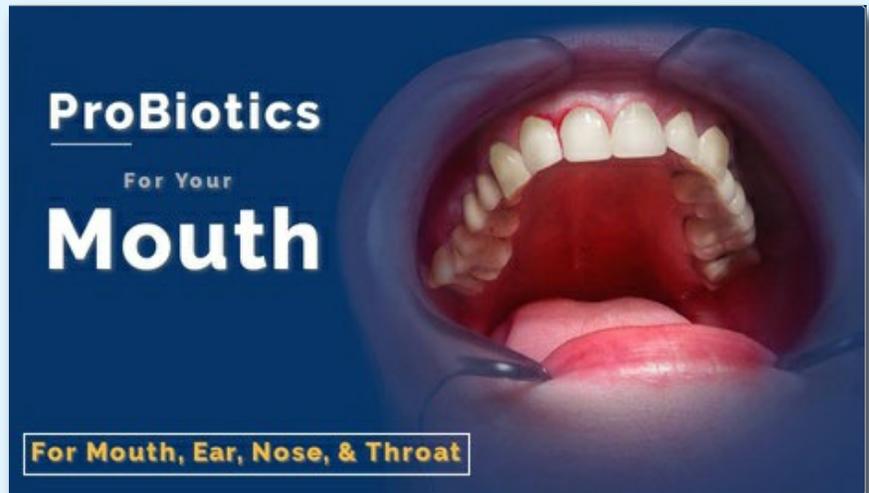


# Mouth Probiotics

*“ Dr. Vasquez shared years ago that the human mouth is an important part of our microbiome and that it’s a source of infection we ignore.”*

Dentists routinely give antibiotics when doing oral surgery as they dislodge biofilms and the bacteria that reside in them. Many dentists prescribe them as preventative measures when heart issues, autoimmunity or joint replacements are a part of the patient picture.

In the past we've discussed how dysbiotic organisms that live in the mouth have been found to be higher in Alzheimer's brains than controls. These organisms release signaling mechanisms and proteins that can affect brain function. For example, I've attached a study that shows how *P. gingivalis*, which causes gingivitis, "releases an enzyme called gingipain which cuts the normal tau protein into segments that become dysfunctional and eventually leads to those characteristic tangles related to Alzheimer's.



Authors found that the amount of gingipain present in brain samples from Alzheimer's patients were "significantly higher" than in brain samples from people in the control group. In further experiments, the authors orally infected mice with *P. gingivalis* and found that, compared with control groups of mice, those infected with the bacteria had higher levels of amyloid plaques and damaged neurons.

But here is what I found fascinating. Authors discovered that these effects

could be stopped, and even reversed, when the infected mice were then treated with a drug that stopped the gingipains. Obviously, there is more research that is needed before we start handing out drugs for Alzheimer's.

Dr. Vasquez shared years ago that the human mouth is an important part of our microbiome and that it's a source of infection that we ignore. I wanted to share those ideas before I share a fascinating case study of how Dr. Brenda inadvertently reversed her bleeding

gums condition and a troubling inner ear infection by using an oral probiotic designed to support the microbiome in the mouth called Children's ENT-Pro.

Dr. Brenda has been vigorously swishing a 3% solution of hydrogen peroxide directly from the bottle for years. She's been doing it after each tooth brushing and flossing since she was a teenager. Here's what she said, "I have open crypts in my tonsils and clods of dead white blood cells accumulate after eating food I'm allergic to, and they have a very strong odor. That's what got me started 40 years ago and the teeth bleaching kept me going with it. I formerly smoked and the dentists would be amazed at how white my teeth were."

But regardless of aggressive mouth maintenance, she still had one or two teeth that would always bleed every time she flossed her teeth. But perhaps the greatest irritant to her were itchy eustachian tubes. Since she has had a total hip replacement, her dentist normally gave her antibiotics before routine dental work. She was scheduled to have her teeth cleaned so this time she decided to take Children's ENT-Pro instead of the antibiotic.

Here are her words, "I took 4 tablets and stashed them in the corner of my mouth and slowly sucked on them before the appointment. I got my teeth professionally cleaned. Then, after I got home, I took 4 more. The next day, I took 4 as well. And that was all, for the 6 month period until my next tooth cleaning. My gums no longer bleed when I floss even though there has been no change in the frequency of neither my tooth brushing nor flossing! Yay!! And no more itchy eustachian tubes, not the least bit."

I thanked her for the feedback and said I wanted to share her story with our viewers. She asked me to remind the doctors to make sure to tell their patients that "some of the critters in that product are different strains than are on the market for the bowel. Otherwise, people might just think that it's all the same and all they have to do is spread yogurt or sauerkraut on their gums."

Children's ENT-Pro is the only product on the market that has over 40 studies on it, and some of the bacteria are geared specifically for the mouth. Probiotics can function as anti-inflammatory signaling molecules and thereby reduce inflammation, obesity, leaky gut and other problems even without changing the gut microbiome.

You can see a Tuesday Minute that we did on Children's ENT-Pro and how it increases natural killer cells, kills three different species of candida as well as being effective against the major strains of bacteria that plague children with ear, nose and throat infections. It also increases secretory IgA. Another benefit is that it tastes great, my grandkids love it.

We are learning more about the microbiome every day. Children's ENT-Pro gives you an advantage, targeting the microbiome in your mouth. It's nice to know that once sufficient in the mouth, nose and throat those same bacteria, will travel to your gut and begin to tip the scale in the right direction there as well. The research and what we know about the microbiome is exploding and with Children's ENT -Pro you have one more tool.

Thanks for taking time to be with me, I look forward to being with you again next Tuesday.