

# Health, Fitness & Beauty Guide

## Gum disease is at the root of serious health issues

Your dentist keeps warning you about bleeding or inflamed gums for a reason. They can be a gateway to serious health issues.

“Lousy gums can lead to more health concerns than many people may realize,” says Dr. Harold Katz, a dentist, bacteriologist and developer of TheraBreath Healthy Gums Oral Rinse ([www.therabreath.com](http://www.therabreath.com)). “The bacteria in our mouths can spread throughout the body, and the results can be

devastating.

“When you brush, floss and rinse regularly, you are doing more than caring for your teeth and gums. You are also taking care of your overall health.”

Katz says major health concerns researchers have associated with gum disease include:

• Heart disease. “Bacteria can latch onto the walls of the arteries and cause small blood clots, increasing the risk of restricted blood flow

to the heart,” Katz says.

• Stroke. “Research has indicated that gum disease is nearly equal to high blood pressure as a source of causing strokes,” Katz says.

• Cancer. Studies have shown some of the same types of bacteria that trigger periodontal disease may also be linked to a higher risk of esophageal cancer. Men with an advanced form of periodontitis were 45 percent more likely to get diagnosed with cancer.

• Erectile dysfunction. In research from Taiwan, men with erectile dysfunction were 79 percent more likely to have been diagnosed with chronic periodontal disease.

• Prostate-specific antigen (PSA). When the prostate becomes inflamed or infected, PSA levels increase. That can lead to a condition known as prostatitis, causing painful irritation, difficult ejaculation, and urination urgency.

“It’s simple: Maintaining

healthy gums increases your chances of a healthy body,” Katz says. “It’s being proven that having good oral hygiene is one of the most important preventative health measures one can take.”

Dr. Harold Katz ([www.therabreath.com](http://www.therabreath.com)) has developed oxygenating compounds that have been used by millions around the world to eliminate bad breath. He is also the bearer of the now famous “Halimeter,” which tests the sulfur



compounds in the mouth that cause bad breath. Dr. Katz’ website offers a free online bad breath test – as well as a sneaky way to tell someone they have halitosis.

## The health benefits of salt might surprise you

(BPT) - Salt, or sodium chloride, is essential for life. In fact, no mineral is more essential to human survival than sodium because it allows nerves to send and receive electrical impulses, helps your muscles stay strong and keeps your cells and brain functioning. However, sodium chloride (salt) is a nutrient that the body cannot produce, and therefore it must be consumed.

The other component of salt, chloride, is also essential to survival and good health. It preserves acid-base balance in the body, aids potassium absorption, improves the ability of the blood to move harmful carbon dioxide from tissues out to the lungs and most importantly, supplies the crucial stomach acids required to break down and digest the foods we eat.

Because the level of salt consumption is so stable, it is an ideal medium to fortify with other essential nutrients such as iodine. Iodized salt is used by 75 percent of the world’s population to protect against intellectual disability due to

Iodine Deficiency Disorders (IDD). Iodine is an essential element in healthy human life, enabling the function of thyroid glands to produce needed hormones for proper metabolism. When children in the womb don’t get enough iodine from their mother, fetal brain development may be impaired. Iodized salt remains one of the greatest public health success stories.

Salt is also essential in hospital IV saline, which is standard therapy and the fastest way to deliver fluids and medications throughout the body. This saline drip doesn’t just keep patients hydrated, it delivers a 0.9 percent solution of salt. Without this saline drip, patients can end up with low levels of sodium in the blood, resulting in a condition known as hyponatremia. This serious condition can lead to seizures, coma, permanent brain damage, respiratory arrest and death.

Salt is also a vital component of hydration. After exercise, it is critical to replace both water and salt lost through perspiration. That is why all athletes make sure they are consuming

sufficient salt during and after a workout.

The average American eats about 3,400 mg per day of sodium, according to The National Health and Nutrition Examination Survey, and this may be on the low side of the safe range. A 2014 study, published in the *New England Journal of Medicine*, tested sodium consumption in more than 100,000 people in 18 countries. The study found that the healthy range for sodium consumption was between 3,000 and 5,000 mg per day.

Seniors can be especially susceptible to the dangers of low-salt diets. In 2013 a task force of 12 professional

medical, nursing and nutritional organizations assembled by the Pioneer Network published the “New Dining Practice Standards.” Their report concluded that low-salt diets were contributing to malnutrition and weight loss among a significant percentage of seniors in assisted living facilities. Low-salt diets can also cause seniors to suffer from mild hyponatremia, an electrolyte imbalance in the blood that can lead directly to walking impairment, attention deficits and a much higher frequency of falls.

To learn more visit [www.worldsaltawarenessweek.org](http://www.worldsaltawarenessweek.org).



### Sunscreen is your best anti-aging product

While most of us know sunscreen reduces the risk of skin cancer, did you also know it’s an amazing beauty secret that can help keep skin looking young?

