Reversing Glaucoma

Alleviating Abdominal Discomfort

Healing Powers of Aloe Vera

Strategies for Osteoarthritis

Seasonal Yoga

Optimize Brain Health

Japanese Gardens

Honey-Sweetened Granola
The white sign, bookended by angular boulders, is tucked off the busy city road. The words “Museum and Japanese Gardens” give no hint to the natural wonder cultivated there since 1977. The county owned Morikami Museum and Japanese Gardens in Delray Beach, Florida, was a significant but untapped community resource. After an expansion and renovation of its 16-acre gardens, the time was right to start promoting it, but a marketing campaign was not the answer. Rather, the research of Ruth McCaffrey, DNP, could help prove its value.

McCaffrey was a professor at the Florida Atlantic University Christine E Lynn College of Nursing. Only 20 minutes away, the school was connected to the gardens by more than local geography. As McCaffrey began her collaboration with Morikami in 2006, the college supported the state-of-the-art renovation.

The new design incorporated the Chinese practice of feng shui. McCaffrey’s challenge was to substantiate what the museum had only heard anecdotally: its gardens helped visitors process grief and loss. She began...
collaborating with the garden’s designer and builder, Hoichi Kurisu. With nearly 50 years of experience, his work exemplified the healing power of nature.

According to Kurisu, ma may be defined as “active emptiness, or void…an interval that, rather than separating elements, connects them, and emerges as a focal point itself.” Ma is manifested throughout everyday life in Japan. From the purposeful pauses in speech to decisions that are thoroughly considered, never rushed. In a broader sense, ma is the space and quiet time needed to create peace of mind—known as “heijoshin” in Japanese.

“By leaving things unsaid, one gives the imagery room in which to blossom,” said Madoka Mayuzumi, one of Japan’s leading contemporary haiku poets. This presentation of space for the mind to flourish is what makes Japanese gardens unique. Ma is part of every garden element. Rocks, stones, water, and trees are arranged in such a way to stimulate the imagination of the viewer.

Japanese Garden Designs

Within the framework of Japanese gardens are three main styles: Zen, stroll, and tea gardens. The most well-known, Zen, translates to “dry landscape.” It reproduces natural landscapes in a more abstract manner using raked stones, gravel, and sand. Zen Buddhism is distinguished by its commitment to meditation.

A Zen Garden is designed to cultivate contemplation through yohaku-no-bi, meaning “the beauty of white space.” Although there are different types of stroll gardens, they all provide a walking path that typically surrounds a pond and incorporates artificial hills, rocks, flowers, and bridges.

In Japanese tea gardens, the path is the purpose. Set in a rustic esthetic, tea gardens are devoid of bright flowers that might distract the visitor from meditation. Here, steppingstones, water basins, and lanterns populate the serene route leading to a tea house. Other types of Japanese gardens include Japanese Paradise Gardens and courtyard gardens.

While Morikami was designed for a 21st century audience, its principles are rooted in the 11th century. “Sakuteiki” is the oldest book of Japanese gardening authored by landscape gardener and nobleman Toshitsuna Tachibana.

Sakuteiki suggests, “When you place stones (for a garden), it is first and foremost necessary to grasp the overall sense.” McCaffrey understood the value of this “big picture” concept. She felt a connection to the earth and an awareness of what was under her feet. “I spent about three months going to the Morikami, walking the garden, and just reflecting on the walks,” she said.

McCaffrey put this “feet on the ground” effort into words: awareness, possibilities, transitions, connections, journey, trust, joy, freedom, forgiveness, reflection, gratitude, and fulfillment. This mindful dozen became the theme of the walking guide reflective journal she designed, titled, “Stroll for Well-Being: Garden Walks at the Morikami Museum.”

Morikami Stroll Study

Forty older adults participated in a study of her stroll concept at Morikami. They stopped at prescribed garden locations and followed the guide’s reflective prompts. A post-study analysis revealed that “participants reported positive health outcomes as a result of the program…and the opportunity to record one’s thoughts among the factors that contributed to their experiences.”

One finding was unexpected. Many participants indicated that they had never spent time by themselves with the sole purpose of reflection. For McCaffrey, the development of personal reflection began with the stroll’s journal. It was “a way for us to help them to begin to see the benefits” of the garden, she said.

To some program participants, the thoughts inspired by their time in the garden were too emotional to share, even with family. McCaffrey recalled one such participant. When he died, his children shared his writings with Morikami. “They said they never knew him the way know him now through his journal,” she said.

