

Probiotics And Oral Health Myth Or Reality

This book covers all aspects of probiotic bacteria and their metabolites, as well as their role and significance in human and animal health. Given the role of probiotic bacterial strains in the production of short chain fatty acids, butyrate etc probiotics may be considered as an alternative approach for the prevention or treatment of intestinal dysbiosis, cancers, cardiovascular diseases, hypertension. Additionally, the significance of probiotics added in aquaculture systems for improving health, performance and growth of aquatic organisms has been highlighted. In this book, the multi-functional role of probiotics and their post-biotic metabolites in improving overall health status of man and animals, is discussed. It is a comprehensive compilation useful for researchers, academics, veterinarians and students in the field of microbiology, food technology and biotechnology.

- Alle Aspekte der heute praktizierten Parodontologie kurz und knapp - Schwerpunkt liegt auf den praktischen Handlungsanweisungen, die theoretischen Grundlagen werden nur kurz dargestellt - Enthält alle aktuellen Klassifizierungsschemata - Mit Angaben zur unterstützenden Antibiotikatherapie - Ideal fürs Studium und zur Vorbereitung von Testaten und Prüfungen Neu in der 3. Auflage: - Jetzt mit neuem Konzept, komplett vierfarbig und mit doppelt so vielen Abbildungen - Evidenzboxen fassen systematische Reviews zu einzelnen Themen zusammen

Greene's Infectious Diseases of the Dog and Cat, 5th Edition provides a comprehensive, clinically useful reference on the management of infectious diseases caused by viruses, bacteria (including rickettsiae, chlamydiae, mycoplasmas, and spirochetes), fungi, algae, protozoa, parasites, and other atypical agents. Each section guides the reader through diagnostic testing for specific infectious diseases, from specimen collection to laboratory submission to interpretation of results to appropriate treatment measures. Full-color illustrations and hundreds of tables provide convenient access to diagnostic and therapeutic recommendations, along with the appropriate drug dosages for effective treatment and prevention. A fully searchable enhanced eBook version is included with print purchase, allowing access to all of the text and figures on a variety of digital devices. More than 150 internationally recognized experts contribute chapters on topics in their field of specialty. Clear and logical organization of chapters provides a solid basis for an approach to diseases caused by specific pathogens, with the first part of the book including sections on diagnostic approaches, treatments (including recommended antimicrobial drug doses), and prevention. Specific pathogens are addressed in the second part of the book, using a structured approach that includes etiology/epidemiology (relevance to wildlife animal hosts, role of the environment), clinical and laboratory findings, treatment, prevention, and public health implications. Case examples illustrate principles and highlight how the material can be applied. More than 800 clinical images, maps, life cycles, and photomicrographs assist with accurate understanding of epidemiology, pathogenesis, diagnosis of disease, and disease prevention. Visually appealing maps and life-cycle drawings enhance your comprehension and retention of the material. Convenient drug dosage tables in each chapter provide complete prescribing information; chapters on antimicrobial drugs in the first part of the book summarize pharmacokinetics, indications, contraindications, handling and administration guidelines; and dosage recommendations are made for antivirals, antibacterials, antifungals, antiprotozoals, and antiparasitic drugs. The book emphasizes approaches to optimize antimicrobial stewardship. Clinical Problems section helps you understand what infectious diseases should be considered in animals seen with clinical signs relating to different organ systems. Suggested readings and references are listed in each chapter, facilitating further research and study. Fully searchable enhanced eBook version is included with print purchase, allowing access to all of the text and figures on a variety of digital devices.

Among the many who serve in the United States Armed Forces and who are deployed to distant locations around the world, myriad health threats are encountered. In addition to those associated with the disruption of their home life and potential for combat, they may face distinctive disease threats that are specific to the locations to which they are deployed. U.S. forces have been deployed many times over the years to areas in which malaria is endemic, including in parts of Afghanistan and Iraq. Department of Defense (DoD) policy requires that antimalarial drugs be issued and regimens adhered to for deployments to malaria-endemic areas. Policies directing which should be used as first and as second-line agents have evolved over time based on new data regarding adverse events or precautions for specific underlying health conditions, areas of deployment, and other operational factors At the request of the Veterans Administration, Assessment of Long-Term Health Effects of Antimalarial Drugs When Used for Prophylaxis assesses the scientific evidence regarding the potential for long-term health effects resulting from the use of antimalarial drugs that were approved by FDA or used by U.S. service members for malaria prophylaxis, with a focus on mefloquine, tafenoquine, and other antimalarial drugs that have been used by DoD in the past 25 years. This report offers conclusions based on available evidence regarding associations of persistent or latent adverse events.

