SYMPTOMS
• Ulcerated areas on the gums that bleed easily.
• Sore area on the gum line at the base of the teeth.
• The gums between the teeth become blunted with possible swelling.
• Painful and burning sensations on the gums.

CAUSES
A combination of:
• Bacteria commonly found in the mouth that are allowed to collect between the teeth and gums.
• Severe stress and/or change in daily routine.
• Poor diet.
• Insufficient sleep.

TREATMENT
• Debridement of the gums with a special instrument by the dentist.
• When it is warranted by a dentist, antibiotic therapy may be initiated for a 7 to 10 day duration.
• Warm salt water rinses 3 to 6 times per day.
• Brushing the teeth with peroxyl and baking soda mixture.
• Well balanced diet supplemented with Vitamins B and C.
• Adequate sleep and frequent relaxation techniques throughout the day.

PREVENTION
• Every 24 hours you must maintain good oral health by flossing and brushing ONCE thoroughly.
• Maintain well balanced meals with supplements of the water-soluble Vitamins, especially Vitamins B and C.
• Attempt to do some lifestyle changes in the area of reduced stress.
• Get adequate sleep daily.

NOTE: Also known as TRENCH MOUTH, ANUG, or VINCENT’S INFECTION.