



"Over the years when I was lecturing, I asked thousands of dentists and hygienists to raise their hands if they had ever seen destructive periodontal disease in person who had regularly brushed with salt and/or soda. I have never seen a hand! And although I have not seen many such cases, the periodontal health in these patients has always been excellent. I have photographs of a lady who was 95 at the time I saw her. She lived to be over 100." Dr. Paul H. Keyes

The longer interval between meals, the more saliva flows while eating.



ABSCESSSES: LINKS
[Salt Water Rinse](#)
[Nagel: Heal Abscess](#)

★ [Posture and the Mouth](#)
 ★ [Periodontal Terminology](#)

[Other procedures](#)
[Bone loss, pocket](#)
 ★ [Scaling, Planing](#)

★ [Occlusal trauma](#)
 ★ [Masticatory muscles](#)
[Occlusion, periodontal disease](#)
[Mandibular decubitus syndrome](#)

[Ozone](#)
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[Blotting](#)
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[Earth Clinic list](#)
 ★ [Coconut Oil](#)
[Blotting brushes](#)
 ★ [Zmile treatment](#)
[Oil Pulling Therapy](#)
[Excellent dentifrices](#)
[Wildcrafted dentifrice](#)
 ★ [Dr. Page's Food Plan](#)

SUMMARY OF CONTRIBUTING CAUSES
 Poor oral hygiene
 Microbial overgrowth, infection
 Poor occlusion, tooth movement
 Poor cervical posture, habits
 Temporomandibular disorders
 Nutritional deficiencies

PERIODONTAL DISEASE

Microbial balance [700 normal species](#)
[Terrain is everything](#)

Great Dentists [Melvin Page, D.D.S.](#)
[Weston Price, D.D.S.](#)
[Paul Keyes, D.D.S.](#)

Hygiene [Shower Irrigator](#)
[Phillips blotting technique](#)

Hormonal factors [Insulin, gum disease](#)

Books [Cure Tooth Decay](#)
[Oil Pulling Therapy](#)
[Reversing Gum Disease Naturally](#)

Audio-Visual [OraMD](#)
[Dental Hygiene](#)
[Blotting brushes](#)
[Cure for Tooth Decay](#)
[J.E. Phillips Blotting Technique](#)

★ [TMJ and the Periodontitis](#)
 Bone loss [Periodontitis](#)
[Dr. Gilbert overview](#)
[Dentists on bone regeneration](#)

Pictures

Links

Posture, structure

Periodontal procedures

Natural therapies

Great Dentists

Hygiene

Hormonal factors

Books

Audio-Visual

Bone loss

SUMMARY OF HOME THERAPIES:
 Blotting
 Oil pulling
 PerioProtect
 Mineral, pH balancing
 Orofacial myotherapy
 Optimal dentifrice
 Brush, floss, waterpik



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 Date of this update: 04-29-17

Saliva is protective to the gums. Some medications and hormonal states may interfere with flow of saliva.

Sugar is broken down into acids which may irritate gum tissues. This is true whether the sugar is high in the diet, in dentifrices, or in the blood.