Healing Arthritis

The Great Cholesterol Myth

Oral Probiotics

How to Harness Microbes—Inside and Out—for Lifelong Health

Checklisten der Zahnmedizin Parodontologie

Probiotics

The discovery of new and previously unknown organisms that cause foodborne illness makes it essential for scientists, regulators, and those in the food industry to reconsider their traditional approaches to food preservation. A single source reference that can provide the latest practical information on how to deal with the range of probiotic health issues that have recently arisen would be invaluable to have. Probiotics in Food Safety and Human Health is that resource. It presents an in-depth characterization and diagnosis of probiotic strains and their mechanisms of action in humans, explains the role food applications have in the development of new products that guard against gastrointestinal diseases, and addresses the current regulatory environment. The material in each chapter is written in an accessible format by internationally renowned experts and includes citations from scientific literature. Highlights include a thorough discussion of probiotic issues such as pre- and postharvest food safety applications of probiotics, genetic engineering, and probiotic identification. The book also presents information on new regulations and emerging trends in the two major probiotics markets in the world, Europe and Japan. Unique in its depth and breadth of scope, Probiotics in Food Safety and Human Health provides vital information to those who need to be knowledgeable of the functional properties of foods aimed at improving human health.

Oral diseases can have a significant impact on self esteem and quality of life, are widespread and may be expensive to treat. New methods to reduce their incidence are therefore needed and the protective effect of food constituents is an important area of study. This essential collection reviews the latest research into the effects of food constituents on diseases and conditions of the mouth. Part one introduces oral conditions and diseases, with chapters on topics such as diseases caused by oral bacteria, viral and fungal infections of the oral cavity and dental erosion. Part two focuses on the effects of specific foods and food components, including sugar alcohols, casein phosphopeptides and antioxidants. The final part of the book covers the technology and development of foods and supplements for oral health and oral healthcare products containing food-derived bioactives. With its distinguished editor and international team of contributors, Food constituents and oral health is an indispensable reference for dentists, professionals in the oral health product, dietary supplement and functional foods industries and academics with an interest in oral health or functional foods.

Essential collection reviews the latest research into the food constituents on diseases and conditions of the mouth Examines oral conditions and diseases with specific chapters assessing bacterial, viral and fungal infections Reviews the effects of specific foods and food components including sugar alcohols and antioxidants

Since the publication of the first edition in 1999, the science of probiotics and prebiotics has matured greatly and garnered more interest. The first handbook on the market, Handbook of Probiotics and Prebiotics: Second Edition updates the data in its predecessor, and it also includes material topics not previously discussed in the first edition, including methods protocols, cell line and animal models, and coverage of prebiotics. The editors supplement their expertise by bringing in international experts to contribute chapters. This second edition brings together the information needed for the successful development of a pro- or prebiotic product from laboratory to market.

A unique exploration of how dental health connects to holistic health, with a 40-day meal plan and long-lasting dietary guidelines that are easily integrable into everyday life Throughout the years, dental health has often been characterized as a reflection of our overall health, where bad oral health results from issues with other parts of our body. But what if we flipped the paradigm? What if we thought about dental health as the foundation for our physical health as a whole? Dr. Steven Lin, an experienced dentist and the world’s first dental nutritionist, has analyzed our ancestral traditions, epigenetics, gut health, and the microbiome in order to develop food-based principles for a literal top-down holistic health approach. Merging dental and nutritional science, Dr. Lin lays out the dietary program that can help ensure you won’t need dental fillings or cholesterol medications —and give you the resources to raise kids who develop naturally straight teeth. With our mouth as the gatekeeper of our gut, keeping our oral microbiome balanced will create a healthy body through a healthy mouth. Dr. Lin arms you with a 40-day meal plan, complete with the Dental Diet food pyramid, exercises for the mouth, recipes, and cooking techniques to help you easily and successfully implement his techniques into your everyday life. The tools to improve overall wellness levels and reverse disease are closer than we think—in our markets, in our pantries, and, most frequently, in our mouths.

The Whole-Body Microbiome

Recent Trends in Modern Microbial Technology

Mathematics, economical sciences, philology, medicine, physics, chemistry, sports

Probiotic Bacteria and Postbiotic Metabolites: Role in Animal and Human Health

Nature's Internal Healers

How We Are Sleeping Our Way to Fatigue, Disease and Unhappiness

Microbial biotechnology is known as any technological application that uses microbiological systems, microbial organisms or their derivatives, to manufacture or modify products or processes for specific use. Understanding the utilization of microorganisms and microbial biotechnology in improving the quality of life has been recognized at global. Now days, what is urgently required is a searching of new microbes and novel genes for solving some of the major challenges of recent years with particular reference to sustainable agriculture, the environment and human health. Hence, it is realized that a book dealing microbial technology must be made available to meet the critical gap in applied microbiology and microbial technology for students, researchers and technology development professionals. The book covers a broad area which includes microbial concrete production, applications of nanotechnology in food microbiology, microbial technology of biofertilizer, Probiotics for Oral health, microbial surfactants and its potential application, Regulation of circadian rhythm by gut microflora.

