

How To Stop Gum Disease In 4 Easy Steps



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Dedication

This book is dedicated to those who have struggled to find answers in their life. This includes all true struggles and challenges, not just those related to dental health issues.

Whenever we manage to find a truth, we also find more questions. This is inevitable. If you have sought truth for any length of time, you know this statement to be correct.

Therefore, I salute everyone who has ever sincerely undertaken the quest for truth of any kind and have persevered long enough, to find an answer.

We inevitably come up against realizations that force us to view the world in a different way. If you have had the courage to continue despite this and other difficulties, then you deserve much credit.

I hope that each one of us will continue our personal quest for truth and will persevere despite the obstacles, challenges and road blocks that will inevitably come to test us. This is an undeniable aspect of our human condition.

Do not quit when the going gets tough. Stay on the path and emerge from your quest transformed for the better.

I suggest reading the book *Zhuan Falun*, by Li, Hongzhi.

Disclaimer

Note: Nothing in this book should be construed as medical or dental advice. Though I have made every attempt to make sure the information is correct and accurate, I cannot guarantee that it is. This is especially true when you consider that even experts have differing viewpoints. Current information and understandings might also change in the future.

This book was not intended to provide advice about gum disease or any other health condition and is for information and entertainment purposes only. You should seek diagnoses, treatment, advice, and care from a periodontist or other dental professional if you have—or think you might have—gum disease or any other oral health problem. For other health problems, visit a physician. The USFDA has not evaluated statements about the products mentioned in this book.

Additional Warning: Do not use the information, techniques, or products in this book without the express permission and approval of your dentist or doctor. If your physician says no, then don't do it. Under such a scenario, you really only have two options: to follow the professional advice of your dentist, or seek the second opinion of another qualified and licensed dentist or doctor. It is very important that you do not do anything to alter or interfere with the home care treatment plan of your dentist or doctor without their express approval.

Introduction

I wrote this report for those who have been struggling with dental health issues and are looking for the kind of information that probably has not been provided to them before. While the primary problem we are discussing is gum disease, many of the concepts apply to other problems such as cavities and bad breath as well. This guide will be simple and easy to understand.

When we are finished here you should have a good understanding of what the problem of gum disease is, what you can do to get rid of it and how you can measure your results. Armed with the proper information, I hope that you will be able to prevent expensive dental treatments for both yourself and those whom you love.

You should always be working with dental professionals. They can monitor and verify your results. You will understand how they will do that by the time we are finished.

As will be repeated shortly, it is what you do at home, on a daily basis that is going to make the difference. Even your dentist will agree. He only sees you a couple of times per year, but your struggle is truly a daily one.

Modern dentistry does not really believe that gum disease can be cured, but they do feel that it can be controlled. Because of the nature of bacteria and our bodies, we can never completely be rid of these little critters. However, we can keep them from building up to dangerous levels that cause us problems. A little knowledge can go a long way. Perhaps a lot further than you have previously imagined!

Before we begin, I want to be clear that even though there is fantastic information in this report for you to absorb, that I am speaking generally. If you have specific questions about your dental health and your personal situation, those should be directed to your health care practitioner of choice.

That had to be included and it seems prudent and pertinent to say this right from the beginning.

Contacting Me

I am very serious about giving you the most possible value for your purchase, time and energy. Therefore, I am going to do something that most authors would never dream of doing.

I am going to give you a telephone number to reach me directly. That number is 1-888-586-6849. This number is toll free for you.

My website is ToothyGrinsStore.com. You can also contact me there. I may also be found on twitter [@davesnape](https://twitter.com/davesnape) or on Facebook under Toothy Grins Store. Now you know how to find me!

I want you to understand this problem of dental health and what you may be able to do about it. You may have a question or two that can help to clarify what you will find here. You should ask.

I can speak to you in general terms and share experiences and information that you may not otherwise have access too. Some of these experiences are mine personally and others belong to the many people I have talked to over the course of several years.

Questions specific to your personal situation will need to be directed to your dentist who can see you in person and provide advice, diagnosis and treatment tailored specifically for you.

However, you could take this information, particularly the parts you are interested in and ask your dentist. Chances are, you will learn even more when you are prepared with intelligent questions to ask.

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The Basics

There are a number of interesting facts and insightful points surrounding this prevalent problem. I am going to go through some of these for you now.

Gum Disease Is Everywhere

Gum disease affects a lot of people - up to 75%! That is three out of every four people. Just ask any dental professional, she will confirm that this statistic is generally believed to be the reality.

Therefore, you need to realize that you are not alone in having this problem. Every family should have access to this information and knowledge.

