

# Receding Gums

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Techniques that  
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Gingivitis?

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- How to Prevent?
- How to Treat?

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Only You (and your DENTIST) can cure Receding Gums

**The Secrets**  
Behind Bleeding  
Receding Gums

# How to Reverse Receding Gum Line

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# How to Reverse Receding Gum Line

## Part I. The Two Main Causes of Receding Gums

Believe it or not and despite what you may have heard to the contrary: Receding gums are NOT part of the normal aging process! Roots do not naturally elongate and your gingival tissue should not degenerate to the point of causing the gums to noticeably recede—period.

The simple fact is that receding gums are evidence of a problem. Essentially, there are two primary causes of receding gums:

- Improper brushing technique
- Periodontal or gum disease

### **Improper brushing**

Using the wrong brushing technique is responsible for receding gums in a large number of cases but it is by no means the most likely suspect. However, by holding a brush at the wrong angle and/or scrubbing too hard against the soft gingival tissue, it causes the gum line to recede and ultimately expose the root(s) of teeth. If that happens, it can lead to a number of unwanted consequences, including:

- Increased sensitivity which can lead to considerable physical discomfort when eating hot/cold foods (or drinking hot/cold beverages) or even during brushing itself
- Increased susceptibility to tooth decay and root damage
- Unattractiveness and diminishment of self-confidence

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## Receding Gum Line and Periodontal Disease

Gum disease is also known as periodontal disease and nearly 75% of Americans have some form of the condition but simply do not know it (American Dental Hygienists' Association). The problem with periodontal disease is that it begins with relatively harmless symptoms that can be easily treated—initially. However, when it is left untreated, periodontal disease has been associated with a number of major medical problems, such as:

- Receding Gums
- Loss of Teeth
- Oral Cancer
- Heart disease
- Stroke
- Diabetes
- Respiratory ailments
- Premature, low-birth weight

When you are talking about receding gums, you are really talking about one symptom of a larger problem known as periodontal disease. In its earliest stages, periodontal disease does not cause the gums to recede but it will cause them to become sore to the touch, bleed occasionally, and bad breath will develop.

Receding gums and larger medical issues become a problem when the periodontal disease worsens and spreads to the gum line. When this happens, the gums will begin to recede because the gingival tissue is literally being dissolved as a result of the gum disease. As the gums recede further, more and more of the roots of the teeth will become exposed—which is both unsightly and leaves your roots and teeth more susceptible to decay and rot.

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If too much gingival tissue is damaged and gums recede too far, then your teeth may actually begin to loosen. In time and if treatment is not initiated—your teeth could literally fall out! Unfortunately, the damage of gum disease is not limited to your teeth, gums, or even the oral cavity itself!

Bacteria ultimately cause gums to recede because they produce toxins that dissolve bone and gingival tissue. However, their damage is not confined to the mouth and they can spread all throughout the body causing trouble and increased chances of some pretty serious medical conditions like those mentioned above.

Fortunately, you can help prevent periodontal disease (and in many cases reverse it if caught early enough) and receding gums by controlling the bacteria responsible for all the problems in the first place. In this report, you will learn how to prevent periodontal disease and receding gums as well as how to treat the condition once already present. But first, a little background about periodontal disease...

## **Part II. Why Your Gum Lines Recede**

You will not have a problem with receding gums until the latter stages of periodontal disease. It is possible to treat periodontal disease and stop receding gums if you understand that the cause of the entire problem is bacteria. These microorganisms ultimately cause your gums to recede because they create an infection that continues to progress unless treated. The receding gums are merely symptoms of periodontal disease and the problem only appears at the latter stages of the condition—treatment is needed immediately to prevent periodontal surgery, increased medical risks, and further pain and suffering!

