

CAROLINA ARAMBURO

CarolinaAramburoAndFriends' TOPIC OF THE WEEK

Hello Health, Fun and Well-Being Partners!

In this 65th Newsletter, I want to talk to you about Oral Health and their impact on our bodies and well-being.

In order to put the rest of the newsletter in context: This conversation makes more sense if you've watched my 1st Health Proposal and my 2nd Health Proposal. So if you haven't, please pause and go back and watch them. You can also read all of the articles in full HERE.

ORAL HEALTH IS A VITAL KEY TO YOUR OVERALL HEALTH AND WELL-BEING!!!

Oral health is categorized as the care of your mouth, gums, and teeth. Oral health begins at birth, from your first tooth and continues to adulthood. Improper care can lead to painful and expensive procedures to fix the damage. In this newsletter, I would like to discuss the effects of oral health care, highlighting its physical and emotional results for your health and well-being.

This week, we have included articles on our Fan Page that will offer you information on oral health care, and the effects that it can have on your health and well-being.

Taking care of your mouth is a life-long task and begins early with the development of your first teeth as a child. Preventing tooth decay

and gum disease is the main goal of oral health, though preventing bad breath and avoiding mouth injuries can also play a part.

Practicing good oral health can be fairly simple as long as a routine is established early on. Dentists recommend brushing your teeth at least twice a day as well as flossing. With children, brushing is also recommended, even if the child only has one tooth. It is advised that a parent should continue caring for their child's teeth until the child is old enough to do it himself, around the age that they can tie their own shoes and write cur-sive. Preventative methods for dental care may help lower costs and lower risks in the long run.

Aside from brushing and flossing, visiting your dentist for regular check-ups and cleanings will help you maintain good oral health as they can crape plaque off your teeth which can often build up over time. When you brush, using a fluoride toothpaste may help prevent tooth decay. Some local water supplies have natural fluoride added as well.

Activities such as smoking and drinking alcohol may lead to a heightened chance of bad teeth. Smoking discolors teeth and, in the case of chewing tobacco, could possible cause mouth cancer.

Factors that may contribute to tooth decay may also include dry mouth. Dry mouth is a condition caused by a lack of saliva production. Without saliva, you are unable to wash away the bacteria in your mouth, and tooth decay may be more likely to develop. Younger



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people may also be more likely to develop tooth decay as their teeth may not be as developed yet and lack certain chemicals to protect their teeth.

There may be many factors that contribute to your likelihood of developing cavities, but what you eat can have a significant impact. Contrary to popular belief, sugar may not be as bad as once thought. It isn't the sugar that creates the cavities, it is the amount of time the sugar remains in the mouth. Over time, it may break down and cause cavities, but brushing after eating sugar, or even chewing gum, can reduce the chances of tooth decay. Other foods such as carbohydrate-rich foods like bread may also be worse for your teeth.

The treatments for cavities are generally fill-ings. The decayed part of the tooth will be drilled out and replaced (Cont on next page)



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ORAL HEALTH IS A VITAL KEY TO YOUR OVERALL HEALTH AND WELL-BEING!!! (Cont)

metal filling. The danger in metal fillings however is the risk of metal poisoning. The filling procedure is **quick and generally is not painful**. Other cures may include root canals, gum shaping, or braces in the case of teeth alignment.

In my own health journey, I have dealt with many oral health problems. The **medications I was on** impacted both my gums and discolored my teeth. The stress I was under also led to **grinding my teeth** at night and created a problem with my teeth and jaw—impacting my bite. I worked with

several different experts who not only **cleaned and scrapped** my teeth frequently but also performed surgery on my gums and used a **retainer to straighten** out the problem with my tooth grinding and my bite. There were times during my various illnesses that I had to pay close attention and listen to my body in order to distinguish for myself that the **cause of several infections and pain** was caused by my teeth and gums vs. the other conditions I was dealing with. I also found that keeping on a **balanced, organic diet** and increasing my already rigorous oral health rou-

tines really helped me to improve my oral health. Your dentist can sometimes be your **best tool** in your oral health! They know what is best for your mouth and can help you keep it healthy by teaching you the **proper methods for cleaning and care**.