If you were to line up 10 people, this statistic says that at least 7 of them will likely have this problem. How many of those 7 do you think will acknowledge or even know they are a victim?

The answer, sadly enough, is not very many. There is an entire industry built around treating this disease. Billions of dollars are spent each and every year.

Yet, very few people are aware that so many are affected. Therefore, if you or someone you love is experiencing this problem, you are not alone.

Number One Cause Of Tooth Loss

Gum disease is the number one cause of tooth loss! That is correct. It is the number one cause. Nothing else even comes close.

Many people have lost a tooth, spent money on an implant or dentures and still do not know that the reason was due to gum disease. This is also an incredible realization to have.

In order to ensure that we keep our teeth for a lifetime of good service, we need to understand that the major threat to obtaining that goal is gum disease. Yes, you can lose a tooth to traumatic injury. Cavities infrequently lead to tooth loss. However, neither cause the loss of a tooth as often as gum disease does.

The Type Of Bacteria Matters

Anaerobic bacteria - The majority of this problem is caused by anaerobic (oxygen avoiding) bacteria. This kind of bacteria, as a result of their metabolism, secrete an acid byproduct that is harmful to our dental tissues.

Various kinds of anaerobic bacteria are responsible for gum disease, cavities and even bad breath!

The Enemy We Tend To Ignore

Plaque - This is the real enemy that you are now battling and will continue to battle daily for the rest of your life.

The anaerobic bacteria need to be shielded from oxygen. It is under this shield that they rapidly reproduce. A greater population allows them to secrete large enough amounts of their acidic byproducts to cause harm to our dental health.

Therefore, we have struck upon a key point. **It is the daily disruption of this plaque that will allow us to stop the damage and prevent it from continuing.** If you are able to do this, theoretically speaking, you should have resolved the problem.

However, you cannot stop being diligent, this is a problem you are going to have to work on, every day, for the rest of your life. Otherwise, the plaque accumulates, the bacterial population grows large underneath this oxygen barrier and too much acidic waste product is produced. Next, damage to your periodontal tissue occurs. This is the cycle.

You must break this cycle by disrupting the plaque every day. You cannot miss any areas on and around your teeth. If you do, areas missed could become trouble spots for you. This is particularly true if you miss the same spot(s) day after day.

This is another reason you do not want to miss your regular dental cleanings at your dentist's office. Your hygienist can find and attend to the spots that you may not have been aware you were missing. She can also point these out to you so that you can focus on them at home as well.

Your hygienist should be like a dental coach to you. Her job is to help you find better ways to protect your dental health.

How To Measure Your Results

This information is very important. If you do not have a real objective measure to know if you are improving or getting worse, then you are stuck relying on someone else's opinion!

In the case of a dental care practitioner, relying on their opinion is fine. However, you still need to know what is going on. This is so that you can be aware and perceive if you are getting better or worse.

Knowing this allows you to adjust what you are doing at home until you get it right! It also allows you to know if your gums are in a relatively healthy or unhealthy state.

What can we use for an objective measure then? Fortunately, dentistry has this problem solved. The measure is called 'periodontal pocket depths'.

Your dentist or hygienist can provide this measure to you. This should be done on every visit. If it is not being done, then you must ask them to do it for you.

I have noticed that many dental offices are either not doing this at all or they are not giving the results to the patient. You must have the results. Most will do the measurements and give you the results if you ask. It really is part of what they should be doing on each visit.

If you happen to be visiting a periodontist, more than likely it will automatically be done. This is because the health of your gums is the specialty of the periodontist.

Furthermore, they should have a handy chart to write these depths on for you, so that you can compare them on your next visit. This comparison lets you know if you are moving forward or backward.

This is a critical point. Therefore, if you are going to an office where they are not taking these measurements and giving them to you, insist that they do.

These numbers are absolutely crucial to you for gauging your progress. If you do not have them, you might as well be shooting in the dark. There will not be much to tell you if you are getting it right or not, except for someone's 'opinion'.

What Should These Measurements Be?

Universally, these measurements are taken in millimeters. Most practitioners consider your gums to be healthy if you have 3 millimeters (3 mms) or below readings on your pocket depths. These measurements should be taken around every tooth.

Above three millimeters is generally believed to be a problem. There is only one possible exception which not everyone agrees upon.

The very back molars may have 4mm pockets and it may still be considered ok, depending on the practitioner you are visiting. The tissue changes a little bit that far back and therefore it is a gray area.

However, you should make this simple for yourself and simply work towards three millimeters or below everywhere, just to be safe.

Now that you know about the objective way to know how you are doing, I hope you are excited. If you are going to take control of your own dental health, then this is a critical part of doing so.

