

## **Nutritional Supplements and Periodontal Disease**

Vitamin C is one of the key vitamins needed for healthy gums. While it's not known exactly how vitamin C works, it appears to battle bacteria while promoting the formation of healthy new gum tissue. Numerous experiments in many Western countries have demonstrated that vitamin C as a supplement is extremely effective in reducing the inflammation and infection of periodontal disease, and in promoting the regeneration of gum tissue. To stimulate the gums, eat fresh fruit and vegetables rich in vitamin C, such as oranges, grapefruit, tomatoes, pineapple, broccoli, cantaloupe, cauliflower, asparagus, and strawberries.

Coenzyme Q10, which is essential to healthy tissues, is a significant breakthrough in the fight against periodontal disease. Tests both here and in Japan have shown the remarkable effectiveness of CoQ10 supplements in reversing periodontal disease in both its early and later stages and in growing new tissue. There have been many instances of dramatic improvement in the case histories of patients who were no longer able to eat solid food until given CoQ10. I've had great success with my patients with this supplement.

Folic acid, which appears to make the cells more resistant to infection, is also help fill for periodontal disease. Food rich in folic acid includes spinach, chickpeas, and pinto beans.

Vitamin A, sometimes called the "skin vitamin," is helpful in repairing damaged tissue and fighting infection.

Calcium is also very important to prevent the loss of bone around the gums. This is called the alveolar bone, and it's the most active bone in the body, picking up calcium from the blood and giving it back. Calcium is particularly important for pregnant women and women past menopause, who frequently suffer from calcium deficiencies.

Vitamin E, which promotes a healthy vascular system while enhancing the immune response and fighting toxicity, is also valuable in restoring gums and reducing inflammation. Foods rich in vitamin E that are also good for stimulating the gums include wheat germ, peanut brown rice, walnuts, and almonds.

### **Recommended Supplementation**

- Vitamin C: 1,000 mg. three times a day.
- Coenzyme Q10:30 mg. three times a day.
- Folic acid: 800 mcg. a day.
- Vitamin A: 10,000 I.U. a day.
- Calcium: 1.200 mg. a day.
- Vitamin E: 400 mg. a day.