The emergence of the discipline of encapsulation and controlled release has had a great impact on the food and dietary supplements sectors: principally around fortifying food systems with nutrients and health-promoting ingredients. The successful incorporation of these actives in food formulations depends on preserving their stability and bioavailability as well as masking undesirable flavors throughout processing, shelf life and consumption. This second edition of Encapsulation and Controlled Release Technologies in Food Systems serves as an improvement and a complement companion to the first. However, it differentiates itself in two main aspects. Firstly, it introduces the reader to novel encapsulation and controlled release technologies which have not yet been addressed by an existing book on this matter, and secondly, it offers an in-depth discussion on the impact of encapsulation and controlled release technologies on the bioavailability of health ingredients and other actives. In common with the first edition the book includes chapters written by distinguished authors and researchers in their respective areas of specialization. This book is designed as a reference for scientists and formulators in the food, nutraceuticals and consumer products industries who are looking to formulate new or existing products using microencapsulated ingredients. It is also a post-graduate text designed to provide students with an introduction to encapsulation and controlled release along with detailed coverage of various encapsulation technologies and their adaptability to specific applications.

Milk-Based Beverages, Volume 9 in The Science of Beverages series, presents current status, developments, and technologies for researchers and developers to meet consumer demand and understand consumer trends toward healthy drinks. This resource takes a multidisciplinary approach to address issues in safety and quality control, while also discussing the nutritional and functional information that professionals in the beverage industry need. The book presents a framework for researchers, product developers, engineers, and regulators in the beverages industry for understanding new research developments in milk-based products to meet industry needs in producing competitive products. Covers the most recent advances in various milk-based products Includes a solid review of safety and hygiene for the development of new products Presents engineering techniques and applications using novel technologies

This book focuses on probiotics with antiviral activities. The "antiviral probiotic" is a new concept in medical sciences. Recently, studies have shown that antiviral probiotics can fight or prevent viral infections in many ways. The immunomodulation of mucosal immunity, production of antiviral compounds, virus trapping and the use thereof as vaccination vectors are the principal modes of action of antiviral probiotics. The author dedicates an entire chapter of the book to discussing the methods and techniques used to assess the antiviral activity of probiotic strains and their metabolites.

The Dental Diet

Bioactive Components in Milk and Dairy Products

From Research to Applications

Periodontitis

Molecular Techniques in Food Biology

Principles and Procedures

Probiotics-the friendly bacteria that reside in your gastrointestinal tract-are your body's first line of defense against the potentially harmful microorganisms you inhale or ingest. In Probiotics, Natasha Trenev explains the importance of these bacteria in achieving and maintaining good health. Included is an A-to-Z list of illnesses and disorders that can be prevented or corrected with proper probiotic supplementation.

The book is an excellent compilation of chapters on fruitful applications of Biotechnology. The chapters have been authored by eminent scholars from India and abroad working on diverse disciplines related to Biotechnology. The book is an invaluable source of information on biosensors, microbial surfactants, enzyme immobilization, disease diagnosis, probiotics, protein biotechnology, bioleaching, photonic applications and other biotechnology applications. The book will be very useful for Undergraduate and Postgraduate students, research scholars and faculties in biotechnology, microbiology medical sciences and life sciences.

This book examines biofilms in nature. Organized into four parts, this book addresses biofilms in wastewater treatment, inhibition of biofilm formation, biofilms and infection, and ecology of biofilms. It is designed for clinicians, researchers, and industry professionals in the fields of microbiology, biotechnology, ecology, and medicine as well as graduate and postgraduate students.

What should we eat? It’s a simple and fundamental question that still bewilders us, despite a seemingly infinite amount of available information on which foods are best for our bodies. Scientists, dieticians, and even governments regularly publish research on the dangers of too much fat and sugar, as well as on the benefits of exercise, and yet the global obesity crisis is only worsening. Most diet plans prove to be only short-term solutions, and few strategies work for everyone. Why can one person eat a certain meal and gain weight, while another eating the same meal drops pounds? Part of the truth lies in genetics, but more and more, scientists are finding that the answer isn’t so much what we put into our stomachs, but rather the essential digestive microbes already in them.Drawing on the latest science and his team's own pioneering research, The Diet Myth explores the hidden world of the microbiome, and demystifies the common misconceptions about fat, calories, vitamins, and nutrients. Dr. Tim Spector shows us that only by understanding what makes our own personal microbes tick and interact can we overcome the confusion of modern nutrition, allowing us to regain natural balance in our bodies. Countless recent scientific papers have been written on weight-loss topics like prebiotics and fructans, and The Diet Myth gathers these latest findings into one place, revealing new information about how best to lose weight and manage our bodies. Mixing cutting-edge discoveries, illuminating science, and his own case studies, Spector reveals why we should abandon fads and instead embrace diversity for a balanced diet, a healthy stomach, and a nourished body.