Oral health affects how you act and feel about your body and is an **important key** to keeping yourself healthy in the long run. **Protecting your mouth** through good oral hygiene is one of the best ways to prevent cavities, infections and other structural problems!

ORAL HEALTH IMPACTS MUCH MORE THAN JUST YOUR MOUTH!!!

The physicality of oral health is the most important obstacle when it comes to **good hygiene** and a healthy body. Your mouth can hold many more **bacteria** than you may guess and therefore can affect your physical health in ways you may not foresee.

Oral health extends beyond your teeth to your **gums and your breath**. Tooth decay may be the most common oral health problem as seen in very young children up to the elderly. Signs that you may be experiencing tooth decay, also known as cavities, can include a toothache, **which may be a throbbing** or pain around the area of decay, bad breath, white, grey, brown, or black spots visible on teeth, loose fillings, a broken tooth or **sensitivity of teeth** to pressure such as chewing or brushing.

The pain of cavities may increase with time and may be created by activities such as **eating candy or sugary-snacks**, eating hot or cold liquids or foods, chewing food or gum, breathing in cold air, and even brushing your teeth. In more severe cases, an **abscess may form** in the mouth, which could bring on such symptoms as fever, swollen glands, swollen jaw, and a throbbing pain near the site of the abscess. Abscesses are caused by decay of the nerve underneath a tooth and generally require a root canal to fix them, a costly procedure.

Even more dangerous is gum disease

(**periodontal disease**). Studies have connected gum disease to an array of very serious health issues and diseases such as **kidney, pancreatic and blood cancers**. People with periodontal disease may be 2-3 times more likely to have a stroke. The bacteria of periodontal disease has been found in the atherosclerotic plaque of coronary artery disease (these plaques clog the hearts blood vessels and lead to **heart attack**). Periodontal diseases may also contribute to the progression to **pre-diabetes**. Researchers found that having periodontal disease can cause someone to develop pre-diabetic characteristics, and probably disturb the glucose regulation of a non-diabetic who has pre-diabetic characteristics, contributing to the progression of **Type 2 diabetes**. For pregnant women studies have shown that 79% of women with untreated periodontal disease delivered a **preterm low birth weight baby** compared to only 7.5% of the periodontally treated women and 4.1% of the healthy women. Researchers have found that people with gum disease are almost twice as likely to suffer from **coronary artery disease**. Scientists have also found that bacteria that grow in the oral cavity can be aspirated into the lung to cause respiratory diseases such as **pneumonia**, especially in people with periodontal disease. This discovery leads researchers to believe that these respiratory bacteria can travel from the oral cavity into the **lungs to cause infection**.

(C o n t o n e x t p a g e)



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Your mouth is a **gateway** to your entire body. Poor oral health is an open invitation to not just cavities but the spreading of **germs throughout your body** through infection and periodontal disease.

Considering how easy it is to pay attention to and **take care of your oral** health it is hard to imagine why we wouldn't take the appropriate **preventative actions**. There are times, however, when even normal oral care may not be enough as the source of the problems may not always be **obvious**. I encountered that along my health journey when medications and other health issues impacted my oral health. **Tooth decay** and gum problems can be always be caught by regular visits to a dentist, however. **Cherish, your body** for all of it's imperfections and listen closely to it. If you do begin to experience problems with your mouth, teeth or gums **take immediate action and see an expert**. Ultimately a healthy mouth equals a healthier body, more well-being emotionally, mentally and spiritually **I honor you** and request you honor_your body!

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ORAL HEALTH IMPACTS MUCH MORE THAN JUST YOUR MOUTH! !!!! (Cont)

There are also the health problems that are caused by certain dental practices such as **mercury fillings**. Removing those fillings and replacing them with non-metal fillings reduces the chance of **mercury poisoning** in the body. There are several other holistic and natural remedies that research has determined work for tooth and gum problems. These include Vitamin C, Vitamin D, **Coenzyme Q10**, tea tree oil and cranberry.