The Stroll is a solitary endeavor for most, but groups have benefited. A veteran support leader recommended Morikami’s program to his members. They renamed their strolls Walking with Comrades. “They would stop at each spot, read the reflective prompt, and then they would
discuss it. They needed that structure,” noted McCaffrey.

Since Morikami’s Stroll began in 2008, over 1,000
people have participated in the program. According to the
North American Japanese Garden Association (NAJGA),
there are approximately 200 public Japanese gardens in
North America, including 41 states and the District of
Columbia. Six Japanese gardens were influenced by or
directly implemented the Morikami Stroll program: Yume
Japanese Gardens, Tucson, Arizona; Missouri Botanical
Garden, St. Louis, Missouri; and Anderson Japanese
Gardens. The Japanese Friendship Garden in San Diego
put its program on hold due to the pandemic. It hopes to
restart later this year.

Brookside Gardens in Wheaton, Maryland, expanded its
Japanese Style Guide Garden Stroll program to the entire
50-acre public garden. To increase access, Bloedel Reserve
in Bainbridge Island, Washington, offers its Stroll program
online and in-person.

Lessons from a Japanese Garden

The common thread among the programs is the
applicability of its core element—the healing nature of
Japanese gardens—to a large audience. Past participants
include first responders, caregivers, addicts, and people
living with cancer, Alzheimer’s and Parkinson’s, chronic
depression, and post-traumatic stress disorder, as well as
those experiencing grief, loneliness, divorce, gender issues,
domestic violence, and persons in emotional distress
because of retirement or aging.

McCaffrey’s research is not alone in recognizing
the health benefits of Japanese gardens. Other studies
have examined the physical changes associated with
these gardens. Seiko Goto, PhD, professor of landscape
architecture design at Nagasaki University, is a leading
researcher in this field. She noted that exposure to
Japanese gardens “can affect both mood and cardiac
physiology.” Goto found a positive correlation between
subjects’ physiological responses and visual behavior while
viewing a Japanese garden. Her research demonstrated
that “more focused gaze behavior is connected with greater
relaxation.”

Co-author of the book Japanese Gardens: Symbolism and
Design Goto wrote, “The function of a (Japanese) Zen
Garden is to lead people to meditation without forcing
them, (to guide them) unconsciously. Japanese gardens,
especially Zen gardens, have been designed and developed
to calm the mind for a millennium.”

Goto’s findings are familiar to Patricia Deridder,
founder and executive director of Yume Japanese Gardens
in Tucson, Arizona. Deridder lived in Japan for 15 years
and was inspired to open Yume after learning about
Morikami’s Stroll Program.

“Yume” means “dream” in Japanese. Fragile wisteria
blossoms dangle above its trellis-covered passageway. A
periodic hollow pitch of the bamboo shakuhachi beckons
the imagination to a view of Mount Hiei. Yume’s design
is unique in another way: it is intimate—transporting
visitors to the walled courtyard gardens of traditional
Japanese homes. In this setting, Yume’s Path to Emotional
Healing Program begins. Despite a different name, it
follows the Morikami Stroll program.

The Yume program does not present an overt message
about neuroplasticity or epigenetics. Yet, these concepts
happen. Slowly, over time when participants use the
journal’s prompts, they notice a shift. “And that’s what
I’ve seen with people who go through the program. They
tell me, ‘Today I did the work on trust. I’m having a hard
time with that.’ You have to have a hard look at yourself…
(the program) is not a magic wand, but at least it gives you
some better answers,” explained Deridder.

She believes this reflection guides participants long
after exiting the garden’s gate. “Life creeps in, and I may
have forgotten that breakthrough I had standing by the
koi pond. You can come back to it.” Eventually, when
participants recall a mindfulness theme away from the
garden, “with just one word, they can go back in that
zone,” she added.

Like Deridder, Jeanne Carbone embraced the Stroll
concept. “It just sparked this idea because therapeutic
horticulture by definition is based on improving a person’s
wellbeing.” Carbone is the supervisor for therapeutic
horticulture at Missouri Botanical Garden, which has a
14-acre Japanese garden. “When we sit down with a client
to do a flower arrangement, it’s not about whether your
flower arrangement looks like a forest or if it looks like the

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person next to you; it’s about your enjoying the process of creating that arrangement.”

For Carbone and her colleagues, this idea of encouraging individual success led them to Morikami’s Stroll concept. Naming their program “Journey to Well-Being” was about “where you are in life and where you are on this journey. And life is not just one journey, its many journeys,” said Carbone.