Interactive Probiotics

Oral Biofilms

New Insights on Antiviral Probiotics

Global Challenges and Future Interventions

Diet, Microbiome and Health

Current Status and Future Prospects

Natural Oral Care in Dental TherapyJohn Wiley & Sons

In this book the recent advancements in understanding the gut-brain interaction as well as gut microbiome and how this interaction plays a vital role in human health and disease are discussed. Each chapter gives an analysis of questions, research directions, and methods within the field of gut-brain axis. The readers will benefit from the latest knowledge about our understanding about how gut-brain axis and modulation of gut microbiome determines predisposition to neurological disorders. The multidisciplinary book is essential reading for anyone interested in the field of gut-brain axis and gut microbiome: from undergraduates to graduate students as well as scientists and physicians having an interest in the new exciting field of gut microbiome and its relationship with brain function.

Adams presents clear evidence for probiotics' ability to directly engage and defeat infectious microorganisms, boosting the immune system while under attack.

The answers for perfect teeth, unblemished skin, and pristine hair are in this book. Dr. Price was 75 years ahead of his time. In this book, he demonstrates that isolated groups of people living in accordance with Nature have the best overall physical and mental health. Diseases inflicting “modern” humans are unheard of in most of these study groups. Dr. Weston Andrew Price, DDS, was called the “Isaac Newton of Nutrition” and the “Darwin of Nutrition.” This edition of Dr. Price’s classic is modernized with the epub format. It is easier to read on smartphones and tablets. It also includes updated statistics and additional images. Dr. Price shows that illness, disease, behavior, criminality, anemia, voice, and even cheek-line, are all within the domain of Nutrition. “If civilized man is to survive, he must incorporate the fundamentals of primitive nutritional wisdom into his modern lifestyle.” —Dr. Weston A. Price, DDS

Encapsulation and Controlled Release Technologies in Food Systems

The 8-Hour Sleep Paradox

Bulletin of the Transilvania University of Braşov

Gut-brain Connection, Myth Or Reality?: Role Of The Microbiome In Health And Diseases

Probiotics and Prebiotics in Food, Nutrition and Health

Handbook of Probiotics and Prebiotics

Improve Your Health by Fixing Your Mouth-Gut Microbiome Connection It's a popular theory that good health starts in your gut. But think about it: your mouth is the gateway to your gut. The good and bad bacteria in your mouth are directly linked to the bacteria in your digestive system. The oral microbiome can also affect illnesses and diseases like rheumatoid arthritis, diabetes, certain cancers, and more. That's why maintaining a balanced oral microbiome is one of the most important things you can do to set a solid foundation for your overall health. Heal Your Oral Microbiome is the first book out there to focus exclusively on the oral microbiome. In these pages, you'll learn how your mouth paves the way for full-body health, as well as how to identify common habits and practices that could be negatively impacting your unique microbiome. You'll also discover important steps you can take to heal and balance your mouth's microbes to boost your immune system, fight a variety of illnesses and create a solid foundation for your overall well-being.

From a microbiologist and gerontologist, “scientifically accurate consumer health information on the microbiome’s relationship to adult health and aging.”—Library Journal Science has allowed us to prolong and improve life in astonishing ways, often by fending off germs and other invisible foes. But there’s no “immunity” to the inevitable signs of aging...or is there? In The Whole-Body Microbiome, the father-daughter team of Dr. Brett Finlay, a microbiologist, and Dr. Jessica Finlay, a specialist on aging, offers a different—and truly revolutionary—take on the quest for the fountain of youth. While much has been written about bacteria in the gut, exciting new research shows that there are millions of microbes both inside our bodies—supporting our brain, teeth, heart, lungs, bones, immune system, and more—and on our bodies, coming from the air we breathe and the things we touch all day long: cell phones and kitchen sponges, pets and doorknobs, and even other humans. These microbial “lifelong companions” have an immense impact on our daily health—and, as groundbreaking research is showing, they have the potential to help prevent and reverse the most common age-related diseases. This eye-opening new take on the significance of the microbiome offers empowering knowledge, counters common myths, and provides simple, effective daily tips to help you and your microbes live long—and prosper. “[An] excitedly optimistic and research-grounded look at the microbiome’s implications for the health of the aging body...make[s] a strong case for the microbiome as an exciting new frontier in health research, with myriad possibilities for the diagnosis and treatment of various diseases.”—Publishers Weekly

Because of increasing antibiotic resistance, stronger antibiotics are reserved for serious active infection, paving the way for a greater use of herbal antibiotics. This book helps dentists in implementing safe and effective natural medicine therapies to complement the current practice guidelines. Oral diseases continue to be a major health problem world-wide. Oral health is integral to general well-being and relates to the quality-of-life that extends beyond the functions of the craniofacial complex. The standard Western medicine has had only limited success in the prevention of periodontal disease and in the treatment of a variety of oral diseases. The dentist needs to be more informed regarding the use, safety and effectiveness of the various traditional medicines and over-the-counter products. Herbal extracts have been used in dentistry for reducing inflammation, as antimicrobial plaque agents, for preventing release of histamine and as antiseptics, antioxidants, antimicrobials, antifungals, antibacterials, antivirals and analgesics. They also aid in healing and are effective in controlling microbial plaque in gingivitis and periodontitis and thereby improving immunity. The 26 chapters in this unique book explore all the measures to utilize the natural oral care obtained from plants, animals and mineral drugs for dental care.

