeth than to replace them.”

Dr. D’s passion for periodontics in general - and for the LANAP protocol combined with his emphasis on evolutionary nutrition in particular - is palpable, and he’s happy to spread the word among his fellow professionals.
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A NOTE FROM WISE CHOICE MARKET

As the founder of an online store for nutrient-dense real foods, I am delighted to partner with Dr Danenberg in his holistic approach to treating gum disease.

We both appreciate the critical contribution of nutrition to health in general, and to oral health in particular. Too many medical and dental professionals rely on conventional methods, emphasizing surgery and supplementation. It is regrettable that the role of nutrition barely registers in most medical and dental courses and practices in the USA today.

It is therefore refreshing to see such an experienced dental practitioner incorporating nutrition and other lifestyle changes into his regular practice.

Wise food choices and the elimination of nutrient-poor processed foods can work wonders for our health. Our teeth and gums can also benefit from this overall improvement. I invite you to absorb the valuable information that Dr Danenberg generously shares with us in this book, and hope that you take the decision to implement his advice as a first step to improving your health, naturally.

Simon Gorman
Wise Choice Market
AN INTRODUCTION

Gum disease, often referred to as periodontal disease, is a chronic inflammatory disease that affects the gum tissue and bone supporting the teeth. If left untreated, periodontal disease can lead to tooth loss. Research has also shown that periodontal disease is associated with other chronic inflammatory diseases, such as diabetes and cardiovascular disease.

A KEY STUDY

According to a study in the Journal of Dental Research, the official publication of the International and American Associations for Dental Research:

- 47.2 percent, or 64.7 million American adults, have mild, moderate or severe periodontitis, the more advanced form of periodontal disease.
- In adults 65 and older, prevalence rates increase to 70.1 percent.
The study included a full-mouth periodontal examination to assess mild, moderate, or severe periodontitis, making it the most comprehensive survey of periodontal health ever conducted in the U.S.

Researchers measured periodontitis because it is the most destructive form of periodontal disease. Gingivitis, the earliest stage of periodontal disease, was not assessed.

Previous studies relied on partial mouth periodontal examinations and may have missed disease in teeth that were not examined. Since periodontal disease is not evenly distributed in the mouth, estimates based on partial mouth examinations may have underestimated actual prevalence rates in the U.S. population by as much as 50 percent.

“This is the most accurate picture of periodontal disease in the U.S. adult population we have ever had,” said Pamela McClain, DDS, President of the American Academy of Periodontology. “For the first time, we now have a precise measure of the prevalence of periodontal disease, and can better understand the true severity and extent of periodontal disease in our country.”
WHY YOU SHOULD KEEP READING

So it’s safe to say that gum disease is an uncomfortable condition that affects a large proportion of our society. **If you’re suffering from some form of gum disease, you’re not alone... please read on.**
WHAT IS GOING ON?

If there was 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 do you think would happen to that species over thousands of years of evolution?

The 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 rarely had 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 DIFFERENCE

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.

**THE IMPACT**

Today, over 95% of all gum disease and tooth decay are 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 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 in 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!
A TRANSFORMATION

“Tell me what you eat, and I will tell you who you are.”

Jean Anthelme Brillat-Savarin

It took me 66 years to begin learning the most significant thing that I believe will change the quality of my life. It all began on a Sunday in April in 2013. I arrived at Kripalu Center for Yoga and Health in the pristine Berkshires for a week’s nutrition course designed for health professionals.

I knew it would be enlightening because it was an evidence-based program assembled by some of the best in their fields of nutrition and the human body.

But what I began to learn during the first full day of the conference on Monday, April 7th blew me away. It started me on a path that so far has been life changing. It has transformed me into a messenger of change for all who will listen to me – my patients, my friends, my kids, and even my wife. The knowledge that is growing in me challenges western medicine and most medical organizations that promote health awareness for humankind.

While this knowledge is known by many researchers, scientists, and progressive open-minded doctors, the message is still relatively unknown by the vast majority of people and their physicians in the United States.