Drawing from the garden’s horticulture therapy foundation, “Journey to Well-Being” uses natural elements—wind, stone, tranquil water, fire, wood, powerful water, and sky—as focal points. They foster “an awareness of yourself and how you feel in that moment,” said Carbone. She described the Journey program as a mindful way to approach things differently.

In late 2020, a new format enabled the Journey program to reach a different audience. The compassion fatigue program at Barnes-Jewish Hospital, Missouri’s largest hospital, contacted Carbone. What could she offer the staff? With 12-hour days, visiting the garden was not an option for them. Carbone and her colleagues transformed the program into seven online videos, narrated by Carbone. Her meditative guidance is a momentary Polaris for viewers. A journey, albeit not in person, but for the mind. “Close your eyes,” Carbone gently instructs, “and remember how your senses come alive in nature.”

Peaceful Retreat for Healing and Reflection

Throughout his own Japanese garden journey, Bob Downs has found familiar themes. A retired family and marriage therapist, about 10 years ago, Downs became a horticulture volunteer at his local Japanese garden. He developed an interest in its therapeutic effect. Through years of personal research, he learned about the Stroll programs and the concept of ma. In addition, he visited dozens of Japanese gardens in the US and Kyoto.

Downs encapsulated his understanding in a presentation at the 2021 NAGA conference entitled, “Islands of Health: Japanese Garden Program Models for Fostering Well-Being and Resilience.” Downs has a unique perspective on the similarities between the therapy environment and Japanese gardens. He told the conference audience, “I believe the experience of being in a Japanese garden can change lives by fostering well-being and help those searching for meaning.”

A frequent challenge for his patients was ruminating thinking. Constant anxiety about the past or the future defines this impactful dwelling. It also distracts people from the present. He compared this to repeating skips on a vinyl record. A counterbalance, Downs believes, is the Japanese garden environment. To him, the value of a Japanese garden goes beyond well-being. “It is a therapeutic experience, a healing opportunity. As in therapy, it encourages a reflection, as well as new perspective by stepping back and gaining insight.”

Marc Treib, professor of architecture, University of California, Berkeley, understands the value of perspective. In his article, “Lessons from the Japanese Garden,” he asked readers to consider the lessons of the Japanese gardens and Japanese aesthetic thought. “Should we perceive the environment as a splendid place in which existence is revealed to a passive human? Or should we think of the environment as the means by which one learns not only about that place, but simultaneously about oneself in the world?”

Participants of reflective Stroll programs at Japanese gardens know the answer. The empty spaces of ma are the canvas from which they begin to learn about themselves. They find calmness from the expanse of raked sand. This transformation, unique to each viewer, builds a bridge to well-being. △

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https://www.yumegardens.org/path-to-emotional-healing-program

“You can’t call something a distraction unless you know what it’s distracting you from.”

Indistractable, by Nir Eyal BenBella (2019), page 56
regional variances, the Mediterranean diet emphasizes vegetables, fruits, legumes, olives, nuts, seeds and cereals; fish and seafood; and moderate consumption of poultry, eggs, and dairy products. The moderate intake of red wine and reliance on olive oil as the main source of dietary fats are also key features.

One small study of 100 participants in England showed improved knee flexion and hip rotation, decreased levels of the inflammatory signal IL-1-alpha, and decreases in a specific cartilage degradation byproduct. Even more compelling is a study of the relationship between the MD and cartilage thickness in 800 osteoarthritis sufferers. The investigators determined that “significant improvement” in cartilage thickness was highly correlated with adherence to the MD.8

While hydroxytyrosol—a major flavanol found in olives—has been associated with many health benefits, including antioxidant, anti-inflammatory, and anti-diabetic effects, it is also shown to alleviate arthritis in animal models and humans as part of a Mediterranean diet.9

**Summary**

Evidence shows that osteoarthritis and its related pain and dysfunction is best addressed early and that health interventions like adopting a Mediterranean diet, proper blood sugar control, exercising regularly, and maintaining appropriate body weight can play a key role in treatment and prevention.

Consuming foods rich in flavonoids, anthocyanins, hydroxytyrosol, and other polyphenols are not only shown to decrease pro-inflammatory mediators like MMP and some interleukins involved in pain and osteoarthritis, but are also shown to improve joint function and pain scores.

