

A BEGINNERS GUIDE TO UNDERSTANDING THE UNIVERSE THAT EXISTS IN YOUR MOUTH AND WHY YOU SHOULD PROTECT IT!

# THE MICROBIOME IN YOUR MOUTH

DISCOVER WHY THE FUTILE WAR AGAINST GERMS IS HARMFUL TO YOUR HEALTH

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# What is the microbiome?

The microbiome is on us. It is in us. It can heal us. It can harm us. In grade-school we all learned about the different biomes. We were taught that a biome is a large natural community of animals (fauna) and plants (flora), such as a forest or desert. If you get down to the microscopic level, a microbiome is a naturally occurring community of fungi, viruses, bacteria, other microbes, and even human cells.

According to scientists, the **human microbiome** is a complex community of hundreds of trillions of bacteria, fungi, and viruses that live inside and outside of your body. [1]





# Lets get Oral.

The microbiome in your mouth is a complex ecosystem that we are still trying to understand today.

It has been realized that nearly EVERYONE has bacteria known to cause disease (pathogens). The interesting thing is the fact that these pathogens do NOT cause disease in certain healthy people. [3]

These "pathogens" are seemingly harmless in a balanced human microbiome. The big question to answer now is what turns harmless bacteria into harmful pathogens. [3]

Micro-organisms can live on all surfaces in your mouth. Different species are adapted to live on certain surfaces in your mouth, such as teeth, saliva, cheeks, gums, tip of the tongue, under the tongue, back of the tongue, hard palate, soft palate and the different zones of the back of the throat. [4]

Your oral microbiome is a product of your environment including:

1. what you eat
2. what you drink
3. how often you eat & drink
4. exposure to heavy metals
5. exposure to disinfectants
6. exposure to biocides
7. exposure to antibiotics
8. how often you smoke
9. oral hygiene habits
10. hormones
11. REDOX potential
12. stress
13. sleep apnea/snoring
14. The list goes on & on



## Healthy Oral Microbiome

- \* Whiter teeth
- \* fresh breathe
- \*Healthy gums
- \*Remineralized teeth
- \*Less chronic inflammation
- \*Heart health
- \*Brain health
- \*Gut health
- \*Pregnancy health
- \*Blood-sugar control
- \*Reduced oral cancer risk
- \*Less tooth decay
- \*Less risk of pneumonia & respiratory infections
- \*lower risk of rheumatoid arthritis

