

# Healthy Gums

## Protect Against Gingivitis and Periodontal Disease



If the idea of getting your mouth poked and prodded by a dentist makes you cringe, you are not the only one. According to Peter Milgrom, DDS, nearly 20 percent of Americans avoid going to the dentist unless it is absolutely necessary. While you may brush off that statistic, here's one you can't ignore: gingivitis affects nearly

50 percent of the adult population.

Long-term effects of plaque deposits on your teeth cause gingivitis. Plaque is a sticky substance made of bacteria, mucus and food debris that occurs on exposed parts of the teeth. When plaque is not tended to properly, it turns into a hard deposit called tartar that becomes trapped at the base of the tooth and can lead to tooth decay. Both plaque and tartar irritate the gums, and the bacteria and toxins they produce can cause the gums to become infected. Certain factors raise your risk for gingivitis, such as uncontrolled diabetes, the use of certain medications such as birth control, pregnancy (hormonal changes increase the sensitivity of the gums) and of course, poor dental hygiene. Brushing your teeth at least twice daily, flossing daily and maintaining dental appointments every six months can help avoid gingivitis.

It turns out that colostrum—the multi-purpose supplement that addresses a variety of health conditions—can help support gum health.

Colostrum is the first milk produced by mammals for their infants. The many immune-enhancing factors of colostrum promote good health and disease resistance in newborn children. In fact, a new study, published in October 2012 in the journal *Clinical and Experimental Allergy*, shows that breastfeeding newborns can reduce incidences of allergies and infections largely due to immune factors in colostrum. Studies have shown that it works well as an immune supplement for adults. Bovine colostrum can be obtained in large quantity and has properties similar to human colostrum.

Colostrum provides both immune factors to

help the body fight gingivitis-causing bacteria and the growth factors that the body needs to regenerate body tissues, including gum tissues. It is rich in the insulin-like growth factor (IGF-1) super family of proteins, as well as immune factors like proline-rich polypeptides (PRP) and anti-inflammatory sulfur compounds, like methylsulfonylmethane (MSM).

An extensive report published in November 2000 in the *British Journal of Nutrition*, explains, "In bovine milk and colostrum, lactoferrin and lactoperoxidase are the most dominant and best studied non-specific antimicrobial components, and many *in vitro* experiments have proven their activity against all kinds of micro-organisms."

In citing three specific studies, the authors state, "The antimicrobial effects can be direct through bacteriostatic and bactericidal activity or indirect through activation of a complex series of reactions leading to a protective immune response after infection." One of the ways lactoferrin fights bacteria is through direct binding to the microbial membrane, which alters the permeability and ultimately leads to death of the organism.

Meantime, the biological function of the lactoperoxidase system (LP-s) is primarily that of defense against microbial infections. Many *in vitro* studies show the bacteriostatic and bactericidal effect against a broad spectrum of micro-organisms. The *British Journal of Nutrition* study adds, "LP-s is now added to toothpaste, mouthwashes, artificial saliva, chewing gum and calf starters to augment the *in vivo* protection against infections."

### BOVINE COLOSTRUM IS A STUDY PUBLISHED

Not all colostrum supplements are created equal, nor do all provide colostrum's beneficial components at optimal concentrations. Choose a colostrum supplement made from colostrum collected within hours of birth. It is also important to check to make sure that the colostrum is "complete," with no components removed during processing.

Only Anovite's Colostrum6 meets these requirements. It is the only colostrum supplement to be certified by associates of Cornell University as "true colostrum." The bovine colostrum of Colostrum6 is recovered from cows within zero-to-six hours of them giving birth, with all nutrients intact, including natural chymosin, an enzyme that helps ensure the bioavailability of colostrum nutrients.

Keep your gums healthy by taking advantage of all the immune factors Colostrum6 has to offer.

—Julie Powell



#### REFERENCES

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