Surprising as it may seem, getting eight hours of sleep is the wrong approach to achieve great health and top performance. Most people with disrupted sleep don't know what they're missing because they've never experienced anything different. This book will teach you how to achieve your highest quality sleep to become your best, brightest, most capable self. This 3-step program will show you how you can get the kind of sleep that unlocks your ability to:

- Achieve your perfect weight by suppressing your appetite naturally
- Slow down the aging process
- Wake up happy and refreshed every morning
- Improve your energy levels, concentration and mental focus
- End daytime sleepiness and brain fog

Probiotics in Food Safety and Human Health

Food Constituents and Oral Health

Volume 9: The Science of Beverages

The Diet Myth

Biotechnology Applications

Evaluating Evidence of Mechanisms in Medicine

Antimicrobial resistance is a major global public health problem. This book focuses on the clinical implications of multi-drug resistant pathogens; tracking AMR and its evolutionary significance; antifungal resistance; and current and alternative treatment strategies for AMR, including antivirulent, antibiofilm and antimicrobial resistance breakers, repurposing of drugs, and probiotic therapy. Advances in antimicrobial stewardship, antibiotic policies from a global perspective and their impacts are also discussed. The book also explores the use of omics approaches to gain insights into antibacterial resistance, and includes chapters on the potential benefits of a ‘ One Health approach ’ describing the environmental and zoonotic sources of resistant genes and their effects on the global resistance pool.

A Concise and No-Fluff Guide How to Reverse Cavities Get this Kindle Book for just \$4.76. Regularly priced at \$9.99. Read on your PC, Mac, smart phone, tablet or Kindle device. Almost everyone has had a tooth filled or extracted due to a cavity. Tooth decay is a common condition, not only among children but also among adults. This oral condition is so prevalent that it is considered as the nation ’ s top chronic disease. Further, tooth decay is even more prevalent than asthma. Cavity prevalence is surprising considering that tooth decay is preventable. If you look at the numbers, the pervasiveness of dental cavities becomes even more startling. In a study (2011-2012) done by the National Institute for Health, together with the Center for Disease and Prevention reports that 91% of adults with age ranging from 20 to 64 have dental cavities. Further, 5% of adults with the same age range have no remaining teeth. The study also predicts that when these adults reach 65 years of age, the rate would have increased to 96%. A 2016 National Center for Health Statistics survey shows that 18.6 percent of children aged 5 to 19 and 31.6 percent of adults aged 20 to 64 has untreated dental cavities. The high percentage of children and adults with cavities should be a cause for concern. Research has shown that there is a link between oral health and general health, like diabetes, cardiovascular disease, stroke, dementia, and respiratory illnesses. Several theories have been advanced by experts in dental health which link cavities to general health. One such link is the mouth-body connection which happens to be an old theory you can trace back to the time of Hippocrates. At this point, you may wonder how tooth decay which is a preventable disease could rise to such a high level of prevalence. You may also wonder about the conditions which give rise to cavity development. The crucial question, though, is how to reverse cavities the natural way to prevent the dental problem from developing into a serious oral health condition. Table of Contents Introduction Myths about Cavities What are Cavities Risk factors of a cavity Signs and symptoms of a cavity How do cavities develop? Causes of Tooth Decay How cavities form How poor dental health affect general health Common dental diseases How dental health affects health conditions How to Reverse cavities the natural way How to Reverse cavities the natural way Step-by-step guide to reverse cavities Oil pulling Homemade remineralizing toothpaste Download your copy today!

Handbook of Indigenous Foods Involving Alkaline Fermentation details the basic approaches of alkaline fermentation, provides a brief history, and offers an overview of the subject. Devoted exclusively to alkaline-fermented foods (AFFs), this text includes contributions from experts from around the globe. It discusses the diversity of indigenous fer

The author of the bestselling The Immune System Recovery Plan shares her science-based, drug-free treatment plan for the almost fifty million people who suffer from arthritis: an amazing 3-step guide to eliminate the disease naturally. Arthritis is the most common cause of disability in the world—greater than both back pain and heart disease. One example, Rheumatoid Arthritis (RA), is the most common autoimmune disease, affecting 1% of the US population, and almost 68 million people worldwide. Conventional medicine tends to treat arthritis with strong, gut-damaging, immune-suppressing pain medications, temporarily relieving the symptoms of the disease without addressing its root causes. Now, in her groundbreaking new book, Dr. Susan Blum, a leading expert in functional medicine, offers a better approach to healing arthritis permanently. Dr. Blum ’ s GROUNDBREAKING THREE-STEP PROTOCOL is designed to address the underlying causes of the condition and heal the body permanently by:

- Treating Rheumatoid Arthritis, Osteoarthritis, and more
- Healing your gut to heal your joints
- Reducing inflammation without medication
- Dr. Blum ’ s INNOVATIVE TWO-WEEK PLAN to quickly reduce pain through anti-inflammatory foods and supplements; followed by an intensive gut repair to rid the body of bad bacteria and strengthen the gastrointestinal system for a dramatic improvement in arthritis symptoms and inflammation; and then addresses the emotional issues that contribute to inflammation, and eating a simple, Mediterranean inspired diet to maintain a healthy gut. Featuring detailed case studies, including Dr. Blum ’ s own inspiring personal story, Healing Arthritis offers a revolutionary way to heal your gut, repair your immune system, control inflammation, and live a happier, healthier life...arthritis-free.