# THE FAILED WAR AGAINST THE GERMS



## A GLOBAL CRISIS

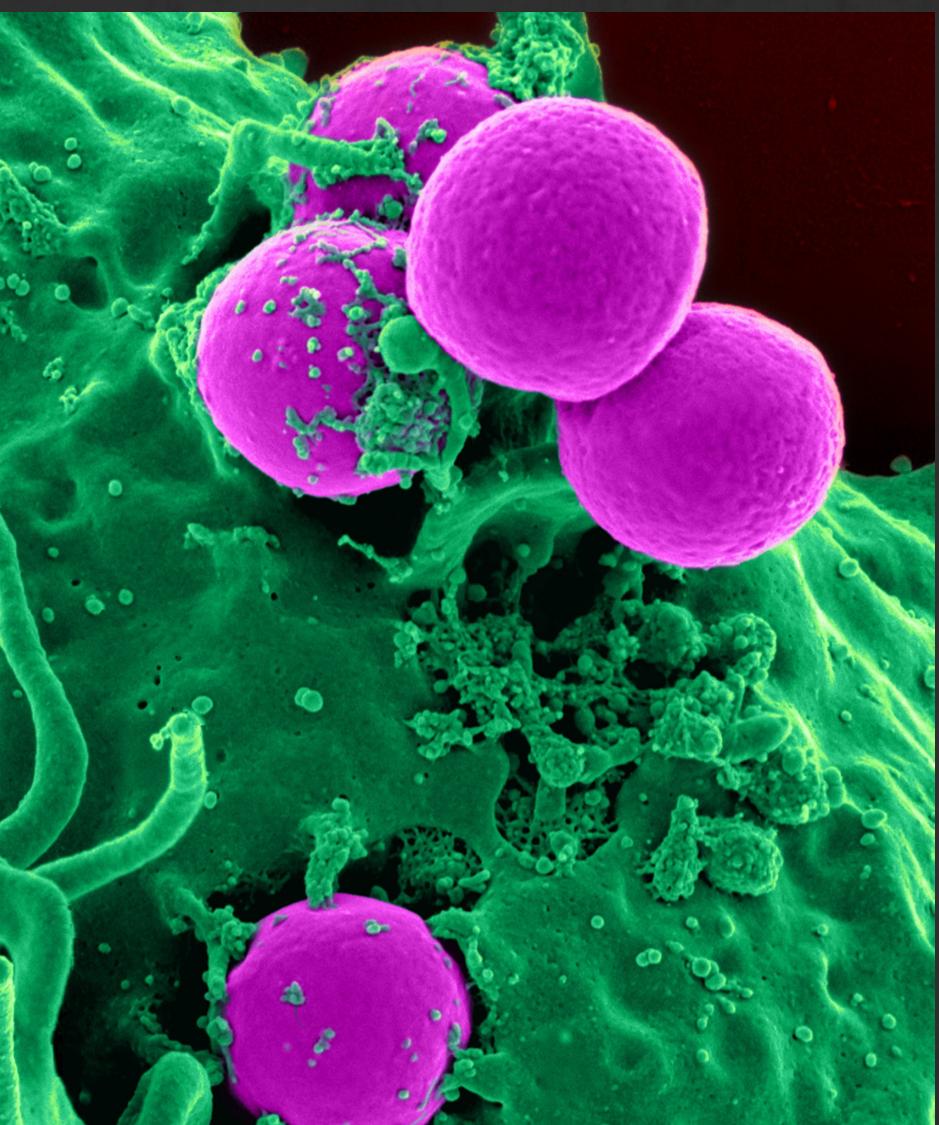
For many years we've been trying to rid ourselves of all bacteria in our mouths. This is evident from the ubiquitous nature of pesticides, antibiotics, detergents, and other bacteria killing chemicals in our dental products. It's like throwing a grenade in our mouths and hoping we don't kill-off many of our beneficial microbes.

### ***We're the problem.***

Our naivety has resulted in resistant bacterial strains, such as MRSA, and consequently more health problems.

### ***We're the solution.***

With the correct education and tools we can turn this around. It starts with your decision to do something about it.



