



Guidelines nutrition & oral health

Oral ulcers and herpes

Oral ulcers

Oral ulcers are ulcerations in the mouth that are painful. These are recurrent sores of the mucous membrane usually caused by a fungal infection. Stress, smoking and damage to the mucous membrane can all have a negative impact on the development of oral ulcers. There are also a number of nutritional deficiencies that are associated with the development and recurrence of oral ulcers.

Herpes labialis

Herpes simplex virus (HSV) is the cause of herpes labialis (HSV1), also known as cold sores. The herpes virus manifests itself in blistering at the lip and nose. An infection of the HSV1 virus usually occurs in childhood. Stress, smoking and a high level of arginine in food aggravate the severity and frequency of this virus.

Nutritional advice for oral ulcers and herpes labialis:

1. Limit the intake of arginine-rich food or choose an L-lysine supplement
2. Eat food rich in folic acid, iron, vitamin B12 and Lysine
3. Rinse with a sage/thyme combination for 1 week
4. Eat 1 hand of blueberries daily
5. Restrict the use of caffeine and theine
6. Drink a glass of milk kefir twice a week
7. Eat enough protein and fats
8. Avoid the use of refined carbohydrates

Advice supplementation for oral ulcers and herpes labialis:

- Use the blue[®]m teeth & bone formula 3x daily for a higher calcium, magnesium, iron and vitamin B12 value
- Advise the use of vitamin C in supplement form. Always choose a combination of ascorbic acid and bioflavonoids.
- If serious vitamin B12 deficiency > choose a lozenge tablet including folate (folic acid)*
- Advise the use of L-lysine in case of the herpes simplex virus

* If patients repeatedly suffer from oral ulcers, refer them to a general practitioner and have a blood test carried out. Test for: B12, folic acid and iron levels. In many cases a low level of the above is observed.

Additional advice: blue[®]m oral gel helps reduce the pain and seriousness of oral ulcers. In some cases, the oral gel also works against cold sores as well.

See appendix I for more information about dietary guidelines for oral ulcers and HSV.



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Appendix I Oral ulcers and herpes labialis

1. Arginine and L-Lysine

The herpes simplex virus is particularly sensitive to arginine-rich foods. Arginine is a semi-essential amino acid; we make it partly ourselves and partly from food. A problem is that the amino acid arginine occurs in larger quantities in healthy foods such as nuts, seeds and legumes. The amino acid lysine is often found in meat and dairy products > not preferred to be used frequently. Lysine is an essential amino acid and we only extract it from food. Lysine has an antagonistic effect and the potential to inhibit the reproduction of the herpes simplex virus. In order to maintain a healthy diet, it is advisable to have the patient take lysine in a supplemental form.

2. Folic acid, iron and B12

Patients who frequently suffer from oral ulcers usually have an iron, folic acid and vitamin B12 deficiency. Approximately 20% of the patients with oral ulcers are deficient in the three vitamins mentioned. To be on the safe side, you can have a blood test carried out by a general practitioner, but this does not always give the correct results. Patients who are sensitive to oral ulcers do well to take the vitamins mentioned in both diet and supplement form. Think of foods like: green vegetables, oily fish, chicken, liver eggs, legumes, mushrooms, berries and cold-pressed oils.

3. Thyme and sage

Both herbs have a medicinal effect on inflammation of the gums and the mucous membranes in the mouth. Both thyme and sage have been used for centuries to reduce and/or cure these conditions. The patient can drink the herbs as herbal tea or can choose to rinse with this mix. A mouthwash requires 5 grams of thyme and 2.5 grams of sage in combination with 100 ml of boiling water. Use as a cure - no longer than one week because of the presence of thujone and camphor in sage. These components are potentially toxic when used for a long period of time. **Do not advise children under 12 years of age and pregnant women who are breastfeeding.**

4. Blueberries

In the case of oral ulcers, eating blueberries can help because of the anthocyanins and tannins present. Advice to consume 20-60 grams of blueberries daily.

5. Caffeine and tea

Both caffeine and theine have an adverse effect on the herpes simplex virus. The severity and frequency may increase when these drinks are consumed daily. This is mainly due to the acidification and moisture extraction that occurs. Advice to consume a maximum of 1 cup of coffee or black tea per day - preferably no use of caffeinated drinks.