Protection Against Infection : Using Nature's Tiny Warriors to Stem Infection and Fight Disease

Reverse Cavities: A Beginner's Step-by-Step Guide on How to Naturally Reverse Cavities

Cumulated Index Medicus

Greene's Infectious Diseases of the Dog and Cat - E-Book

Balance and Repair your Mouth Microbes to Improve Gut Health, Reduce Inflammation and Fight Disease

Heal Your Oral Microbiome

Heart disease is the #1 killer. However, traditional heart disease protocols—with their emphasis on lowering cholesterol—have it all wrong. Emerging science is showing that cholesterol levels are a poor predictor of heart disease and that standard prescriptions for lowering it, such as ineffective low-fat/high-carb diets and serious, side-effect-causing statin drugs, obscure the real causes of heart disease. Even doctors at leading institutions have been misled for years based on creative reporting of research results from pharmaceutical companies intent on supporting the \$31-billion-a-year cholesterol-lowering drug industry. The Great Cholesterol Myth reveals the real culprits of heart disease, including:

- Inflammation
- Fibrinogen
- Triglycerides
- Homocysteine
- Belly fat
- Triglyceride to HCL ratios
- High glycemic levels

Bestselling health authors Jonny Bowden, Ph.D., and Stephen Sinatra, M.D. give readers a 4-part strategy based on the latest studies and clinical findings for effectively preventing, managing, and reversing heart disease, focusing on diet, exercise, supplements, and stress and anger management. Get proven, evidence-based strategies from the experts with The Great Cholesterol Myth. MYTHS VS. FACTS Myth—High cholesterol is the cause of heart disease. Fact—Cholesterol is only a minor player in the cascade of inflammation which is a cause of heart disease. Myth—High cholesterol is a predictor of heart attack. Fact—There is no correlation between cholesterol and heart attack. Myth—Lowering cholesterol with statin drugs will prolong your life. Fact—There is no data to show that statins have a significant impact on longevity. Myth—Statin drugs can be extremely toxic including causing death. Myth—Statin drugs are useful in men, women and the elderly. Fact—Statin drugs do the best job in middle-aged men with coronary disease. Myth—Statin drugs are useful in middle-aged men with coronary artery disease because of its impact on cholesterol. Fact—Statin drugs reduce inflammation and improve blood viscosity (thinning blood). Statins are extremely helpful in men with low HDL and coronary artery disease. Myth—Saturated fat is dangerous. Fact—Saturated fats are not dangerous. The killer fats are the transfats from partially hydrogenated oils. Myth—The higher the cholesterol, the shorter the lifespan. Fact—Higher cholesterol protects you from gastrointestinal disease, pulmonary disease and hemorrhagic stroke. Myth—A high carbohydrate diet protects you from heart disease. Fact—Simple processed carbs and sugars predispose you to heart disease. Myth—Fat is bad for your health. Fact—Monounsaturated and saturated fats protect you from metabolic syndrome. Sugar is the foe in cardiovascular disease. Myth—There is good (HDL) cholesterol and bad (LDL) cholesterol. Fact—This is over-simplistic. You must fractionate LDL and HDL to assess the components. Myth—Cholesterol causes heart disease. Fact—Cholesterol is only a theory in heart disease and only the small component of LP(a) or “bb shot” LDL predisposes one to oxidation and inflammation.

Presenting the work of international experts who discuss all aspects of probiotics and prebiotics, this volume reviews current scientific understanding and research being conducted in this area. The book examines the sources and production of probiotics and prebiotics. It explores their use in gastrointestinal disorders, infections, cancer prevention, allergies, asthma, and other disorders. It also discusses the use of these supplements in infant, elderly, and animal nutrition, and reviews regulations and safety issues.

"Every mouth is full of bacteria, yeasts, fungi and viruses. Can we stop these infectious microorganisms from making us sick? Today, with millions dawning face masks, washing with antibacterial soaps, and sanitizing classrooms, hospitals and other public places, we need new solutions. Peer-reviewed research from some of the world's foremost microbiologists is now demonstrating that the probiotic bacteria in our mouth can be used to reduce or prevent infections from invading the body's internal tissues. Our oral probiotics can be our first line of defense against some of the most dangerous diseases, including those caused by aggressive bacteria, flu viruses and yeasts. In this groundbreaking book, the author details the newest research revealing the cooperative roles friendly oral bacteria play within our immune system to fight infection and prevent disease. Guidance on supplementation and on how to encourage the growth of our resident oral probiotic colonies is also described. A must read for anyone wanting to strengthen the immune system and stay healthy"–Realnatural, Inc. website.