It is very likely that no one has told you this before, at least not in this way! People lack these basic understandings that could make all of the difference in the world. This may be one reason that this problem is so out-of-control and so many people suffer from it.

I hope that I have provided an easy to understand definition of the problem the majority of us face every day. Soon, we will talk about reducing those pocket depths.

Collective Experience

My Experience

I will now explain what happened to me. Perhaps it is similar to your experience.

For years I went to the same dentist. For much of that time, my gums bled during regular dental cleanings. They did not bleed at home when brushing or flossing which is also a sign of gum disease. That symptom can be, but is not always, present.

My dentist kept telling me that there was a problem, but she never told me what this problem was. So I assumed that it could not be so serious. I was also thinking that bleeding during the cleanings was normal. I thought it must be normal because they are poking the gums so hard as they work.

That was a big misconception on my part. I am also quite certain that many people suffer from the same perception.

One day, after several years of this, my hygienist suddenly told me that I needed a Scaling and Root Planing Treatment. This is also known as a 'deep cleaning' or SRP.

In this procedure they will scale **under the gums** and smooth the root plane - or at least the part they can reach. Typically anesthetic is used. This procedure is often done in parts. They might either do half of your mouth at one time or only a quarter. This can lead to 2 to 4 visits to complete the work.

This procedure is not inexpensive either. I was given the option to start right away so that 'insurance would be more likely to pay for it'. If I only received a regular cleaning,

insurance would be less likely to pay for the deep cleaning treatment later - or so I was told.

I have a problem with getting an 'immediate' treatment before having a chance to think it over. I declined and went home. I started to read all that I could find. Fortunately, I had a background from school in areas related to the human body. That helped me make sense out of and sort through the limited information that was available.

After some searching, I found a tool that sounded promising to me. I found the Hydro Floss Oral Irrigator. I liked what it did for me so much that I now sell this device from my website: ToothyGrinsStore.com

My Results

After using the Hydro Floss for approximately 5 months, I went back to the dentist and the outcome was delightful. Both the dentist and the hygienist examined my mouth and both seemed to be confused.

After some time went by the dentist said that my gums were healthier now and that the treatment they previously recommended was no longer needed. I was very happy.

Yet, I wondered why they did not have the solution to my problem. Why did I have to figure it out myself?

I was glad to avoid the hassle and the expense of that treatment. It seemed that a simple \$100 device saved me from what may have been a \$1600 treatment!

The Experience of Others

At first, I thought that maybe I was just fortunate and perhaps a little bit lucky with the results I achieved. At this time in my life, I was working full time but I was developing a part time income with an Internet business.

Because I was so impressed with my results I began writing about my experience with the Hydro Floss on the Internet and I found that others were interested in my story.

I sold the Hydro Floss on a commission basis for a while and then I decided that I wanted to have more control over the sales process. Therefore, I began my E-commerce store: ToothyGrinsStore.com

As a result of doing so, I talked to many people on the telephone. I heard their stories and many of them were similar to mine. Their gums became healthier and they saw a reduction in their pocket depths. Many of them also avoided expensive treatments, just like I did.

The conclusion was: The Hydro Floss has helped a lot of people. I was not alone in my experience.

Of course, it cannot be guaranteed that it will work for everyone 100% of the time. That just isn't possible.

However, I can tell you from my own rough estimation that it seems to have worked for well over 90% of the people that I have talked to. I think that is meaningful.

How Does The Hydro Floss Work?

If you were to hold a paper clip up to the handle of the Hydro Floss you would discover that there is a large, cylindrical magnet located there.

The man who invented this machine was not a doctor and he was not a scientist. However, he did happen to work in an industry where they used magnets to keep pipes free from buildup.

He had been told by a periodontist that he was going to lose his teeth and that there was nothing that could prevent this. He was instructed to go home and when his teeth finally fell out to come back for 'new' ones.

This kind of news would be disturbing to anyone as you can imagine. It is certainly frightening to even think about being in that position.

He reasoned that if magnets could help pipes to stay clean, perhaps it could do something for his teeth as well. As it turns out, he hit upon something.

He took a 'standard' irrigator and put the magnets around the tubing, as I understand it. The next time he went to the periodontist, everything was better and he was no longer in danger of losing his teeth. Today, you will find a long cylindrical magnet in the handle of the Hydro Floss.

The working concept is that the magnet puts a charge on the minerals in the water. This charge causes the bacteria and plaque to become less adhesive and to come off easier. It is suggested that you always use tap water, and not distilled, with your Hydro Floss.

There are minerals in the tap water. There are none in distilled water. The magnet acts on the minerals, not the water itself.