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In truth, gum disease is very dangerous and afflicts millions each year for four basic reasons:

1. The first symptoms are very mild and relatively painless
2. The condition is progressive and will not disappear on its own
3. The bacteria causing the gum disease can easily spread to other systems in body and cause greater medical problems while constantly straining your immune system and making you susceptible to other illnesses and infection
4. Few are aware of how prevalent the condition is and how severe the disease can become if left untreated

In truth, it is typical for a person to ignore periodontal disease until they begin noticing their gums receding or teeth becoming loose. The initial symptoms are so mild that they rarely cause alarm or a call to action in most of us—and hey, that is perfectly natural and human!

On the other hand, if gum disease caused severe discomfort—either physically or mentally—then there is no doubt that all of us would take periodontal or gum disease more seriously. But, the mildest and most common form of periodontal disease is called gingivitis and the typical symptoms are relatively or completely painless and include:

- Red, inflamed, and potentially sore gums when touched
- Bleeding, especially during brushing or when eating hard foods like sub sandwiches, corn on the cob, or perhaps even pizza or toast
- Halitosis, especially during morning but will be present during entire day

These symptoms may persist in this relatively painless and minor state for months, potentially years. Before gingivitis takes root, however, you will first

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notice a thin, white or nearly invisible layer on your teeth and gums—it is called plaque. The anaerobic bacteria responsible for periodontal disease and receding gums help form this thin layer plaque because they can breed faster behind this protective layer.

The plaque shields the anaerobic bacteria from saliva and helps create a low-oxygen environment where the microorganisms breed much more rapidly. If the plaque hardens or ossifies, it will become tartar. When tartar is present, then so is gum disease because the bacteria breed even faster behind this hardened layer than they do behind plaque!

Prior to the gums receding, a more advanced form of gingivitis may develop known as Acute Necrotizing Ulcerative Gingivitis. If this condition is present, then the gums will begin receding shortly thereafter. Therefore, seek out an effective gum disease remedy if you have these symptoms of Acute Necrotizing Ulcerative Gingivitis:

- Presence of low-grade or mild fever that will persist for days, weeks, and potentially months
- Severe case of halitosis that simply will not go away and is increasingly difficult to mask with breath mints, mouthwashes, and similar remedies
- Lesions form on the gingival and other soft tissues in oral cavity
- Appearance of a grayish or tinted film
- Gums become increasingly sore to the touch and may cause pain or discomfort when chewing
- Gums bleed during most meals

**Aggressive Periodontitis** is something that you should avoid which is why you want to stop the gum disease before it spreads below the gum line. If the infection does spread below the gum line, the toxins produced by the bacteria

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may rapidly dissolve the supporting gingival and bone tissue around your teeth. This is the process by which your gums begin to recede and you must neutralize the bacteria in order to halt the deterioration of gingival and supporting bone tissue.

In a matter of just a few weeks or months, your teeth will loosen and the gums will recede progressively. However, you may not notice the gums receding immediately because the inflammation caused by the infection. While this is not the most common form of advanced periodontal disease, it is definitely one of the most devastating and can ruin your beautiful smile, cause the gums to recede and expose the roots of your teeth, and endanger your overall health when left untreated.

**Chronic Periodontitis** is by far the most common variety of advanced gum periodontal disease and most responsible for receding gums. Far slower and progressive than the aggressive periodontitis, the chronic variety is actually characterized primarily by the appearance of periodontal pockets.

Periodontal pockets form in between the gingival tissue and teeth. The pockets are created when the bacteria toxins dissolve the gingival tissue supporting the teeth. Once the pockets form, bacteria will move-in and produce an even larger population which will then accelerate degeneration and cause the gums to begin receding at an ever-increasing pace. In time, this slower form of periodontitis will also cause the teeth to fall out if treatment is not performed to eradicate the infection and repair the damage.

The gum line will also recede with this variety of periodontitis but you may not notice it until after treatment. The inflammation caused by the infection can sometimes hide or camouflage receding gums so that the damage is not even noticed until after the infection has been neutralized.

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**Chronic halitosis** can be a source of considerable social anxiety and/or embarrassment and it is often caused by gum disease. However, it is the chronic and worsening bad breath that can cause a receding gum problem even when you can't see it. The odor becomes more severe during advanced and chronic periodontitis because the bacteria populations have become larger and more waste products are therefore being produced.

