

Healthy? Who: Me, You? Why?

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Did you ever wonder what criteria were used to determine the level of health of such selected individuals? I did. What was it about them that the experimenters considered them healthy?

So, I went around to physicians and asked how they determine a person's health and they all hemmed and hawed until they finally said something like: We don't think along those lines. We are more disease oriented.

I then contacted the people running the experiment and asked them what made these particular 100 adults "healthy" and they, in essence, said that these people did not have the affliction they were studying; so, they were considered healthy.

Extremely narrow-scoped and, in fact, ridiculous, I thought... but who am I? I'm just a doctor trained in the deep understanding of the human body; why it gets sick and how it stays well. Their criteria seemed to be in need of great improvement. So, I improved it.

They won't listen to me because I am not one of them. I do not believe as they do. I do not conform as they have done all of their professional lives.

I stepped back and saw that things were not as they should be so I developed a simple, costless, accurate, scientific, undeniable way to determine a person's nutritional status and, since nutrition is the single most influential element in all of health care; and nutrition is the item which controls every biochemical action, thought and activity, it seems that relating one's nutritional status to one's level of health should correlate rather well.

What makes my approach so different is that it is done through the dental profession. It is the specially trained dentist who can best determine a patient's nutritional status and can do so within a matter of minutes with results that are readily repeatable. No one else can do that.

Even if you were to take that person into a hospital to perform a battery of sophisticated tests (and not all hospitals can do them all) and incur significant costs and take a lot of time, the best you would get is a snapshot of that person that hour or that day or that week.

With my new oral examination, you get to see what the person's nutritional status has been over the years, what it is currently and what it is likely to be in the future.

The exam involves the evaluation of 30 items that stare the dentist in the face every day all the time of his professional life yet are ignored, looked right past or misinterpreted. Of the 30, I took 7 and called them The 7 Simple Signs of Low Nutritional Status.

I would suggest that these be hung on corporate walls, displayed in all health care facilities and taught to every student in our educational system. If people were keenly aware, acutely aware, up-front cognizant of these 7 elements and knew about them throughout their entire lives, they would be much more tuned into their health and we, as a nation, would be on our way to reversing the grim (and rapidly becoming grave) health statistics of the American population.

The 7 Simple Signs of Low Nutritional Status

That Will Not Show Up In Blood or Urine Analyses.

By the time problems show up in lab tests, much more internal destruction has occurred.

The 7 Signs of Low Nutritional Status is the ultimate early detection technique.

Cavities

If you had a hole in your leg, you'd be alarmed. A hole in your tooth should sound the same alarm bells. No body part is designed to develop holes and when the hardest structure in your body (tooth enamel) turns into a soft, smelly, decayed mass, it's an obvious sign that something is very wrong. Body systems are not functioning as they should or you wouldn't have this - or any - of The 7.

Gum Disease

Gum disease is caused by 2 factors: not keeping your teeth clean and low nutritional status (also called nutritional strength). The first causes the problem and the second worsens it.

Acidic Saliva

Acid states promote disease. Human resting saliva should be neutral or slightly alkaline.

Canker Sores (cold sores, fever blisters)

These are blatant signs that your body is at a low nutritional level. Such sores will never develop in a nutritionally strong person.

Digestive Problems

Gas, diarrhea, indigestion, constipation, the need to take antacids and other signs are all indications that your digestive system is malfunctioning and, obviously, lowering your ability to get the nutrients from the foods you eat.

Visual Changes in the Tongue

Cracks, colored coatings, teeth marks, blotches, blue-black spots (on the underside) and other findings are all signs outside the parameters of health and indications that body systems are not functioning as they should. Something is wrong. A tongue should not look like that.

Visual Changes in the Fingernails

Streaks, no lunula (half-moons), lackluster, discolorations, white spots, ripples and improper shape are all signs that body systems are not functioning as they should and some deeper problem is happening. Healthy body systems form healthy nails.

You should not have any of these 7 signs

If the right biochemicals aren't in place or the wrong ones are, unprogrammed biochemical reactions will happen. The result will be something other than what should be and that shows up as disease, illness; signs and symptoms that are not part of a healthy picture. If biological systems were functioning as they should, you would not have any of the 7 signs - or any negative findings.

Dentistry's New Oral Examination can reveal your current nutritional status, what it was like for the past years and what it will probably be like in the future. No lab tests are used or needed. It's the ultimate early detection technique because it can spot problems in biological systems before they appear in blood or urine and before they are detected by routine medical examination.

These 7 Signs are to be taught to our young in school, hung from corporate walls and displayed in all health care facilities. Once America realizes it has a serious and growing health problem and the individual citizens see that reality and that they are part of the issue, only then can resolution happen.

"An ill population cannot sustain a great nation".

www.DoctorLevelNutrition.com

"Current thinking cannot carry us through great times... and great times are ahead".

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