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1 In gratitude to: Kripalu Nutrition Intensive (www.kripalu.org) and Food As Medicine Professional Training Program (www.cmbm.org/fam) and my nutrition teachers (John Bagnulo, Kathie Swift, Annie Kay, Jennifer Young, Susan Lord, Lisa Nelson, Mel Sotos, Patrick Hanaway, Jay Lombard, Jim Gordon, Cindy Geyer, Jeanne Wallace, Coco Newton, Mark Hyman, and Brenda Davis) who have enlightened me on this journey to wellness. Also my son, Michael Danenberg (www.performance-therapy.com), an Active Release Technique Therapist and a strength training and nutrition coach for 20 years who has encouraged me for many years to get my act together about nutrition and fitness training.
Sadly, most people are slowly killing themselves without their knowledge. These people truly believe they are doing what is best for them, but they are doing the exact opposite. They follow diets that are flawed; they are eating foods that are inconspicuously tainted; and they take medicines that do more harm than good.

Most people don’t get it.

**The Status Quo Doesn’t Work**

For many years I had been actively exercising, eating whole grains, avoiding saturated fat, and taking various medications to control some of my bad blood chemistries. I had to always watch what I was eating because I would gain weight as soon as I deviated from a strict program. And it was getting harder and harder as I was getting older and older. Very frustrating.

We go on diets that have been tested by some of the smartest researchers, and we only lose weight for a little while. Then we gain it back. Our physicians write prescriptions for medicine to change our abnormal blood work that seems to be getting worse as we get older. Our kids are getting fatter and less healthy. We are developing increased blood pressure, obesity, osteoporosis, cardiovascular disease, and type 2 diabetes at an alarming rate compared to 50 or more years ago. And most of us still don’t get it.

Advertisements on TV encourage healthy eating habits recommending foods that sound like they would be healthy, but they just don’t make us healthier. Health gurus on infomercials encourage intense exercise by selling their 90-minute-long DVDs to bulk up and trim and lose weight. And most of us just don’t get it.

**You Are What You Eat**

Modern research from around the world is opening our eyes to what really is happening. The facts that are emerging by combining the results of many of these research projects are contrary to some modern-day agriculture processes, to some big food companies’ profits, and to some health studies that were done in the past. The facts are slowly proving that we truly are what we eat.

“Let food be thy medicine, thy medicine shall be thy food.”

Hippocrates
A Case Study

Photos from the Kitava Study

Let me take you to an island where the people live and eat without exposure to Western lifestyles. The island of Kitava is one of the Trobriand Islands in Papua New Guinea's archipelago.

The Kitavans number about 2,300. They are a primitive tribe, eating fruits (high consumption of coconuts), vegetables, nuts, seeds, and fish. Many prestigious medical researchers have studied them.

The Kitavans do not have any blood pressure problems, no heart disease, no obesity, and no type 2 diabetes. However, when some of these people left the island for Hong Kong and began to eat a Westernized diet, they developed varying degrees of high blood pressure, cardiovascular disease, obesity, and type 2 diabetes. **WHY?**
MORE EVIDENCE

Let me take you to another series of islands, The Marshall Islands, located northeast of Australia and southwest of the Hawaiian Islands. There is nothing but ocean surrounding these 1200 islands for 2000 miles. The largest island is Majuro with 30,000 people. Until 70 years ago, the inhabitants of Majuro ate only what the land and ocean provided – various types of seafood, coconuts, bananas, pandan leaves, green leafy vegetables, etc.

There was almost no incidence of type 2 diabetes. Then, Majuro became “westernized” with the likes of fried foods, canned sugary sodas, donuts, bread, and various processed foods that replaced their fresh fish, fruits, and veggies. Today, 70 years after the introduction of these “foods”, 30% of the population ages 15 through 34 are type 2 diabetics, and 90% of people ages 35 and above are either prediabetics or type 2 diabetics. What is going on? Why has this disease, which was almost unknown 70 years ago, become the major cause of death today?

When man first walked this earth, his body functioned on the foods that were available. In just the last 10,000 years, cereal agriculture began. More recently, the Westernized diet, also known as the Standard American Diet, emerged. It is the way many of us eat in the United States today, and it is made up of unhealthy fats, processed foods, and refined carbohydrates; and is low in fiber and plant-based foods. Because of this diet, the functions of our bodies have been slowly – almost imperceptibly – degenerating.

ONE IN THREE

Unfortunately, some of us have been degenerating at a much faster pace. Examples include the rise of obesity in children, the incidence of high blood pressure among our kids in elementary school, and the fact that one in three people today in the United States is either prediabetic or a type 2 diabetic.
Those who think they have no time for healthy eating, will sooner or later have to find time for illness.