There is one more important point bring up. There have been two peer reviewed and published studies on the Hydro Floss. This is not the same thing as a company doing an 'in house' study and talking about their results.

This device was studied by professional researchers and the results were published in a professional journal. This publication is called: *The Journal of Clinical Periodontology*. . One study was published in May of 1993 and the other in April of 1998.

The results were that there was a 'significant' reduction in plaque and tartar buildup between office visits when compared to 'standard' irrigators that do not use this magnetic technology.

If you have an interest to see the studies for yourself, you can find them in the journal mentioned above. Simply obtain the issues for the months just mentioned.

How To Use The Hydro Floss

The best way to utilize the Hydro Floss is to use two reservoirs per use, twice per day. That is a total of four reservoirs per day. This is the routine that is recommended by the people who make the Hydro Floss.

I have spoken to a small number of individuals who said they were not getting the results they wanted. Upon questioning them, I have found that they were not following the routine above.

In fact, one person I talked too was using 1 reservoir once every three days. Obviously, this falls far short of the mark.

I cannot stress enough that if you want to maximize your chances of success that you should utilize the Hydro Floss twice per day with two reservoirs per use. This is an important key point if you are seeking the kind of results that others have obtained.

Generally speaking, the regular tips that come with the Hydro Floss should be utilized parallel to the teeth. You should not angle the spray directly into the gum tissue. This was said in general. If you have a specific question about how to properly use an irrigator, you should ask your dentist or hygienist.

There are specialty tips that you can get for the Hydro Floss if you know that you have deeper pocket depths. However, many people have obtained great results just utilizing the tips that come with the Hydro Floss.

Not A Replacement For Regular Brushing And Flossing

I do not want you to have the wrong impression. I still brush and floss every day, in addition to using the Hydro Floss. I personally think it is a mistake not to. I think your dentist would not be happy if you did not continue with regular brushing and flossing. Therefore, the Hydro Floss is to be used in addition to, not instead of, your normal daily routine.

I do not think any dental professionals would say it is ok to stop brushing and flossing. However, there may be people who have a lot of difficulty using regular dental floss because of the positioning of their teeth or for other reasons. This difficulty seems to slow them down a bit. In cases like these, the Hydro Floss may be even more beneficial.

In short, you should still brush and floss your teeth. You may feel that you know how to perform these tasks because you have done so all of your life. I suggest you ask your hygienist to go over proper brushing and flossing techniques on your next visit. You might be surprised to discover that you may have been missing some important points.

Think of your hygienist as your dental health coach. She may not say much to you because she does not want to be perceived as 'lecturing'.

But if you ask the right questions, she will be more than happy to help by providing you with information you may have missed before.

Should Anything Be Put Into The Hydro Floss?

Many people do put mouthwash or other substances in their Hydro Floss. However, I do believe that this is not necessary. I think the evidence shows that the Hydro Floss is perfectly capable of delivering results without anything extra, if used properly.

The only danger I am aware of in this regard is if a person puts a sticky substance into their Hydro Floss. In a case like this, there can be blockages created. Sometimes the reservoir can stick to the base if something sticky used.

Then, when the person gets frustrated, they try to pull the reservoir off forcefully. This can cause a breakage. The reservoir can be replaced. However, you will want to avoid such a scenario and the cost of replacement.

How To Stop Gum Disease In 4 Easy Steps

This chapter delivers on the promise made in the title of this book: “How To Stop Gum Disease In 4 Easy Steps.”

I should repeat at this point that results really cannot be guaranteed. Every human body is different and has a different set of circumstances surrounding it. What I am sharing is something that worked for me and has for others too.

I added an extra step or two because I think they are worth doing. However, it should be noted that plenty of people have used the Hydro Floss with the regular jet tips alone and have seen a reduction in their pocket depths.

Again, generally speaking, most dental health providers will consider your gum tissue healthy if your pocket depths are at 3 millimeters and below. Of course, you should be working with a dentist or periodontist of your choosing before taking any action.

Step 1. Use the Hydro Floss twice a day, every day with the regular jet tips. The regular jet tips are those that come standard with every Hydro Floss. Use two reservoirs per use. This means that you will be using a total of four reservoirs per day.

Morning and evening are two times that I think work well. You can adjust these times according to your schedule and preference. The key point is two uses per day and two reservoirs per use.

Step 2. Use the Pocket Pal Jet Tips once or twice per day. This is optional. I want to stress that these are used in addition to the four reservoirs with the regular jet tips in

step 1. This is not an 'instead of' option. This is an 'in addition to' option – if you choose to utilize them at all.