Finally, glycosaminoglycans like glucosamine are the major structural components of connective tissue and are known to increase the production of cartilage forming cells, slow down deterioration, and decrease destructive inflammatory mediators. Together, these methods represent key components of a regenerative approach to chronic joint pain and osteoarthritis. Δ

Ayo Bankole, ND, is a California licensed naturopathic doctor and physician assistant. He founded the Inland Naturopathic Wellness Center where he and his team focus on providing comprehensive wellness and Regenerative Medicine to those suffering from chronic disease and pain. He has advanced training in Prolotherapy and is a member of the American Osteopathic Association of Prolotherapy Regenerative Medicine, American College for Advancement in Medicine, and the California Association of Naturopathic Doctors. More about Bankole and his practice’s approach to care is found at www.inlandnaturalmedicine.com.

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Xylitol: Game Changer in Oral Care

By Jonathan V Wright, MD

Xylitol—a natural sweetener derived from certain fruits, vegetables, berries, and nutshells—is proven to be safe and effective in preventing and even reversing tooth decay. Research shows that regular use of xylitol-containing products—such as gums, candies, lozenges, and toothpastes—can halt tooth decay in its tracks and even promote the healing of cavities that are already underway. Even more remarkably, xylitol can help ensure lifelong dental health, particularly if young children begin using xylitol-sweetened products before they start to lose their primary teeth.

Xylitol works so well because it interferes with the bacteria that cause tooth decay, halting their growth and preventing them from sticking to tooth surfaces. Anticaries research using xylitol goes back more than 40 years. According to Catherine Hayes, DDS, of the Harvard School of Dental Medicine, the favorable evidence for xylitol is so strong that “it would be unethical” to deprive people of its dental protective effects.

Controlling Bacteria in Our Mouths
We like to think of our mouths as clean places, but clean does not mean sterile or bacteria-free. In fact, estimates suggest the average mouth contains more than 400 species of bacteria, amounting to billions and billions of individual organisms.

Fortunately, most oral bacteria are completely harmless and even beneficial. We don’t have to rid our mouths of virtually all bacteria, as some antimicrobial mouthwashes do temporarily. Instead, we can focus our antibacterial strategies to just a few species. The microorganisms most responsible for tooth decay are Streptococcus mutans (S mutans).

When S mutans feed on carbohydrates and sugars, they metabolize it by fermentation and the primary product is lactic acid. When we chew a piece of sucrose-based gum or candy, our oral bacteria go to work within minutes churning out this acid. This results in a noticeable increase in the acidity (decrease in pH) in our mouths.

Bacteria-produced acid dissolves tooth enamel, even though tooth enamel is the hardest tissue in the human body. However, tooth enamel is highly vulnerable to a low pH (acidic) attack. For the same reasons that acid rain corrodes away the details from outdoor marble statues, bacteria-generated acid—in high enough concentrations—can dissolve away tooth enamel by a process known as demineralization.
Demineralization constantly takes place at a very low level, but it's balanced by a complementary process called remineralization. Teeth have a limited ability to “remodel” themselves by reincorporating minerals (especially calcium) from saliva into the enamel. Thanks to remineralization, under the right conditions (not much acid concentration), even small caries can be covered over with newly minted enamel. It may not be enough to completely fill in the hole, but it can often seal the cavity from further erosion or infection. For remineralization to succeed, \textit{S. mutans} (which produce the demineralizing acids) must be kept under control.

While most bacteria cannot live in an acidic environment, \textit{S. mutans} thrives. Their ability to secrete acid and then live in it gives them (and other acid-loving) microorganisms a selective survival advantage. Sucrose is particularly a problem because it is the only carbohydrate that can be transformed by \textit{S. mutans} into sweet, gooey substances known as polysaccharides.

When \textit{S. mutans} excrete polysaccharides through their cell membranes, they get coated with the sweet, sticky goo, allowing themselves to adhere to anything in their vicinity—especially dental enamel. Polysaccharides produced from sucrose are the glue that holds bacterial colonies together to form dental plaque.

Plaque concentrates the acid right at the tooth surface, and because there is strength in unity, it also shields the individual bacteria and the acid they produce from contact with neutralizing saliva. If these localized areas of high acidity are allowed to remain in place, they can lead to accumulated demineralization—or caries.

**Preventing—and Healing—Dental Caries with Xylitol**

Xylitol is scientifically classified as a sugar alcohol, or polyol. Small amounts of xylitol are also produced in the human body as a result of normal metabolic processes. Other sugar alcohols, including sorbitol and mannitol, offer some anticaries benefits similar to xylitol but are generally less effective.