Edward Stanley

People get sick because their vulnerable genes interact with various factors in the environment. In fact, 90% of chronic disease is driven by the environment and not by your genes. There is an abundant body of scientific research that repeatedly confirms that toxicity and deficiency cause disease. We are exposed to toxins that accumulate in our system, and/or we don’t get what we need to survive.

Foods such as modern grains, refined sugars, processed items, and most milk products have been tampered with by science over many years and are not healthy for our bodies. For example, in the last 50 years, grains have been hybridized in such a way to increase their production and resist diseases and insects that in the past damaged the crop. These genetic changes have never been tested for potential long-term complications in humans. These foods cause normal, healthy bacteria in our guts to change into unhealthy, destructive bacteria.

These foods also interfere with healthy digestion and create unhealthy changes in our organs. The outcome is causing a host of degenerative diseases to rear their ugly heads like high blood pressure, cardiovascular disease, obesity, diabetes, and others.
THE DENTAL HEALTH CONNECTION

There is also a significant dental concern. It appears that the “foods” that produce unhealthy bacteria in the gut also produce unhealthy bacteria in the mouth.

In a 4-week study, patients were instructed not to perform any oral hygiene for the period of the study, and they had to eliminate refined sugar and whole cereal grains from their diets. At the end of the study, the degree of bleeding gums and periodontal pockets DECREASED. Plaque was present, but virulent bacteria were decreased\(^4\). It was previously thought that periodontal disease caused systemic disease\(^5\). Now it is believed that unhealthy bacteria in the gut as well as unhealthy bacteria in the mouth may be the result of a diet of grains and refined sugars\(^6\).

A research study published in 2013 looked at DNA remnants of dental plaque around human teeth from Mesolithic times up until current day. The friendly bacteria of Mesolithic man changed to unhealthy bacteria beginning the time grains were introduced to the diet 10,000 years ago and became significantly worse about the time processed flour and sugar were introduced to the diet around the 19th Century\(^7\).

HOPE FOR HEALING

Here is the reality to all of this. Almost all the damage unhealthy foods have caused can be reversed or at least improved to create a better life going forward\(^8\). In fact, significant health benefits have been documented in just 10 days after switching from a Standard American Diet to a Paleolithic-type diet\(^9\). Even type 2 diabetics may be able to reverse their disease and normalize their insulin production again\(^10\).

The way to make a change is to begin the Power Nutrition Program, eliminating the unhealthy foods, replacing them with healthier choices, and following a more active lifestyle.

Eating this way will slowly rebalance the healthy bacteria in your gut and mouth, improve your metabolism, and eventually stabilize your weight. In addition, including stress-reduction techniques, receiving restorative sleep, and performing efficient exercise will enhance overall health.

Don’t get discouraged. It probably took many years for you to get to where you are today. It may take a while, but you can reverse the damage if you just get it.
References:


A WAY FORWARD

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

Here is what you could do:

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.

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.

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

• Changing your eating habits and 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 a healthy eating and physically active lifestyle incorporating effective exercise, proper sleep, and stress reduction.

Along with improving the nutritional balance in your body, the source of major gum problems could be treated with the PerioLase® Laser that kills the bacteria causing this disease without harming healthy cells and without using a scalpel or sutures. It also helps to 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).
The following table compares LANAP® treatment to traditional gum surgery.

<table>
<thead>
<tr>
<th></th>
<th>TRADITIONAL GUM SURGERY</th>
<th>LANAP® TREATMENT</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Initial Treatment</strong></td>
<td>Four 1½ hour surgeries</td>
<td>Two consecutive 2½ hour treatments</td>
</tr>
<tr>
<td><strong>Follow-up Treatment</strong></td>
<td>Four subsequent visits for suture removal</td>
<td>1-2 follow-up visits</td>
</tr>
<tr>
<td></td>
<td>Consecutive follow-up appointments until surgical sites all healed (could be 6 weeks for each surgery)</td>
<td></td>
</tr>
<tr>
<td><strong>Recovery Time</strong></td>
<td>4-6 weeks per surgery</td>
<td>Usually within 24 hours per treatment</td>
</tr>
<tr>
<td><strong>Surgery Method</strong></td>
<td>Knife/scalpel</td>
<td>Laser</td>
</tr>
<tr>
<td><strong>Stitches Required?</strong></td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td><strong>Pain</strong></td>
<td>Can range from mild to severe</td>
<td>Minimal</td>
</tr>
<tr>
<td><strong>Retreatment Rates</strong></td>
<td>A higher percentage of patients will need retreatment with traditional gum surgery</td>
<td>98% of LANAP® treated patients remain stable after five years</td>
</tr>
<tr>
<td><strong>Diet: Post-surgery or Post-treatment</strong></td>
<td>Liquid or soft diet for up to six weeks after each surgery</td>
<td>Liquids for first two days, then soft food for several weeks</td>
</tr>
<tr>
<td><strong>Insurance Coverage</strong></td>
<td>Must predetermine benefits</td>
<td>Must predetermine benefits</td>
</tr>
<tr>
<td><strong>Additional Benefits</strong></td>
<td>Generally safe for patients with health concerns such as diabetes, HIV, hemophilia, or those taking medication such as Plavix or aspirin</td>
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</table>
HOW I CAN HELP