That's right—the odors we associate with bad breath are truly caused by bacteria waste products. These waste products are some of the same toxins that dissolve our gingival and supporting bone tissue.

**The connection between** increased rates of **coronary artery disease, stroke, infective endocarditis** (a potentially fatal infection in your heart that can be caused by the same oral bacteria responsible for gum disease) and periodontal disease is undeniable—**but far too few of us take the problem seriously—until its too late!**

**It is possible to stop gum lines from receding** further and prevent further problems with gum disease by controlling the anaerobic bacteria population. However, if you fail to treat periodontal disease and prevent the gums from receding further, then periodontal surgery may ultimately be necessary.

Remember, gum disease is a progressive condition that will not go away on its own. If your gums continue to recede, the teeth will eventually fall out and the bacteria will spread all throughout your body increasing risk of serious medical problems down the road.

In the next section, you will learn how to effectively halt receding gums and treat periodontal disease.

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## Part III.

### Stopping Gum Lines from Receding Further

While receding gums are one of the latter symptoms of periodontal disease, it is possible to prevent them from further degeneration. Once the gums begin to recede, however, it is definitely time to take action immediately. The presence of periodontal pockets makes treatment difficult because most common gum disease remedies cannot get to the bacteria in these deep crevices in between the teeth and gingival tissue.

An effective receding gums product must be able to stay in the oral cavity and penetrate into the periodontal pockets in order to neutralize the anaerobic bacteria and stop the gums from receding further. Periodontal disease remedies made with essential oils are ideal because they contain antibacterial agents, penetrate deep into the gums, stimulate saliva, and stick to the soft tissue in the mouth where they are needed most.

So the key to stopping the receding gums and periodontal disease is to control the bacteria population before it grows larger and destroys even more tissue. Most dental health products cannot penetrate into the periodontal pockets which means they are useless when it comes to preventing the gums from receding further and stopping the bacteria causing all the problems.

Even deep inside the periodontal pockets, essential oils can penetrate and help neutralize the bacteria responsible for receding gums and other symptoms of periodontal disease. In addition, because the natural oils are derived from purely

OraMD is made with the essential oils of Spearmint, Peppermint, and Almond oil and will help prevent gums from receding further while neutralizing the bacteria responsible for periodontal disease. The OraMD Extra Strength formula is best for receding gums. To learn more about how OraMD Extra Strength can help with receding gums and gum disease, visit the [OraMD Extra Strength](#) site now!

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organic sources, they are less likely to cause side effects like dehydration (which, as we will learn in the next section on gum disease prevention, can be one of the direct causes of receding gums, bad breath, and periodontal problems because it deprives us of saliva!).

If you do not treat the receding gums and other symptoms of periodontal disease by eradicating the anaerobic bacteria, then the population will continue to grow and the infection worsen. While OraMD and other gum disease remedies made with essential oils can help prevent receding gums and allow for the body to try and regenerate the lost gum tissue—there does come a point when surgery or direct intervention from a dentist or periodontist can stop/reverse the condition.

Receding gums are a warning sign and they must be heeded immediately in order to alleviate and prevent further symptoms of periodontal disease. If the damage becomes too extensive (as when the roots of teeth become exposed because the gums have receded too far), then these options may be necessary:

1. Teeth cleaning/scraping
2. Regeneration
3. Pocket Reduction
4. Planing
5. Soft Tissue Graft

**Teeth cleaning/scraping:** To remove the tartar and to eradicate the bacteria causing the gum disease, your dentist may need to clean your teeth using a scraping instrument. Although unpleasant but often covered on most dental plans, a sound teeth cleaning can be enough to stop most cases of periodontal disease and prevent the gums from receding—unless the condition has already progressed too far.

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**Regeneration:** To repair both the supporting bone and gingival tissue, a regeneration procedure will be necessary. This will typically involve a bone graft and continued tissue regenerating protein treatments. However, if the gums have receded too, a soft tissue graft will also be necessary.

