

# The Gums

## *A Toxic Waste Dump*

Improper diet, including deficiencies, toxins and allergies can lead to serious gum and health issues



**Gum Disease**

**Impurities & Toxins**  
*Chemical, Heavy Metals,  
Undigested Food*

**Nutritional Deficiency**  
*Parasites & Animal  
By Products*

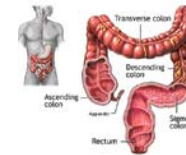
**Diseases**  
*Diabetes, Heart Problems,  
Colon, Reproduction  
Issues*



**Immune Suppression**  
*Spleen, Hormonal  
Imbalance, Adrenal  
Deficiency*

**Organ Malfunction**  
*Heart, Pancreas,  
Spleen, Liver,  
Kidneys, Glandular  
Problem*

**Colon Dysbiosis**



# What is Gum Disease?

Gum disease is swelling or soreness of the gums around your teeth. It is caused by the bacteria in plaque, a sticky, colorless film that forms on your teeth. The plaque bacteria have toxins that inflame the gums and cause the ligaments, bone, and the supporting structure of the teeth to deteriorate.

Other predisposing factors can be related to diet deficiency, hormonal imbalance, bacterial, viral and parasite infestations, smoking, toxins and too much acidity in the digestive track causing calcium to leave from the bones!

If you do not remove plaque by brushing and flossing your teeth, it can build up and infect your gums, teeth and the bone that supports them. If not treated by a dentist, you can lose your teeth.

The signs of gum disease are not always easy to see and can be painless. The earlier gum disease is caught, the easier it is to treat. That's why it's important to see your dentist regularly.