# SUNLIGHT, OXYGEN, & CLEAN WATER

## H<sub>2</sub>O

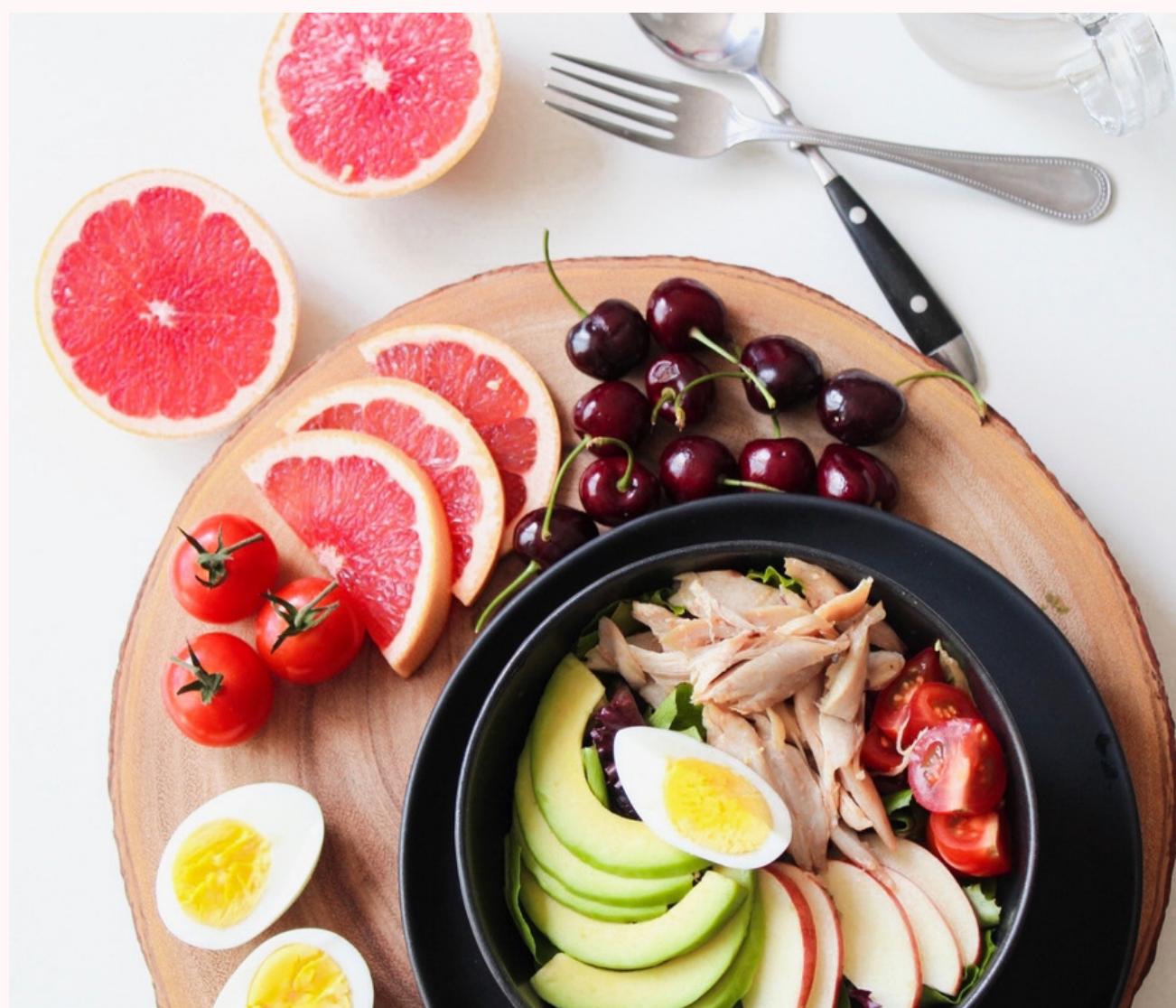
In every way our lives depend on our sun's energy. It is free and abundant. Certain microbes need sunlight to survive and we need it to manufacture Vitamin D3 among other benefits. [5] Clean air and water are also essential for us to maintain and protect our oral microbiome and health.



## NUTRITION

### 100%

Organic, local, seasonal, and toxin free food is ideal for a balanced oral microbiome. Foods high in carbohydrates & simple sugars will naturally favor streptococcus mutans and other decay causing bacteria. Nutrition can be tricky especially with food sensitivities and allergies. Every person is unique in their nutritional requirements and should consult a well-trained nutritional therapist. [6]