**Pocket Reduction:** Periodontal pockets are nothing more than breeding grounds for the anaerobic bacteria that cause gum disease. To stop the pockets from becoming larger, the periodontist or dentist will use an antimicrobial treatment to eradicate the bacteria population. Then, so long as the root surface is smooth, the gum tissue will be reattached to the bone.

**Planing:** Sometimes, the tooth surface is not smooth due to damage caused by the bacteria toxins. If the surface is uneven, the gum tissue will not be able to reattach and the pocket will not disappear. When this happens, the dentist or periodontist may need to plane the surface of root or tooth. This can be a fairly costly and unpleasant procedure.

**Soft Tissue Graft:** If you already have receding gums as a result of advanced periodontal disease, then the roots of your teeth may become exposed—along with the nerve endings! Exposed nerve endings will cause intense discomfort and pain when eating or drinking hot/cold foods and beverages. Plus, elongated roots can be quite unattractive which is why many opt for a soft tissue graft to replace the damaged gums.

Truthfully, none of us want any of these advanced periodontal disease treatment options because they are costly, time consuming, and in many cases—painful! Stop receding gums early on and use an effective gum disease product made with an antibacterial agent that can penetrate into the periodontal pockets and eradicate the bacteria—like those made with essential oils!

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For anyone looking to prevent receding gums in the future, the next section will tell you how to avoid periodontal disease problems and their symptoms in three simple steps!

## Part IV:

### Preventing Periodontal Disease and Receding Gums

It is not difficult or costly to prevent gum disease and the problems associated with it. In truth, you want to use/practice the following in order to control the bacteria responsible for periodontal disease:

1. Practice good oral hygiene
2. Avoid dehydration and/or dry mouth
3. Use all natural gum disease/bad breath remedies made with antiseptic agent

**Proper oral hygiene** is the cornerstone to any healthy mouth—period. Plaque can easily be removed by simply brushing/flossing daily. This thin, white layer forms on your teeth and soft tissue each and every day. In some places, this layer is actually .1-.2mm thick (like on the back of the tongue) but it can be removed by brushing and flossing regularly. Remember, if you fail to remove the plaque, then it will harden into tartar and you will need to have your teeth cleaned by the dentist to remove it. Once tartar forms, gum disease prevention has failed and you will need to start thinking about treatment! Just remember to follow the brushing tips listed earlier to avoid damaging the gingival tissue and causing the gums to recede.

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## Avoiding dehydration and/or dry mouth

Gum disease may be caused by bacteria but the body is not completely defenseless against the microorganisms. Your saliva is a veritable gum disease prevention tool because it can help control the anaerobic bacteria in three critical ways:

1. Saliva is rich in oxygen: While this does not directly lower the anaerobic bacteria population, it will slow breeding and thus indirectly prevent periodontal disease, receding gums, and halitosis.
2. Saliva has specialized enzymes: These specialized enzymes stimulate the production of antibodies which directly neutralize the bacteria and help prevent gum disease.
3. Saliva, when swallowed, will take with it food particles and dead skin cells that the anaerobic bacteria feed upon. By limiting the food supply, you will lower the population level and prevent gum disease indirectly.

Xerostomia, or clinical dry mouth, is caused by dehydration and it will leave your mouth defenseless against the anaerobic bacteria. However, there are a number of factors that can lead to dehydration including many of the dental health products designed to treat/prevent gum disease.

Chemicals like alcohol are commonly found in many periodontal disease remedies because it is an antiseptic and will control the bacteria directly. However, while alcohol and other strong chemicals will eradicate bacteria effectively, they may not prevent gum disease because they cause dehydration and leave the body defenseless for the rest of the day. Other behaviors or products commonly known to have a diuretic effect (cause dehydration and dry mouth) on the body include:

- Drinking alcoholic beverages: Just like gum disease remedies made from alcohol, alcoholic drinks will cause dehydration which is the true source of a hangover.

