From Friend to Foe: The Evolution of Oral Pathogens and the Link to Systemic Disease
– Dr. Mark Cannon

The oral systemic health link has now become well recognized and numerous publications have discussed the importance of the oral microbiome in the overall health of any individual. This is likely even more important in children and this influences their future health as they mature. What is particularly interesting is that the microbiome of a child is developed prior to birth and is related to the maternal oral microbiome. Early intervention to the mother prior to the child’s birth, with proper sleep, exercise and dietary adjustments such as the limitation of added sugars and use of coconut oil, for example, will influence the developing child’s microbiome. Direct positive influence with the polyols xylitol and erythritol to reduce pathogens, and probiotics to boost levels of commensals would also be required. Some key pathogens are believed to previously been commensals, and changed to a pathogenic nature due to evolutionary, environmental, and opportunistic factors. Due to the extent of oral disease, the link to broad systemic illness and its tremendous associated costs, urgent action is required by all health professionals.