Without the protection of sunscreen, just a few minutes of daily sun exposure over the years can

cause noticeable changes in how skin looks and feels, according to the American Academy of Dermatology.

Use your sunscreen before putting on makeup. Then, for touch-ups, use a light, translucent mineral powder to add extra protection throughout the day.



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# How a new therapy is helping a multitude of patients

## Help for obstructive sleep apnea

(StatePoint) New research suggests that cannabidiol (CBD), a compound extracted from the hemp plant, could help manage everything from anxiety to psoriasis to Parkinson's disease.

With a better understanding of its potential medical benefits, experts say that millions of lives could be improved. And while the use of CBD to provide relief of health conditions is beginning to gain mainstream attention, it's still often misunderstood.

What is CBD?

CBD, a compound known as a cannabinoid, is found abundantly in the hemp plant. Cannabinoids work by binding with a series of cell receptors found throughout the body, known as the endocannabinoid system. This system is responsible for regulating a variety of functions, including mood, appetite, sleep, pain management and inflammation. CBD is non-psychoactive, so it doesn't make you feel "high."

While research about the medical benefits of CBD is ongoing, anecdotal patient reports are hard to ignore, and the CBD hype has caught the attention of researchers and doctors across many medical specialties. Dermatologist Jeanette Jacknin recommends CBD products for patients suffering from a variety of skin conditions.

"The anti-inflammatory properties of CBD appear to dramatically improve

symptoms for many patients," says Dr. Jacknin. "Recent studies in medical literature found that applying a high-quality CBD topical, such as Medterra's CBD Tincture, can improve many skin conditions including acne, psoriasis, and eczema."

"As with any topical," Dr. Jacknin suggests, "apply to a small area to test for irritation before using."

But the benefits of CBD are not skin deep. Because endocannabinoid receptors are abundantly found in the nervous system, CBD has been associated with marked improvements in many diseases that affect the brain, such as epilepsy, Parkinson's disease, depression, anxiety, post-traumatic stress disorder, addiction and insomnia. Moreover, there is some animal research and preliminary human research suggesting that CBD is a potent inhibitor of both cancer growth and spread.

CBD is often consumed orally or used topically, for example, as a skin cream. For skin conditions and inflammatory issues such as arthritis, a topical therapy may be best. A CBD tincture

(an easily absorbed solution of CBD and oil) can be taken alone or incorporated into foods or drinks. CBD vape, powders, edibles and infused drinks are also available.

Products containing less than 0.3 percent tetrahydrocannabinol (THC) are legal in all 50 states. However, not all CBD is created equally. While there are many products on the market, quality and THC levels can vary significantly. Choose high-quality, ultra-pure options extracted from U.S.-grown industrial hemp. Those sourced from Kentucky under the strict guidelines of the Kentucky Department of Agriculture's Industrial Hemp Pilot Program, such as Medterra CBD, are particularly trustworthy because they are third-party tested and guaranteed to be free of contaminants. To learn more about the CBD extraction process and reliable sourcing visit [medterracbd.com](http://medterracbd.com).

Experts say that increased education about this remedy will potentially offer a greater number of patients relief from a diverse array of symptoms and conditions.

Obstructive sleep apnea can go undetected simply because people don't realize they have it. Perhaps the biggest reason is that they're told they don't snore. While snoring is a common symptom, it's not something shared by everyone who has sleep apnea.

People also think that they would know if they were waking up several times a night. With most sleep apnea, the body just wakes enough to take a good breath and not enough to bring the person to full consciousness.

There are even some people who don't feel really tired which is the most common symptom.

"They feel refreshed when they awaken and have good energy during the day, so they think they're good," said Dr. Don Crow, DDS, founder of Everett Dental Solutions for Sleep. "Then they are

totally shocked when they're diagnosed having sleep apnea. And those are often the people who are more at risk for health problems because they are really deprived of oxygen."

Many serious health conditions such as high blood pressure, heart disease, stroke, diabetes, depression, and other ailments can be directly linked to the disorder.

Sleep apnea can also make it difficult to lose weight. As weight loss can be beneficial to many sleep apnea patients, this creates a vicious cycle.

Another reason that people put off being tested for sleep apnea is that they are afraid they may have to wear a CPAP machine while they sleep. However, CPAP is not the only treatment available.

Dr. Crow, one of five diplomats of the American Board of Dental Sleep

Medicine in Washington state, was one of the first dentists in Snohomish County to offer oral appliance therapy for the treatment of sleep apnea and snoring.

Oral appliance therapy is an FDA-approved treatment for moderate to mild sleep apnea. The custom fitted oral appliance is held entirely within the mouth and is comfortable, discreet and easy to wear.

This treatment is usually covered by medical insurance and is now covered by Medicare. Dr. Crow is a Medicare approved DME provider and can provide more information about medical benefits.

More information about oral appliance therapy is available at [www.EvSleep.com](http://www.EvSleep.com), or call Dr. Crow's office at 425-953-2644 to learn more or to schedule a consultation.