Diet, Microbiome and Health, Volume 11, in the Handbook of Food Bioengineering series, presents the most up-to-date research to help scientists, researchers and students in the field of food engineering understand the different microbial species we have in our guts, why they are important to human development, immunity and health, and how to use that understanding to further promote research to create healthy food products. In addition, the book provides studies that clearly demonstrate how dietary preferences and social behavior significantly impact the diversity of microbial species in the gut and their numeric values, which may balance health and disease. Highlights research discoveries on how gut microbiota influence and are impacted by health and disease Includes information on and examples of healthy foods Discusses gut microbiota in autism, GI disease, neuropsychiatric disorders, obesity and metabolic disease Explores the barrier function of the gut Examines how food preferences impact gut microbiota

Bacterial Biofilms

Natural Oral Care in Dental Therapy

Nutrition and Physical Degeneration: A Comparison of Primitive and Modern Diets and Their Effects

Handbook of Indigenous Foods Involving Alkaline Fermentation

Antimicrobial Resistance

Assessment of Long-Term Health Effects of Antimalarial Drugs When Used for Prophylaxis

Although bioactive compounds in milk and dairy products have beenextensively studied during the last few decades - especiallyin human and bovine milks and some dairy products - very fewpublications on this topic are available, especially in other dairyspecies’ milk and their processed dairy products. Also,little is available in the areas of bioactive and nutraceuticalcompounds in bovine and human milks, while books on other mammalianspecies are non-existent. Bioactive Components in Milk and Dairy Productsextensively covers the bioactive components in milk and dairyproducts of many dairy species, including cows, goats, buffalo,sheep, horse, camel, and other minor species. Park has assembled agroup of internationally reputed scientists in the forefront offunctional milk and dairy products, food science and technology ascontributors to this unique book. Coverage for each of the various dairy species includes:bioactive proteins and peptides; bioactive lipid components;oligosaccharides; growth factors; and other minor bioactivecompounds, such as minerals, vitamins, hormones and nucleotides,etc. Bioactive components are discussed for manufactured dairyproducts, such as caseins, caseinates, and cheeses; yogurtproducts; koumiss and kefir; and whey products. Aimed at food scientists, food technologists, dairymanufacturers, nutritionists, nutraceutical and functional foodsspecialists, allergy specialists, biotechnologists, medical andhealth professionals, and upper level students and faculty in dairyand food sciences and nutrition, Bioactive Components in Milkand Dairy Products is an important resourcefor those who are seeking nutritional, health, and therapeticvalues or product technology information on milk and dairy productsfrom the dairy cow and speciesbeyond. Areas featured are: Unique coverage of bioactive compounds in milks of the dairycow and minor species, including goat, sheep, buffalo, camel, andmare Identifies bioactive components and their analytical isolationmethods in manufactured dairy products, such as caseins,caseinates, and cheeses; yogurt products; koumiss and kefir; andwhey products Essential for professionals as well as biotechnologyresearchers specializing in functional foods, nutraceuticals,probiotics, and prebiotics Contributed chapters from a team of world-renowned expertscientists

Periodontitis - A Useful Reference is a comprehensive book compiled by a team of experts with the objective of providing an overview of the basic pathology of "periodontitis" and its implication on oral health and general systemic health. Periodontitis has become a global health burden in recent days. It is noteworthy that oral health is being considered as the mirror of general health and the study of oral-systemic health connections has advanced among scientists, clinicians, and the public as well. We wish the array of chapters that highlights the importance and impact of periodontal health could be a useful guide for the community of public, students, and clinicians.

Learn the secret to total, lifelong health: the teeming world of microbes inside and all around us Modern-day science has allowed us to prolong and improve life in astonishing ways, often by fending off germs and other invisible foes. But there’s no “immunity” to the inevitable signs of aging . . . or is there? In The Whole-Body Microbiome, the father-daughter team of Dr. Brett Finlay (a microbiologist) and Dr. Jessica Finlay (a specialist on aging) offers a different—and truly revolutionary—solution to the quest for the fountain of youth. While much has been written about bacteria in the gut, exciting new research shows that there are millions of microbes both inside our bodies—supporting our brain, teeth, heart, lungs, bones, immune system, and more; plus the microbes on our bodies, coming from the air we breathe and the things we touch all day long—cell phones and kitchen sponges, pets and doorknobs, and even other humans. These microbial “lifelong companions” have an immense impact on our daily health—and, as groundbreaking research is showing, they have the power to help prevent and reverse the most common age-related diseases. In this eye-opening new take on the significance of the microbiome, the Finlays offer empowering knowledge, surprising myth-busters, and simple yet effective daily tips that prove “dirty” is the new clean. Whether it’s by changing your diet, enjoying a glass of wine, getting more exercise, trading your antibacterial gel for good old soap and water, or spending more time outdoors, you can change your life today; so that you and your microbes live long—and prosper.

