

# Your Mouth Knows No Bounds

## The Mouth and Body Connection to Health

Did you know that poor oral health can lead to heart attacks and other physical ailments? It's true.

Most people realize that all elements and systems of their bodies are connected – like residents in a small town, everyone knows what everyone is doing. And they talk about it. But many people don't understand that their mouths are very much part of their "town." They incorrectly tend to think of their mouths more like Vegas: "Whatever happens in Vegas, stays in Vegas." In actuality, whatever happens in your mouth, happens to the rest of your body.



Research increasingly proves that tooth decay and gum disease carry direct links to other ailments. Diabetes, Alzheimer's, and heart disease are just a few maladies that have been shown to bear a connection to poor oral health. But how can this happen?

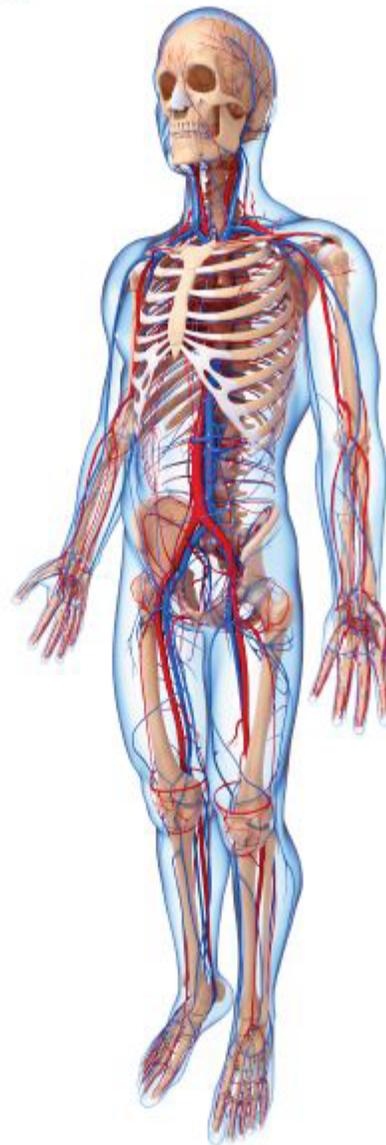
If you don't clean your mouth properly every day, bacteria will build up, inviting tooth decay and gum infection. If the disease and decay are not removed, they can leak into your tissues and blood, causing infections in your heart, lung, and brain. Left untreated, the condition could result in death.

A body riddled with infection forces your immune system to work overtime to stay healthy. This constant battle stresses your body, rendering it weaker to ward off other ailments.

Imagine running in place for three minutes. For most, not too difficult right? Imagine doing it again the next day. No sweat. You've had time to rest and recover. But now imagine trying run in place non-stop for 24 hours. No breaks, no rest. Most of us would collapse from exhaustion. This is how constant infection exhausts your immune system. Forcing it to fight without a break will lead to weakness and eventual collapse.

Existing ailments, such as diabetes, also lower your body's immune strength. When you add additional stress like gum infection, you weaken it further.

A healthy body requires a healthy mouth.



Of course, good oral health won't guarantee that you'll never be plagued by other ailments, but it will ensure that your body will have one less foe to fight.