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- Consuming caffeinated products: Will speed metabolism and increase water consumption
- Using laxatives or dietary supplements made with stimulants
- Excessive exercise
- Inadequate water consumption (at least ½ ounce of water per day for every pound of body weight but up to 2/3 ounces for those with active lifestyles)
- Low-carb diet: Induces state of ketosis which is elevated fat-burning state of metabolism and has diuretic effect upon the body
- Medication: Antidepressants, pain killers, and many beta-blockers (commonly used to lower blood pressure) are known to have dehydrating effect upon the body

At the end of the day, you just want to make sure that your mouth is well-salivated. To help stimulate salivation and sweeten breath, try chewing on any of the following herbal remedies:

- Thyme
- Fennel seeds
- Cinnamon
- Mint
- Parsley

However, remember that gum disease is caused by bacteria, which means that any effective prevention will need to include some form of antiseptic. However, your own saliva and good oral hygiene will be enough to prevent gum disease from spreading but some form of antiseptic will still be necessary to eradicate the infection.

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## **Use All Natural Gum Disease Remedy with Antiseptic Agent**

Because chemicals and inorganic ingredients may cause dehydration, dry mouth, and other unwanted side effects, it is important to find a gum disease medicine or remedy made from purely organic ingredients—like the essential oils. The essential oils are derived from purely organic sources, such as:

- Herbs
- Roots
- Flowers
- Plants
- Trees
- Seeds

There are actually over 150 essential oils and many are used in medicinal applications. Those essential oils used in many of the top gum disease remedies are enriched with antibacterial agents and other beneficial nutrients that effectively control anaerobic bacteria and the symptoms of gum disease. Some of the best essential oils to look for gum disease remedies include:

- Peppermint oil
- Almond oil
- Eucalyptus oil
- Orange oil
- Spearmint
- Lime oil

As they are derived from purely organic sources, essential oils are not going to cause side effects like alcohol but they will control the bacteria responsible for

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periodontal disease, receding gums, and all the other problems associated with the condition. Plus, many of the essential oils are enriched with antioxidants like

Vitamin C which help remove toxins, improves immune system function, and help control bad breath.

To stop receding gums and prevent the major medical problems associated with gum disease, be sure to remember the following periodontal disease prevention tips:

1. Use good oral hygiene and remove plaque daily
2. Proper hydration/avoid dehydration
3. Use all natural dental health products to control bacteria and avoid side effects

However, if you happen to have healthy gums (perhaps because you brush them a little too well!), then improper brushing technique will need to be corrected in order to stop the gums from receding further. However, a soft tissue graft may still be necessary to repair the damage. In order to avoid this costly and uncomfortable procedure, be sure to:

- Hold brush with bristles as 45 degree angle relative to your teeth
- Move the brush in a small circular motion and be sure to concentrate on one tooth at a time
- Do not press hard but be sure to hold the brush firmly
- If small circular motion is not possible for some reason, a gentle but consistent horizontal scrubbing action may be substituted
- Be sure to brush tooth completely along with the gums closest to your teeth (helps remove bacteria living along the gum line)

An improper brushing technique is typically caught during childhood and corrected by parents or a dentist. However, most problems with receding gums  
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tend to occur in adults over the age of 34. And unfortunately—the source of those receding gums is typically gum disease.

Remember, receding gums are by no means part of the natural aging process which means they can be prevented! Receding gums are not just a source of embarrassment—they can cause severe discomfort (exposed roots, increased cavities) and signal the presence of periodontal disease. You can prevent gums from receding further by neutralizing the anaerobic bacteria causing the infection and destroying the gingival tissue. All natural dental health products are less likely to cause side effects and those made with essential oils like those mentioned earlier can control the anaerobic bacteria, prevent gums from receding further, and prevent future problems with periodontal disease. Receding gums can be prevented—and even stopped—if you act now!

**If you would like to learn more about how the essential oils can help control gum disease and help prevent receding gums as part of a daily routine , visit [HERE](#) now!**

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