



Wellness Minute

Health Information You Can Use On Your Path To Wellness



Oral Infections

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In past Wellness Minutes we've discussed how hidden infections sometimes called “stealth” infections are a major source of oxidation and ultimately disease. But as I was listening to a podcast, a cardiologist, Dr. Thomas Levy made the point that “infected teeth are the nuclear bomb of oxidative stress. All disease is caused by oxidative stress, and the lion's share of oxidative stress is caused by chronic infections.”

Dr. Levy believes “addressing oral infections is the single most important thing that can be done for a heart disease or a heart attack patient, a breast cancer patient or patient with a breast lump. If addressing oral infections is not done, physicians are missing, probably greater than 90% of the time,

the true reason why they have that condition in the first place.”

When he said that, I had to stop the recording and listen again. He's saying 90% of heart disease and breast cancer comes from oral infections. That's a big statement. In essence, a cardiologist is saying 90% of heart disease and breast cancer can be caused by infected teeth.

In his book, Rapid Virus Recovery, he describes a phenomenon called Chronic Pathogen Colonization or CPC. Bacteria and other pathogens colonize in the teeth, the tongue, sinus cavities etc. They colonize and develop biofilms that protect them. Ultimately, they multiply and are subsequently released into the lymph system,

then picked up by the venous system, and ultimately dumped into the heart where they are forcefully expelled via the arterial system. He shared a study by Dr. Ott in which he performed atherectomies on 36 chronic coronary artery patients. Dr. Levy described the atherectomy as a coronary roto roter where physicians can core and scrape atherosclerotic plaque. Dr. Ott found of the 38 chronic coronary artery disease patients 38/38 had an array of over 50 different periodontal and oral pathogens. That's 100%!

Other studies have confirmed these results, including studies with controls that do not have coronary artery disease. As it turns out, in normal coronary arteries there are no detectable

pathogens. Dr. Levy said the most impressive study, however, was done by Dr. Tanya Pessi in Finland, published in the journal *Circulation* in 2013. She coordinated a study with her researchers and the hospital to immediately angiogram acute heart attack patients. Heart attacks occur when a preexisting narrowing is suddenly blocked with an acute platelet clot. In other words, if you have a 75% blockage, the platelet clot blocks it to a 100% blockage. Cardiologists would suction out those soft platelet clots and send them to Dr. Pessi's group to analyze. She found over 80% of the platelet clots had an extremely high concentration of periodontal pathogens. In fact, the platelet clots had a 1,600% higher concentration than could be found in the blood.

Here is how he describes the process. When you chew, the pressure between two molars is some of the highest pressure in the human body. So, every time you chew on something that has a big abscess at the root tip, you actually push pathogens and toxins into the draining venous and lymphatic circulation more effectively than if you intravenously pushed something with a syringe to disseminate throughout the body.

Although as a cardiologist he emphasizes heart disease and breast cancer. "A wide array of chronic conditions can be traced to infected teeth and the oral cavity: auto immune diseases like lupus, inflammatory bowel disease, Crohn's, ulcerative colitis, multiple sclerosis, hypertension, anemia, chronic kidney disease, sudden hearing loss, stroke, diabetes, asthma, Alzheimer's,

obesity, and erectile dysfunction to mention a few."

In fact, any time there is a condition with increased oxidative stress in the body consider the oral cavity and stealth infections. One of his strategies to treat infected teeth is using a hydrogen peroxide/water solution with a dental water flosser or water pik "type" device after each meal. He is also a huge proponent of nebulizing Hydrogen Peroxide to deal with sinus, lung, bronchial, nasal pharynx infections. You are probably not aware but your white blood cells secrete H₂O₂ to kill pathogens. Dr. Levy asserts H₂O₂ is essential for healing and very very safe. Another consideration for oral healing and reducing periodontal pathogens is to support the oral microbiome. One of the best ways to support the oral microbiome is by using Adult ENT-Pro or Children's ENT-Pro to seed healthy bacteria into the oral cavity.

You can see a link to the right that discusses some of the 40 plus studies showing the benefits of maintaining healthy oral microbiome. I know this is a lot of information, and we will explore it in future Wellness Minutes, but I wanted you to be aware of this work in case you know someone that has heart disease, breast cancer history, or is inflamed and discouraged. Send this video to them and encourage them to see the clinician on this page. Identifying hidden oral infections can offer hope for people with chronic health problems and could even save lives.