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Dental Notes

Dental Health Tip

By David Sattloff, DMD

Dental health problems can be prevented by regular check-ups with your family dentist, by a good daily oral hygiene regimen, by the wearing of a shock absorbing night time guard, and by biochemical balance as measured by salivary testing. Salivary testing for one's nutritional health has proven to be very beneficial in assessing tissue pH, buffering capacity, mineral balance, adrenal function, and zinc status. When one's nutritional biochemistry is in balance the offending bugs in the mouth do not have the



opportunity to create havoc, like tooth decay and gum disease. The tissue pH in one's biologic terrain determines the outcome of ingested carbohydrates. The carbohydrates are transformed into sugar, in the form of glucose. If the tissue pH is 6.5 or higher then the glucose will be used in the production of amino acids. If the tissue pH is below 6.5, then the excess glucose is converted to lactic acid, which burdens the cells or deposited as fat.

Most of our diets are highly acidic. If one has a healthy biochemically balanced terrain, then the ingested acid will be neutralized by the inherent buffering systems. However, most of us have burdened buffering systems, which are unable to neutralize the daily onslaught of ingested acids in the form of proteins and glycoemic carbohydrates. The result is an acidic biologic terrain which is prone to chronic disease and pain.

It is important to have an adequate mineral balance in terms of calcium, magnesium, and potassium. These minerals are essential to the proper functioning of our muscle and

nervous systems, as well as for proper bone density in our supporting skeletal structure. The adrenal glands are pea-sized glands located near our kidneys. The adrenal glands produce over 50 different hormones, including cortisol and DHEA. Cortisol interplays with every cell in our bodies and must be in balance if we are to maintain a proper body weight as well as to be able to handle daily stresses that we all encounter.

Zinc is another essential mineral that is frequently in low concentrations in the American population. Zinc is important for many functions including our immune systems and for dental health.

Biochemical balance is the key to good nutritional health for an enduring smile.

Doctor Sattloff is a general dentist with masters training in trauma, nutrition, and healthcare, as well as doctoral training in dentistry and medicine (pending).

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