6. Milk Kefir

People with regularly recurrent oral ulcers often have an unstable intestinal flora. This reduces nutrient uptake and can lead to faster deficiencies. Probiotics help to restore the intestinal flora. Advise a natural probiotic or in some cases a probiotic in supplement form. Have the patient make the kefir himself or buy it from a recognised organic foodstore.

7. Proteins and fats

If a carbohydrate-rich diet is maintained, we will see the herpes simplex virus rise faster in both frequency and severity. Proteins and fats do not have this disadvantageous property. Advice to include more proteins and fats in the diet such as: nuts, seeds, legumes, oily fish, eggs and cold-pressed oils.

8. Refined carbohydrates

The ingestion of sugars (refined carbohydrates) causes so-called "food stress". The body must work hard to convert these sugars into glucose and to control the activated hormone insulin so that the inflammatory activity does not become too great. This can cause a lack of various nutrients. Nutrients that the patient desperately needs to control both degeneration and the herpes simplex virus. Therefore, give advice to avoid refined carbohydrates as much as possible.



Guideline Supplements

Appendix II Supplementation for the purpose of strengthening oral health

Caries:

- Use the teeth & bone formula 3 times a day for an optimal calcium/magnesium and vitamin D level.
- Advise a cure of probiotics to reduce Streptococcus Mutans in case of severe cavity formation

blue[®]m teeth & bone formula

The teeth & bone formula contains a unique composition of high quality ingredients, such as biologically active magnesium, copper, manganese, zinc, boron, vitamin C, vitamin B6, B12 and folic acid. It also contains high doses of calcium, vitamin D3 and vitamin K2. Calcium naturally ensures that we maintain strong bones and teeth. If you choose to have the patient supplement calcium, always choose a combination with magnesium and vitamin D3. Calcium and magnesium have a so-called synergistic effect (one cannot do without the other). Vitamin D3 is necessary in order to be able to absorb the mineral calcium properly.

Probio Oral

In the case of serious caries, the temporary use of a probiotic is recommended. Bonusan brand Probio Oral supplement is a probiotic specifically designed to promote oral health. Probiotic bacteria are able to reduce the number of Streptococcus Mutans in saliva and plaque.

Gingivitis en periodontitis

- Use the teeth & bone formula 3x daily for optimal calcium/magnesium level.
- Advise the use of vitamin C in supplement form. Always choose a combination of ascorbic acid and bioflavonoids.

blue[®]m teeth & bone formula

See information 'Caries'

Vitamin C

A long lasting severe deficiency of vitamin C can lead to scurvy. One of the characteristics of this is gingivitis. A relationship has also been shown between deeper pockets and more loss of adhesion at reduced vitamin C levels. The severity and increase of periodontitis is also associated with decreased vitamin C values. The orthomolecular guidelines indicate a basic dose of 2000 mg per day. Always advise a combination of vitamin C and bioflavonoids (as it occurs in nature). Brands such as Bonusan, NOW and Vitals often offer the right dosage and combination. Vitamin C can be used for life and can be temporarily increased during the flu/cold period.



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blue[®]m teeth & bone formula
See information 'Caries'

Vitamine C
See information 'Gingivitis en periodontitis'

Vitamin B12
Vitamin B12 may attribute many health-promoting properties to its name. One of these is the reduction of oral ulcers and their frequency. If there are frequent and severe ulcers, the advice is to recommend vitamin B12 in supplement form. Always choose a lozenge tablet that contains both vitamin B12 and folate (folic acid). The brand Vitakruid offers a full-fledged B12 supplement. Use as a treatment for at least 1 to 3 months.

L-lysine
As indicated, lysine has beneficial properties when it comes to reducing the herpes simplex virus. If patients experience a regular inflammation of the HSV virus, the advice is to use lysine in a supplemental form. Preventively as well as during an outbreak. The Bonusan brand has a full-fledged L-lysine supplement available. Advise 500mg per day for prevention. In the event of a flash-up/outbreak, it is advisable to use 1500mg temporarily.

Note
Never try to 'just' advise supplements and doses if you are unsure what it exactly does and in what quantities a supplement should be taken. The supplements described above can be used as they are formulated and recommended by an orthomolecular nutritionist. Do you want to work more with supplements but don't have the necessary knowledge? Ask a nutritionist for advice.

Remember that a healthy diet is the basis for optimal (oral) health. Supplements support, but are not a substitute for a balanced diet.