

Xylitol? Never Heard of it? Kills Cavity Bugs!

Xylitol is a naturally-occurring sugar substitute. It's a carbohydrate just like normal sugar with a few very important differences as they relate to your health and your teeth:

- Roughly half the calories of normal sugar (9.6 calories / teaspoon vs. 15 calories per teaspoon).
- Eating foods sweetened with Xylitol does NOT affect insulin levels (important for Diabetics).
- **and... Cavity-causing bacteria can't digest it, so it helps reduce the chances of cavities!**

These are all important in America today but the third thing is the reason it is so important for oral health and preventing cavities. Bacteria cause tooth decay by digesting sugars and pooping out acids (I apologize for using this type of language, but that is exactly what occurs). The acids are what eat up your teeth and cause 'cavities', especially when concentrated in bacterial 'plaques' that are stuck to your teeth in hard-to-brush spots. This is why dentists harp on brushing and flossing, reducing sugar intake, and controlling plaque build-up on your teeth. So I encourage you to educate yourself about the powerful oral health effects of Xylitol and you can do so easily by searching for xylitol on the internet.

What I want to share with you is how to use common products to create inexpensive and powerful therapies to reduce cavities! Below is what we recommend at DurhamDDS for ALL OUR PATIENTS!

Make Your Own Xylitol Toothpaste Inexpensively

What you want to look for is "granulated xylitol". You can buy it for \$7-10 over the internet or at local health food stores. It is more expensive than regular sugar but a pound bag will last a VERY long time. It is \$10 well spent!

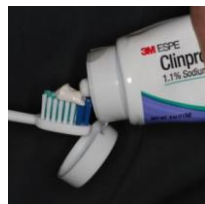
XyloSweet™ is available at Whole Foods Market just south of our office on Broad St.

If you wish to buy 'American Made Xylitol', then look for the brand "Xyla". It is available from this website (<http://www.iherb.com>) and many others including [Amazon](#).

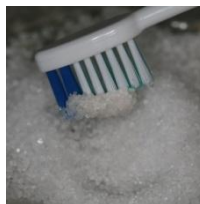
1. Create a small sugar-bowl or 'xylitol-bowl' in your bathroom where you brush your teeth.
2. Place toothpaste on your toothbrush like normal and dip the brush/toothpaste into the xylitol sugar bowl coating the paste with an ample amount of the granulated xylitol.
3. Brush and floss just as you normally do. It will be more effective than regular toothpaste and it tastes great!
4. If you use mouthwash such as 'Act', then you have one additional step before you head off to your day or go to bed: wet your finger and touch it to the xylitol bowl... lick your finger and go to bed or go about your day!
5. THE IMPORTANT THING IS THAT THE XYLITOL DISSOLVES IN YOUR MOUTH AND DOES NOT GET RINSED OUT! Coating your teeth superficially with this stuff is what makes the magic!



Xylitol Sugar



Any Toothpaste



Coat with Xylitol



Brush!

Research shows that you need to have about 6 grams (or 1.5 teaspoons) per day dissolved in your mouth every day to show measurable reductions in the acids that cause cavities.

Make Your Own "Xylitol" MI Paste

MI Paste is another awesome dental product that helps reduce cavities and tooth sensitivity. We use it all the time at DurhamDDS. How do you make Xylitol MI Paste? Just place a small dab of MI paste onto the end of your finger and then touch the paste on your finger into your sugar dish of granulated xylitol that you keep in your bathroom... Then place it on your tongue and let it dissolve and coat your teeth. Now go to bed. Simple and tastes great!

Not So Fast... Keep Reading!

Xylitol has one side effect that cause some people some trouble: if you eat (SWALLOW) a bunch of it, you may get some stomach distress. I can tell you that I've been doing this for months and I've never had a problem, but I don't cook with it and eat it... i just brush with the stuff and spit out the foamy leftovers! (and I do not rinse).

Good luck to you as you become a 'co-therapist' with us, working towards prevention of cavities and tooth problems together!

References

<http://www.sciencedaily.com/releases/2007/02/070215113450.htm>

<http://en.wikipedia.org/wiki/Xylitol>



Dr. Bill Argersinger owns and operates DurhamDDS, a family dental practice in Durham, NC. Established in 1954, Dr. Bill is the third dentist in a solid heritage of serving our community. He takes education seriously and provides documents like this on a long list of dental health subjects. You may download electronic copies of all these forms from his website at: <http://www.durhamdds.com>. DurhamDDS is located at 1212 Broad St, Durham, NC, 27705. our phone number is (919) 286 0779.