## ORAL HEALTH CARE

### smile

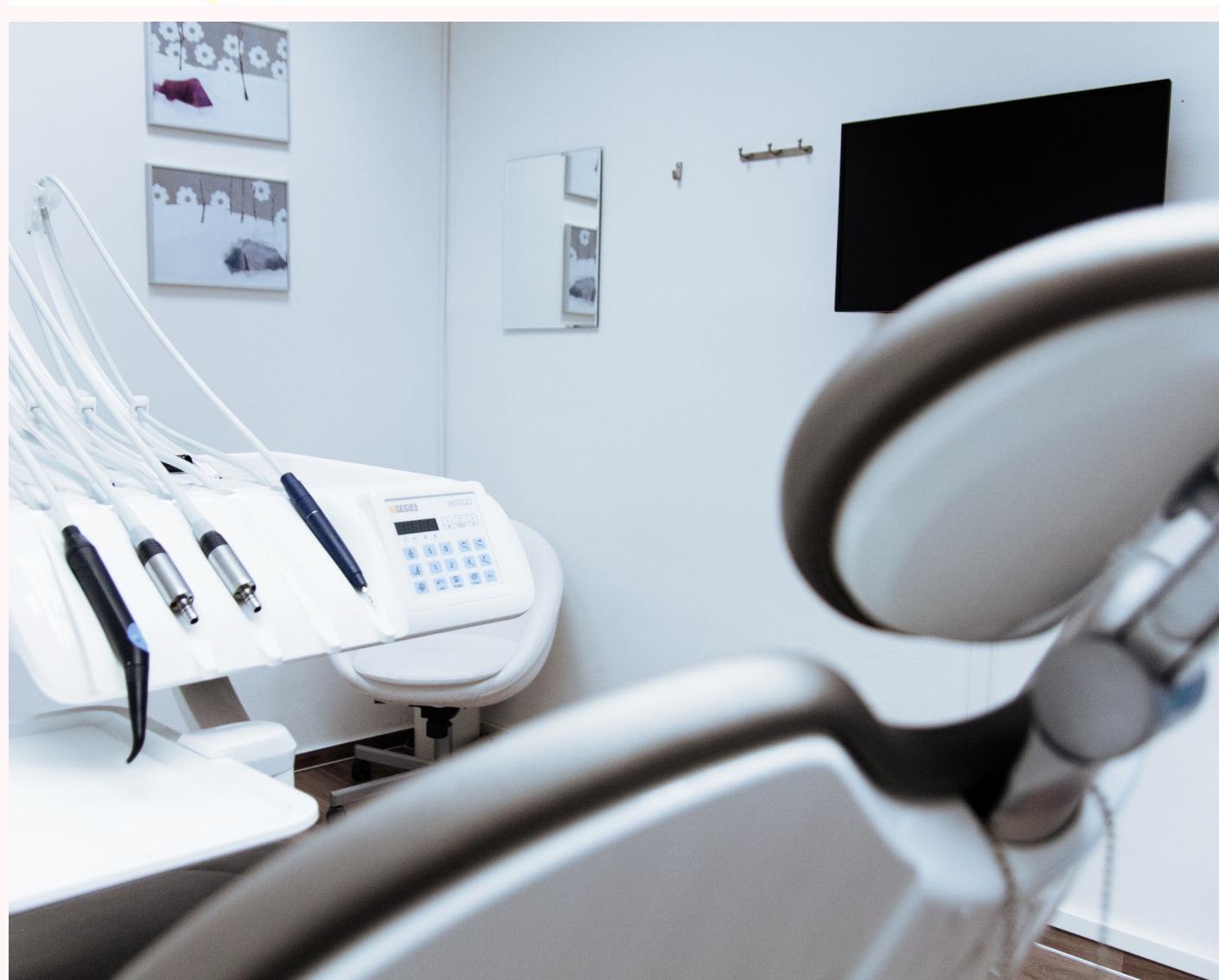
Disturbing the plaque on your teeth will keep your oral microbiome young and healthy. Yes you still need to floss and brush. Especially if you eat frequently or have a high carbohydrate diet. It's important to select a toothpaste that will not destroy your microbiome. Revitin has natural ingredients that "feed" your microbes and it tastes great! It's also safe for kids to swallow, because it doesn't contain questionable chemicals.