The reason I include this optional step is because of a story I heard from a man who called me. He said that he worked in public health. He told me that he had two friends, one was a periodontist and the other was an oral surgeon.

He said that both of them use the Hydro Floss. He told me that the oral surgeon uses the Pocket Pals daily as a preventive measure.

I mention this in passing. Many have obtained results without the optional Pocket Pal tips.

Step 3. This is also an 'in addition to' option to step 1. Pick up a device from a local periodontist's office called a perio-aid. Most offices give these away for free. Ask the doctor or hygienist there to teach you how to use it.

It is a simple device invented by a periodontist. I think it is very helpful. However, despite sounding redundant, many people have achieved results just following step one above. So, if you cannot get one of these or for some reason do not want to, you still can simply use step 1 above.

Step 4. **Monitor and Adjust** - As stated earlier, you need a way to gauge your results and to know when to make adjustments to your home routine when necessary. The vast majority of people that I have heard from have obtained great results just from utilizing a Hydro Floss as described in step 1 above. However, every human body is different and what results you obtain may be influenced by a wide range of factors.

Therefore, you must 'measure and adjust' based on results. That measure is the periodontal pocket depths that we spoke of earlier. When you go in to get your teeth

cleaned, make sure you get those numbers. Every hygienist knows how to do this and it should not be a problem for them to test your depths and tell you what they are.

However, if you find an office where they are not willing to do that, I would suggest finding another dentist. If this is the case for you, go one step further and find a good periodontist's office. They are likely to be far more interested in telling you these pocket depth numbers.

Again, these numbers should be 3mm and below. If they are not, you have to look at what you are doing at home. You should know your numbers before you start this process. That way, you will have a baseline to go by. If the depths are shrinking at each visit, then you are headed in the right direction.

Even after you achieve the 'perfect' 3mm or below measurements, you must continue to follow step 1 for the rest of your life. You see, the threat of gum disease never leaves. You can never completely rid yourself of the threat of the bacteria. This is how most modern dental professionals view it.

Generally speaking, if you can keep those periodontal pocket depths to 3mm and below, most practitioners will feel that you have good periodontal health. However, the final decision on that rests with your dentist or periodontist. What they say should trump anything and everything written here.

Finally, if for some reason, these depths are not shrinking then you do need to change what you are doing at home. I will be glad to discuss my thoughts with you, in general terms, should this happen. However, you should be tapping the specific knowledge of your health care professional to see if they have worthwhile suggestions if you are not obtaining the expected results.

As stated previously, many people have obtained positive results. But an absolute guarantee cannot be made. Our bodies are different, have different chemistries and there are different circumstances that could influence the outcome.

I hope that you feel I have delivered on my promise in the title of this book. If you want to talk to me personally, you have my toll free telephone number. It is: 1-888-586-6849 or 1-888-TOOTHY. You can also visit ToothyGrinsStore.com to find the Hydro Floss or to use the contact form there to write to me.

I wish you the best. I believe this information can serve you very well and I do believe your chances of success are high. The application of this information is up to you under the watchful eye of your doctor.

I hope that you are able to defeat the problem of gum disease. Doing so can help to insure that you get to keep your own natural teeth for a lifetime of good service.

Stay healthy and well,

David Snape

Author: How To Stop Gum Disease In 4 Easy Steps

<http://www.ToothyGrinsStore.com>

About The Author

David Snape is not a licensed professional. He is a layman with an enthusiasm for health and wellness. In recent years, the focus has been on dental health due to his personal experiences with gum disease and prevention.

His background does include many classes about and surrounding topics related to the human body. He merely holds a liberal science Bachelor Degree and nothing more.

David has served in the US military as an electronics technician. He also worked for several corporations within the realms of Information Technology, Toxicology and laboratory settings.

In his spare time, David likes to keep up with the practice of Falun Dafa, a powerful meditation practice that focuses on Truth, Compassion and Tolerance. You can learn more about this practice at FalunDafa.org

David has spent much of his time supporting and promoting the human rights of Falun Dafa practitioners in China, where the practice has been persecuted and banned. David maintains that the ban and persecution of such a peaceful and positive discipline is completely unwarranted.

He hopes that the ban will be removed and that all people in China will have the freedom to peacefully practice their beliefs and enjoy the same freedoms that people in the West enjoy.

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Disclaimer

The information provided within this book was given in general terms. If you have specific questions regarding your dental health, you should direct those questions to your doctor, periodontist or dentist.

This book does not intend to provide diagnosis, advice or treatment for any health condition whatsoever, including but not limited to periodontal disease. If you have or think you might have a dental health issue, contact your doctor for advice, diagnosis and treatment.

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