

# Dear Jacquie

Your queries about natural health answered by **Jacquie Lane** from the College of Naturopathic Medicine

**My dentist has told me that I will need treatment for periodontal disease and acid erosion. He also advised me to limit certain foods and drinks, and that the right nutrition could help. What should I do?**  
TL, Kemp Town

Periodontal disease causes bleeding and receding of the gums, while acid erosion causes the teeth to soften and thins the enamel. Your dentist probably told you to stop drinking any type of sweetened fizzy drinks (or their diet equivalent) where the acid attacks your enamel causing not only acid erosion but poor gum health. Pure fruit juices can also be a problem here. Smoking can really aggravate gum health, as does alcohol.

Certain nutrients may be helpful for our gums and teeth in particular:

For healthy gums: CoQ10, bioflavonoids, vitamin C and vitamin E. Eat vegetables, non acidic fruits, good quality proteins (fish, lean meat, beans and legumes) for tissue repair and omega 3 and 6



A varied and nutritious diet can help keep teeth and gums healthy

foods such as flax seeds, hemp seeds, oily fish, walnuts, for their anti inflammatory actions.

Vitamin E rich foods are wheatgerm oil, sunflower seeds, dried apricots, almonds.

Vitamin C foods suitable include peppers, broccoli, dark leafy greens, papaya.

Bioflavonoids can be found in brightly coloured fruits and vegetables. Be careful with biting

into fruits in case they are too acidic. Stick to red, green, yellow peppers, onions, buckwheat, apricots, prunes.

CoQ10 can be found in sardines, eggs, beef, spinach and broccoli but it's hard to get a reasonable level of this very special nutrient so supplementing may be best.

Research suggests that liquid folic acid may also be a useful supplement at this time.

For healthy teeth, reduce sugar containing foods and eat lots of calcium rich foods, such as sesame seed paste, tahini, green leafy veg, natural yoghurt and cottage cheese, soft bones mashed into tinned fish such as sardines and salmon, which also contain the omega 3 oils you need, almonds and walnuts, which also contain vital omega 3 and 6 oils.

A nutritional therapist could put all these elements together in a detailed personal plan to address your needs, including a supplement plan, with appropriate directions and dosages.

*See your health professional for advice*

*If you have a general health query that you would like to raise here you can email Jacquie at [healthqueriesforWave@naturopathy-uk.com](mailto:healthqueriesforWave@naturopathy-uk.com). Please note that Jacquie cannot enter into individual correspondence unless your query is chosen for publication.*

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*Jacquie Lane is a lecturer at the College of Naturopathic Medicine (CNM) and the Director of Studies at CNM in Brighton. Jacquie also runs her own nutrition clinic in Brighton and manages a biological testing lab specialising in digestive issues.*

## CNM open evening

A talk on 'Healthy Teeth and Gums Naturally' by a holistic dentist and CNM graduate, will take place in London on 11 September. More info: 01342 410505 [www.naturopathy-uk.com](http://www.naturopathy-uk.com)

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