## REGULAR DENTAL VISITS

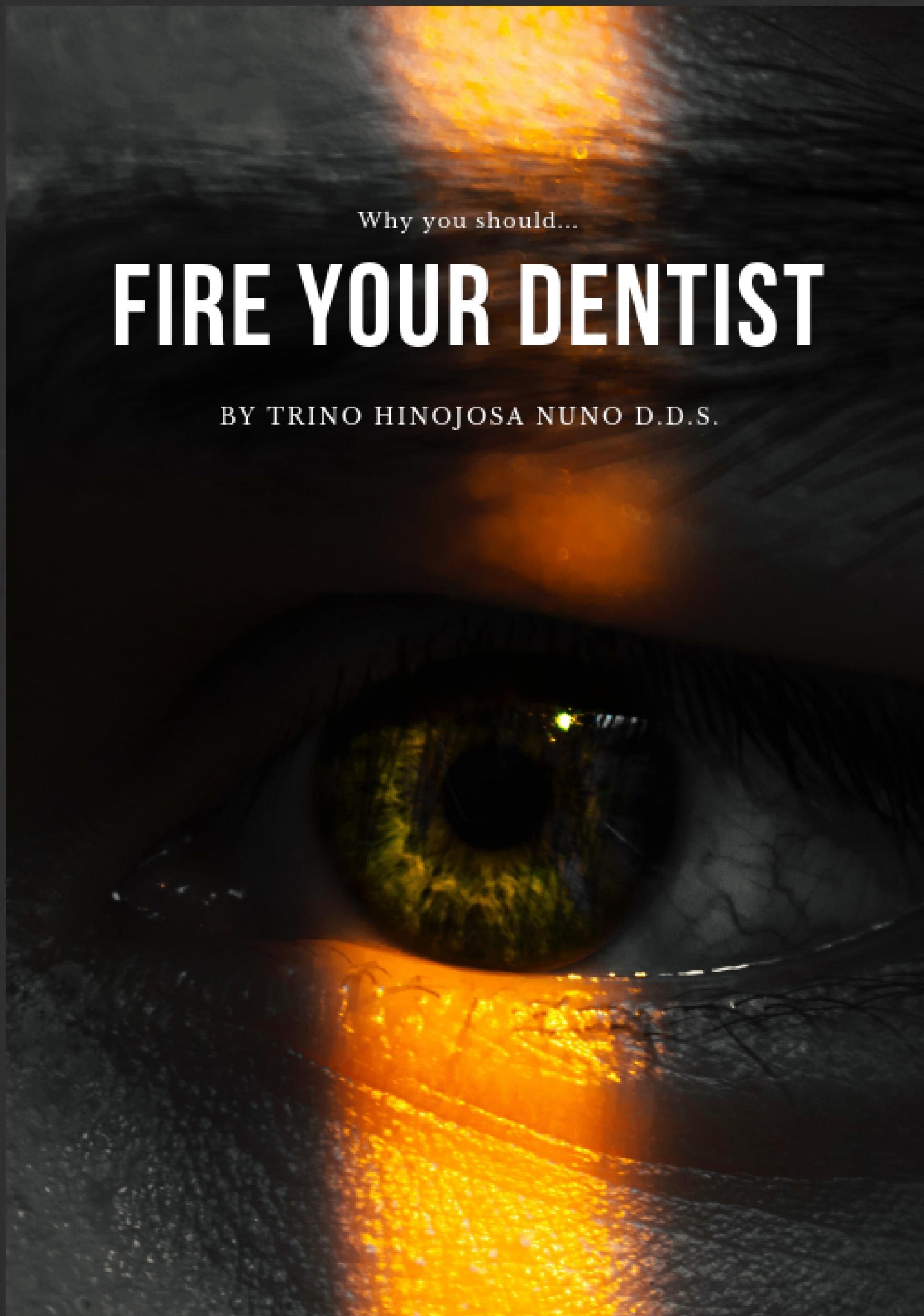
### 6mo

A dentist that is patient-centered and knowledgeable in identifying the root cause of dental decay and gum disease may help guide you on your journey to health. Look for a dentist that is holistic, integrative and bioregulatory minded.



## **PRE-ORDER YOUR BOOK!**

Learn the truth about the state of your oral health and how you can and should become the CEO of your health. The book is scheduled to be completed by October 2019. Pre-order yours today and receive a personalized signed copy.



