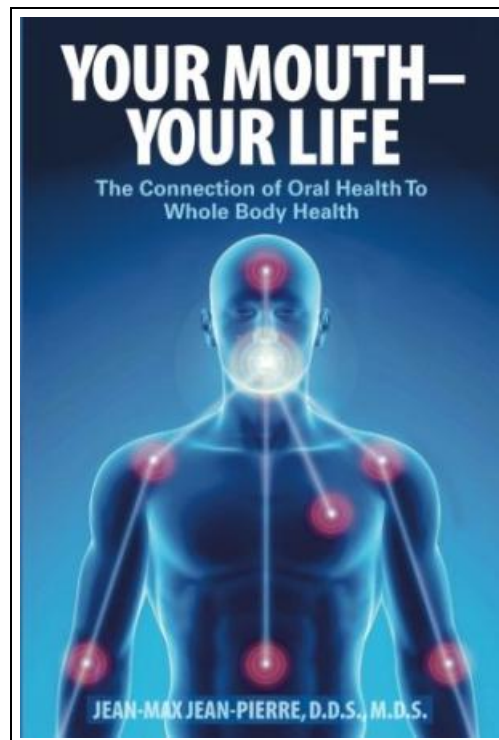


Your Mouth - Your Life: The Connection of Oral Health To Whole Body Health



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JMJP Consulting. Paperback. Condition: New. 74 pages. Dimensions: 9.0in. x 6.0in. x 0.2in. Oral health is a holistic health priority. YOUR MOUTH YOUR LIFE by Jean-Max Jean-Pierre, DDS, MDS, is an easily understandable guide to the relationship between oral health and systemic health. Not only does Periodontist Jean-Max Jean-Pierre describe how the health of your mouth and what you eat affect inflammation in your body, but he also provides compelling research evidence and statistics surrounding the connection between oral health and a host of specific systemic disease conditions. Untreated inflammation in the mouth in the form of periodontal (gum) disease, dental abscess, and other infections, elevates levels of systemic inflammation and may actually cause vascular disease, respiratory disease, dementia, and diabetes in otherwise healthy individuals. Periodontal disease is a chronic problem for many individuals due to their genetic makeup, diet, tobacco use, oral hygiene, and other factors. According to a 2012 Centers for Disease Control study, in the USA, gum disease affects 56.4% of men, 38.4% of women, and 64.2% of smokers. This book will help you realize just how critical it is to maintain good oral health and treat gum inflammation of any degree. You'll know how your oral health puts you at increased risk for cardiovascular disease, stroke, heart attack, diabetes, Alzheimers disease, dementia, metabolic syndrome, inflammatory bowel disease, arthritis, osteoporosis, kidney disease, respiratory disease, cancer and more. You'll also learn that systemic disease makes it more difficult to maintain the optimal oral health you need to improve your systemic disease condition. If you suffer from heart disease, diabetes, Crohns disease, rheumatoid arthritis, or another of the many inflammatory diseases, you need to understand how neglecting your oral health and proper nutrition makes the disease condition worse. And, you need to know just how helpful improving your oral health...



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