Molecular Techniques in Food Biology: Safety, Biotechnology, Authenticity & Traceability explores all aspects of microbe-food interactions, especially as they pertain to food safety. Traditional morphological, physiological, and biochemical techniques for the detection, differentiation, and identification of microorganisms have severe limitations. As an alternative, many of those responsible for monitoring food safety are turning to molecular tools for identifying foodborne microorganisms. This book reviews the latest molecular techniques for detecting, identifying, and tracing microorganisms in food, addressing both good foodborne microbes, such as those used for fermentation and in probiotics, and harmful ones responsible for foodborne illness and food quality control problems. Molecular Techniques in Food Biology: Safety, Biotechnology, Authenticity & Traceability brings together contributions by leading international authorities in food biology from academe, industry, and government. Chapters cover food microbiology, food mycology, biochemistry, microbial ecology, food biotechnology and bio-processing, food authenticity, food origin traceability, and food science and technology. Throughout, special emphasis is placed on novel molecular techniques relevant to food biology research and for monitoring and assessing food safety and quality. Brings together contributions from scientists at the leading edge of the revolution in molecular food biology Explores how molecular techniques can satisfy the dire need to deepen our understanding of how microbial communities develop in foods of all types and in all forms Covers all aspects of food safety and hygiene, microbial ecology, food biotechnology and bio-processing, food authenticity, food origin traceability, and more Fills a yawning gap in the world literature on food traceability using molecular techniques This book is an important working resource for professionals in agricultural, food science, biomedicine, and government involved in food regulation and safety. It is also an excellent reference for advanced students in agriculture, food science and food technology, biochemistry, microbiology, and biotechnology, as well as academic researchers in those fields.

Why Lowering Your Cholesterol Won't Prevent Heart Disease-and the Statin-Free Plan That Will

Your 3-Step Guide to Conquering Arthritis Naturally

A Useful Reference

Fighting Tooth Decay, Periodontal Disease and Airway Infections Using Nature's Friendly Bacteria

Milk-Based Beverages

This book underlines the importance of reciprocal interactions between probiotics and humans in terms of stress induction, epigenetic control of cellular responses, oxidative status, bioactive molecules biosynthesis, moonlighting proteins secretion, endogenous toxins neutralization, and several other biological functions. It explores how these responses can affect metabolism and metabolic-related disorders, gutbrain axis balance, mood, inflammatory, allergic and anti-infective reactions, cancer, and ageing. The book explores how probiotics create a dynamic and "fluid" network of signals able to control the balance between healthy and altered human status.

This book is open access under a CC BY license. This book is the first to develop explicit methods for evaluating evidence of mechanisms in the field of medicine. It explains why it can be important to make this evidence explicit, and describes how to take such evidence into account in the evidence appraisal process. In addition, it develops procedures for seeking evidence of mechanisms, for evaluating evidence of mechanisms, and for combining this evaluation with evidence of association in order to yield an overall assessment of effectiveness. Evidence-based medicine seeks to achieve improved health outcomes by making evidence explicit and by developing explicit methods for evaluating it. To date, evidence-based medicine has largely focused on evidence of association produced by clinical studies. As such, it has tended to overlook evidence of pathophysiological mechanisms and evidence of the mechanisms of action of interventions. The book offers a useful guide for all those whose work involves evaluating evidence in the health sciences, including those who need to determine the effectiveness of health interventions and those who need to ascertain the effects of environmental exposures.

Biofilms are highly organized polymicrobial communities that are embedded in an extracellular matrix and formed on natural and artificial surfaces. In the oral cavity, biofilms are formed not only on natural teeth, but also on restorative materials, prosthetic constructions, and dental implants. Oral diseases like caries, gingivitis, periodontitis, and also pulp inflammation are associated with biofilms. This publication is an up-to-date overview on oral biofilms from different clinically relevant perspectives. Experts comprising basic researchers and clinicians report on recent research relating to biofilms - from general summaries to recommendations for daily clinical work. This book covers all aspects of oral biofilms, including models used in the laboratory, biofilms in dental water unit lines, periodontal and peri-implant biofilms, caries-related biofilms, halitosis, endodontic biofilms, and Candida infections, as well as biofilms on dental materials and on orthodontic appliances. Several chapters deal with anti-biofilm therapy, from the efficacy of mechanical methods and the use of antimicrobials, to alternative concepts.

This publication is particularly recommended to dental medicine students, practitioners, other oral healthcare professionals, and scientists with an interest in translational research on biofilms.

Why the Secret to Health and Weight Loss is Already in Your Gut

Safety, Biotechnology, Authenticity and Traceability

The Surprising Link between Your Teeth, Real Food, and Life-Changing Natural Health