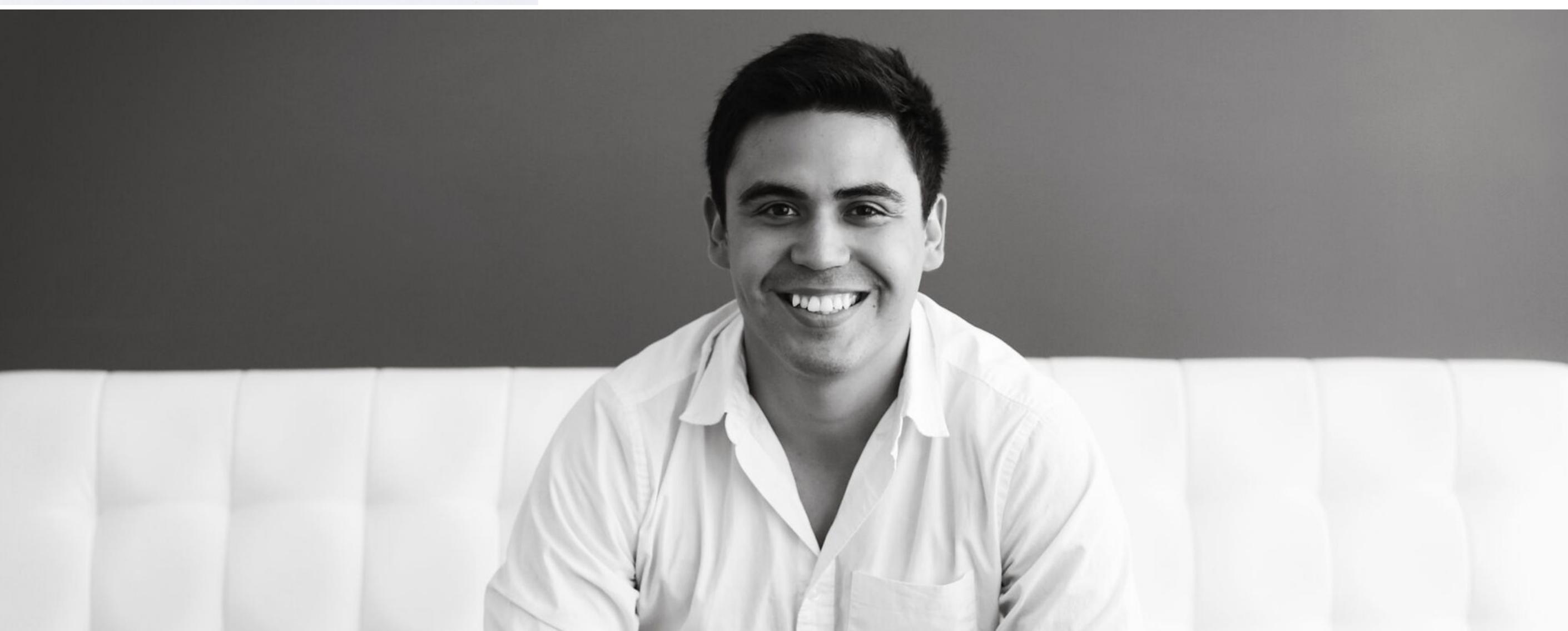
A book about the terrifying truth you and your dentist may not know. This book could save your life.



LEARNING HEALTH

# Odontologia Blog

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Revitin® is made with natural nutrients, containing key vitamins and essential enzymes. Revitin® cleans and whitens teeth "naturally," all the while supporting a balanced oral microbiome.

# References

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**"THIS GUIDE WILL OPEN UP A NEW WORLD OF TRUE HEALING FOR YOUR TEETH, MOUTH, AND CONSEQUENTLY YOUR BODY."**

**-TRINO NUNO DDS**

- **YOU'LL LEARN ABOUT THE MICROBIOME**
- **YOU'LL NEVER LOOK AT TOOTHPASTE THE SAME AGAIN**
- **DISCOVER WHY GERMS MAY HELP OUR CAUSE**
- **BECOME THE CEO OF YOUR HEALTHCARE & LEARN**
- **GET TIPS ON HOW TO IMPROVE YOUR ORAL HEALTH**
- **MUCH MORE!**

**WE ARE NOT ALONE. WE ARE ACCOMPANIED BY MICROBES.**

*" We are a microbial world. Microbial guests, many of them friendly, inhabit our bodies inside and out. We contact each other – with a handshake, kiss, hug, or fist bump – each time exchanging microbes with other humans. Surrounding you and your fellow humans is a cloud of microbial particles that is as uniquely you as the ridges on your fingertips. Speaking of fingerprints, you have distinctly different microbial communities on your left versus right hand and whatever you touch leaves this unique microbial fingerprint along with the oily fingerprint from your human skin. What makes each person uniquely themselves is not only their set of genes that they inherited from their parents, but also their microbial counterparts that they have picked up from birth, foods, and the environment."*

*-Anne M. Estes, PhD*