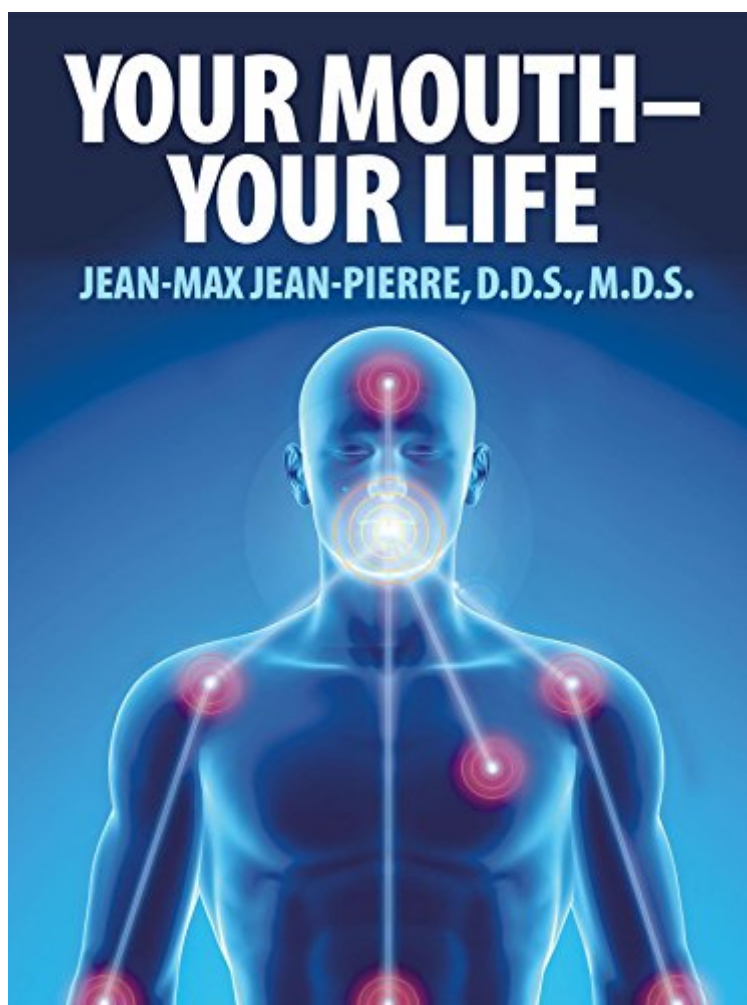


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# YOUR MOUTH - YOUR LIFE



## Synopsis

Oral health is a holistic health priority. *YOUR MOUTHâYOUR LIFE* by Jean-Max Jean-Pierre, DDS, MDS, is an easily understandable guide to the relationship between oral health and systemic health. Not only does Periodontist Jean-Max Jean-Pierre describe how the health of your mouth and what you eat affect inflammation in your body, but he also provides compelling research evidence and statistics surrounding the connection between oral health and a host of specific systemic disease conditions. Untreated inflammation in the mouthâin the form of periodontal (gum) disease, dental abscess, and other infections, elevates levels of systemic inflammation and may actually cause vascular disease, respiratory disease, dementia, and diabetes in otherwise healthy individuals. Periodontal disease is a chronic problem for many individuals due to their genetic makeup, diet, tobacco use, oral hygiene, and other factors. According to a 2012 Centers for Disease Control study, in the USA, gum disease affects 56.4% of men, 38.4% of women, and 64.2% of smokers. This book will help you realize just how critical it is to maintain good oral health and treat gum inflammation of any degree. YouâI know how your oral health puts you at increased risk for cardiovascular disease, stroke, heart attack, diabetes, Alzheimerâs disease, dementia, metabolic syndrome, inflammatory bowel disease, arthritis, osteoporosis, kidney disease, respiratory disease, cancerâand more. YouâI also learn that systemic disease makes it more difficult to maintain the optimal oral health you need to improve your systemic disease condition. If you suffer from heart disease, diabetes, Crohnâs disease, rheumatoid arthritis, or another of the many inflammatory diseases, you need to understand how neglecting your oral health and proper nutrition makes the disease condition worse. And, you need to know just how helpful improving your oral health can be in fighting inflammation throughout your body. Twice-a-year visits to a dental hygienist simply are not adequate preventive care for millions of us. Optimal care to fight oral inflammation and thus the quality and longevity of your life is individualized. In this book, you will learn what you can do to take control of your periodontal health and the types of clinical treatments you may need on an occasional or frequent basis. If you have frequent or chronic gum inflammation or other oral infections, seeking the care of a periodontal specialist may save your life. If you are suffering from systemic disease, you will be glad to know others have improved their health through active control of periodontal inflammation. Dr. Jean-Pierre has included stories about some of his patients with heart disease, diabetes, and severe arthritis, who have improved their whole health by complying with his recommended clinical treatment and oral hygiene regimen. Almost 9% of the adult U.S. population has diagnosed diabetes, and about 11% has diagnosed cardiovascular disease. With so many fighting these diseasesâand so many more at risk, you owe it to yourself to