To generate health, I can show you how to remove the bad (such as toxins, stress, and poor food choices) and add the good (such as whole fresh food, sleep, exercise, and sun). Food will be your medicine. You will eat nutrient dense foods, and your cells will self-correct. We are not going to introduce a bunch of supplements – just real food!

This really works!

TESTIMONIALS

“When you gave me your Nutritional Information 3 months ago, I went home and let my husband read it. He is 5’ 10” and weighed 205 pounds then. He got into the eating lifestyle right away, but I didn’t. Today he has lost 20 pounds and his blood chemistries have greatly improved.”

I need to get on board!

~Christine L.

“My sister has type 2 diabetes, is overweight, and has had skin sores on her legs for a long time. She has spent hundreds of dollars on medicines, but nothing the doctors gave her helped. I suggested she stop all the grains like you told me. Wow! Her legs look better than ever.”

~Tracy H.
I’ve partnered with Wise Choice Market to bring you an exclusive offer. For a nominal fee of just $15, you will receive a 10-minute introductory consultation to learn what I can do for you. I will:

- Set up a live 1-on-1 video call with you on Skype or FaceTime
- Inspect your gums and oral status (within the limits of video viewing and quality)
- Briefly discuss your oral status and concerns
- Recommend a way forward

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**ABOUT THE AUTHOR**

**Alvin H. Danenberg, DDS**

Dr. D, 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. There is no cutting with a scalpel blade and no stitches.”
The other exciting news in Dr. D’s life is the development of his Power Nutrition Program, based on evolutionary nutrition, which he now offers to all his patients. The program assists patients in eliminating unhealthy lifestyle routines and poor food choices by replacing them with healthy ones. The body needs nutrient-dense foods and healthy gut bacteria to create amazing results. Poor nutrition and unhealthy gut bacteria lead to various medical and dental diseases and imbalances.

“It’s more exciting for me to save teeth than to replace them.”

Dr. Danenberg acknowledges that traditional gum surgery could achieve results that were “okay, but never terrific. After 35 years, I now am getting much better results with much less discomfort for my patients.” LANAP takes far less time, with little or no pain, and the patient can often return to work the next day. “And by incorporating the principles of evolutionary nutrition, I am helping patients heal and strengthen their entire bodies.”

“...I am helping patients heal and strengthen their entire bodies.”

Dr. D’s passion for periodontics in general - and for the LANAP protocol combined with his emphasis on evolutionary nutrition in particular - is palpable, and he’s happy to spread the word among his fellow professionals. He has been a member of many dental and periodontal organizations, including the American Academy of Periodontology and the American Academy of Implant Dentistry. He is currently a Life Member of the American Dental Association.
Dr. Alvin Danenberg received his dental degree from the Baltimore College of Dental Surgery in 1972, and his Specialty Certificate in Periodontics from the University of Maryland, School of Graduate Dentistry in 1974. The following two years he was Chief of Periodontics at Charleston Air Force Base, and later had periodontal practices in Charleston and Columbia, South Carolina. From January 1990 through December 2001, he wrote and published “The Personal Report” newsletter, which was mailed quarterly to every periodontist in the United States. He joined Beaufort Family Dentistry in South Carolina in 2009 and now sees patients at both the Beaufort and Bluffton offices.

Dr. Danenberg received advanced training in evolutionary nutrition from the Kripalu Center for Yoga and Health as well as The Center for Mind-Body Medicine. He currently is enrolled at Functional Medicine University to earn his CFMP (Certified Functional Medicine Practitioner) designation.

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

LANAP® = Laser Assisted New Attachment Procedure.