Known health impacts of poor tooth alignment can start a very serious cycle. Poor **teeth alignment** can both cause Bruxism (teeth grinding) and then worsen it as the teeth become more unaligned to cause more Bruxism. **Migraines**, which result from Serotonin release can be triggered by a number of factors, but one of the biggest contributors is a poor bite relation as poor teeth alignment causes the lower jaw to be poorly aligned with the upper jaw. As the condition worsens other physical condi-

tions, such as TMJ, actual **spinal imbalances** and also chemical imbalances, can occur.

.The best way to **prevent** damage to your physical health is to practice good oral health by brushing and flossing your teeth at least twice a day, refraining from chewing on things such as ice or frozen nuts, and visiting the **dentist for regular cleanings**.

MASTERFUL BUSINESS & PERSONAL COACHING

Using various methodologies, I have been coaching both **large groups and one on one**, since 1991. This includes, but is not limited to Landmark Education's Ontological Methodologies, Silva, that of J. Rohn of Herbalife, and MY OWN.

In 1999 I began coaching people in Landmark Education inside of various leadership roles using Ontology (Landmark Education's methodology). In the years that I was leading the Landmark Forum, I coached, 3 weekends a month, different groups in rooms filled with 150+ to 1200 people, in many different cities and countries. I coached **individual people** who came to the microphone for coaching on their personal lives and professional performance. I coached and lead the group as a whole producing a common "simultaneous **UNPRECEDENTED**

transformational shift", for every group no matter what their circumstances. In addition to this, I coached teams of people who worked with me in both group and individual settings. These mostly included **managers, supervisors and leaders**. This coaching/consulting was mostly on business performance and production.

Thus, after 20 years of **outstandingly successful practice**, and after coaching hundreds of thousands of people and consistently **exceeding their expectations 94% of the time**, I have the confidence to say that I can coach anyone, in anything, and under any circumstance and have **YOUR SUCCESS in ANY ARENA** be a foregone conclusion while also having it be a deliciously fun and **FULFILLING ADVENTURE!!**

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POOR ORAL CARE CAN BE A MENTAL, EMOTIONAL AND SPIRITUAL CONSTRAINT!!!!!!

The state of your oral health may lead to several **different emotional** states. These may vary from simple annoyance to deeper issues that can extend beyond your own body and mind. Of these emotional states, one common one may be **stress**. Studies have shown that stress resulting in teeth grinding leads to misaligned jaws and gum problems. On the flip side, teeth and gum problems also leads to more stress making it a vicious cycle.

Improper oral health care may also lead to **social embarrassment**. In today's society, having perfect, white teeth is often viewed as attractive, and poor oral health can lead to unsightly problems that may cause embarrassment for a person. This could also lead to **avoidance of social** situations and even depression if left to fester. Other emotional effects of poor oral health, leading to stress, may be self-depreciation and

beating yourself up for not taking better care of your health. This can be a dangerous road to go down as it may lead to **depression and isolation**.

From a mental health perspective Columbia University based researchers found was that the participants with the **highest levels of a bacterium** at the root of some forms of gum disease were more likely to have poor delayed **verbal memory** (the ability to retain three words for a designated time period), and to do poorly on a serial subtraction test, than those participants with the lowest levels of the bacterium. In fact, the higher the **levels of the germ**, the worse participants did; the lower the level, the better they did. Even more dangerous are recent studies that say that depending on the position (not alignment) of your teeth you can cause serious **chemical imbalances** such as chronic fatigue syn-

drome.

As always, when your body becomes ill it is harder for you to **listen to the quiet voice** of your soul connect with it. As emotional and mental complications kick in your ability to connect always lessens. Avoiding that danger is a **matter of good oral care!**

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That will make a major difference for me/us. We are not selling you anything. The commitment is **giving and receiving of information** and we appreciate your contribution. Thank you so much for the opportunity to learn together.

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