

Tom,

I am writing to thank you for providing such a wealth of useful dental information on your website.

I first stumbled across your site about 6 months ago when browsing for information on periodontal pockets, and ended up glued to my computer for hours as I devoured each of your articles, one after the other.

I was amazed, and a little distressed, to think of all the time and money I had spent sitting in dentists' chairs, and not once being told the simple steps to recovery as you and Dr Nara have outlined. Of course, everyone is doing their best, and the dentists I had been to no doubt thought they were giving me the best of help, but it was help based on drilling and filling, not based on prevention, so it was doomed to failure.

By the time I discovered your website, I was in trouble. I am 54 years of age, and over the years I had begun suffering from a number of very deep pockets and constantly bleeding gums. Most of my rear upper and lower teeth were seriously affected, with 4 of them starting to come loose, and each one being surrounded by pockets between 8-12mm deep. There is no doubt I was caught in a downward spiral, with my situation gradually deteriorating. And the only advice I was getting by now was, "I think the time has come to start pulling them out." It was at that point that I finally realised I was asking the wrong people for advice.

So my search began.

After discovering your site, I straightaway purchased a Viajet Pro, and then not long after a Perioflex Irrigator with a deep pocket tip, and the results were immediate. Bleeding stopped in a few days, sore and sensitive gums returned to normal in about 2 weeks, and my oral health improved immensely.

As time passed, I could see I was getting excellent results, but just to confirm, last week I went back to my dentist for a check-up. He was astounded at my recovery, commenting that the pockets were spotless and beginning to close up!

As you can imagine, I was elated with this news.

Following your guidelines, my daily routine is quite simple, and takes about 10 minutes.

- Firstly, I always rinse my mouth thoroughly with water 2 or 3 times straight after each meal. I have found there is no need to brush. Most food doesn't seem to stick when your teeth and gums are clean. (The exception here is refined white flour products like biscuits and cakes, which stick like glue.)
- Then every night before retiring:
- I floss between the teeth to scrape off any plaque build up.

- I follow that with a gentle but thorough brushing. I use a herbal toothpaste purchased from the local health food store, but probably just about anything will do.
- I then irrigate, a very important step. I have found the Viajet does a great job. It has more than enough pressure to wash very cleanly along the gum line and into most of my pockets, removing any debris and food particles. Plain warm tap water seems to work fine for me.
- Then I use the Perioflex with a narrow tip to spray an antibacterial solution into the deeper pockets. I use a mixture of 3 parts bicarb soda and 1 part salt. A generous half teaspoon of this mixture, dissolved in half a cup of water seems to be strong enough. I must admit it took me several weeks to locate all the pockets and gradually gain the necessary skill to treat each one carefully, but the reward has been well worth it. As each week passes, the task gets easier. Perhaps the day is approaching when I won't need this step at all. Time will tell.
- Then finally I rinse the whole mouth for a minute or 2 with an antibacterial solution. I alternate between my salt and bicarb mixture one night, and hydrogen peroxide the next. I have found that a small capful of half hydrogen peroxide and half water will do a marvelous job of killing bacteria, removing plaque, and as a bonus, gradually whitens the teeth as well.

As you can see, it has been a complete turnaround for me, and I now feel so much more confident about my future dental care and health in general. I have come to realise that given the right circumstances, our bodies are self-regulating, self-repairing mechanisms. All I had to do was clean up my act then get out of the way. Thank you indeed for your efforts in putting it all together, and making it possible.

Kind regards,  
G.W.  
Sydney, Australia  
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