read this short book.Â Â

## **Book Information**

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## **Customer Reviews**

Dr. Jean-Max Jean Pierre has provided a great tool to convey complex topics to dentists, doctors, team members, and patients. He is able to convey these topics with simplicity, while providing all of the science and studies to support his conclusions. His work is a beacon to follow in the path of Complete Health for our patients. I recommend this book to my patients when they are in the office, and currently have my team members reading it to better understand the connection of oral health to overall health. Daniel Pizzi, DMDEast Windsor, NJ

Excellent overview of how important your mouth is to your overall health. Being a specialist in gum disease, Dr. Jean-Max has a very unique perspective and explains that stopping the problem causing the disease, bacteria and inflammation, is far better than waiting for the destruction and then trying to figure out how to fix the damage.

I wasn't aware how much the health of your mouth played into overall health until reading this book.

Very informative. Great read. Highly recommended. Thanks Jean-Max for sharing your knowledge and passion with the world. God Bless, Your brother and friend in Him, Hunter

This book was so informative for me as a person who has type 2 diabetes. It explained how my health affects my oral hygiene and how important my oral hygiene is to my health! Thank you for explaining things in a way I can understand.

Great read. Wonderful book. I recommend it to all of my patients. -Dr Jeff

A great resource for dentists educating patients, public health educators translating knowledge, and individuals with health concerns. Within this one book, periodontal specialist and educator, Dr. Jean-Max Jean-Pierre, covers the big picture and then disease by disease how oral bacteria is connected, and what the individual can do to improve their oral health, overall health, and quality of life. Share this book everyone you know who is battling one or more disease conditions. Share it with everyone you know who has a history of chronic gum disease or is suffering from advanced gum infection. Like BEAT THE HEART ATTACK GENE by Bale and Doneen, I want a hard copy of this book on my shelf. Looking forward to hard copy publication.

First, I am extremely proud of Dr. JP for writing such a thorough and informative book on our mouths. So much information that I didn't know and had no clue my oral health played such an overall vital role. I have recommended this book to friends and family. It's time we get serious about many of the health issues that plague our friends and family. Good job and a huge thank you! You are a blessing to The Kingdom, readers and patients!

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Ulcers: The Ultimate Cure Guide for How to Get Rid of Mouth Ulcers Instantly (Ulcer Free, Ulcer Diet, Mouth Ulcer Cure, Oral Ulcer)  
Home Remedies for Ulcers (ulcer, stomach ulcer, peptic ulcer, ulcer symptoms, stomach ulcer symptoms, ulcer treatment, mouth ulcer, mouth ulcers, cold sore, cold sore remedies, cold sores)  
Nutrition for a Healthy Mouth (Sroda, Nutrition for a Healthy Mouth)  
YOUR MOUTH - YOUR LIFE  
Sweet Sea: Land, Life, and Water at the River's Mouth (Roger Fullington Series in Architecture)  
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