A Finnish study evaluated xylitol in school-aged children who had been participating in a rigorous dental hygiene program that included regular brushing and flossing, dietary instruction, systematic checkups, and use of fluorides. Interestingly, because this program was so involved, the local dental and school authorities believed that the addition of xylitol to this regimen would have little or no benefit. It turns out, the children that chewed xylitol gum daily demonstrated significantly increased protection by nearly 50 percent. Children whose final permanent teeth grew during the trial were best protected.

In a double-blind study conducted in Belize, 1,277 school children were instructed to chew gum several times per day. One group chewed ordinary gum sweetened with sucrose, while others chewed gum sweetened with either xylitol or sorbitol. After up to 40 months of daily gum chewing (including weekends and vacations), the xylitol group experienced 73 percent fewer caries, compared with a reduction of 26 percent in the sorbitol group and an increase of 120 percent in the sucrose group.

Similarly, researchers in Estonia evaluated the use of xylitol gums and candies in ten-year-old school children. Overall, three years of xylitol gum chewing, compared to a no-gum control group, resulted in a 53.5 percent reduction in caries, while sucking on xylitol candy led to a 33 percent to 59 percent reduction.

Most xylitol research has tested gums or candies, but one study from Costa Rica compared a xylitol-sweetened toothpaste with a control toothpaste. Both products contained fluoride. After three years of twice-daily brushing, the xylitol group had statistically significantly fewer caries (10.5-12.3 percent), depending on the tooth surface examined.

**Reversing Tooth Decay with Xylitol**

Many of us think that once caries get started, the only solution is a dentist’s drill, but research has shown that xylitol can arrest the progress of caries and eventually restore their enamel coating. This was clearly demonstrated in another study in school children based in Belize. The xylitol group had the highest percent of arrested caries (27 percent), compared with the sorbitol (seven percent) and no-gum control (nine percent) groups.
**Long-Term Effectiveness**

One of the more remarkable features about the caries protection provided by xylitol is that, to a large degree, it is permanent. In a school-based study, children chewed gum for two years—it was sweetened with either xylitol or sorbitol, while a control group had no gum. Then, five years later, their teeth were examined by dentists who did not know which treatment they had received.

The xylitol group had a mean of only 1.5 new caries, compared with 2.5 for the sorbitol group, and 4.0 for the no-gum group. Overall, use of xylitol was associated with a statistically significant 59 percent reduction in caries risk.

The long-term caries risk depended strongly on when the children’s permanent teeth erupted. Those teeth that erupted during the second year of xylitol gum chewing were almost completely protected from caries (93 percent risk reduction). Even teeth that erupted after the children stopped chewing xylitol gum had substantial (88 percent) protection.9

This was a very important study because it showed that if children get in the habit of chewing xylitol gum (and/or using other xylitol products) at an early enough age—at least one year before their permanent teeth erupt—they will likely be protected from tooth decay for the rest of their lives.

**Mothers, Children, and Tooth Decay**

To a large degree, tooth decay is a transmissible disease, at least when it comes to mothers and babies. Research from the University of Turku, in Finland, demonstrates this in a study published in the *Journal of Dental Research*.

The Finnish dental investigators recruited 169 pregnant women who had high oral levels of *S mutans* and placed them all on a standard oral health care program. In addition, the women were divided into three groups: xylitol, fluoride, and chlorhexidine.

The results left no doubt that mothers with *S mutans* in their mouths are capable of passing the bacteria onto their babies, such as through kissing or tasting/pre-chewing foods. However, if mothers take steps to minimize *S mutans* in their own mouths, they’re doing their children a big favor as well.

Maternal chlorhexidine treatments had a small effect, resulting in *S mutans* growing on the teeth of nearly one child in three. Compare that with the xylitol moms, where only one child’s mouth in ten eventually harbored *S mutans*. This was five times better than the fluoride group, where the treatments may have helped the mother some, but were ineffective for the child.

In a follow-up to this study, the researchers found that this mother-child bacterial reduction led to healthier teeth. They examined the children’s teeth each year up to age five. Neither maternal fluoride nor chlorhexidine had any lasting benefit for the children once their mothers stopped using them. However, the children of the mothers who chewed xylitol gum continued to be protected against tooth decay at least through age five, despite practicing nothing more than normal dental hygiene.10

**Preventing Tooth Decay in Adults**

Although most of the research on xylitol has been carried out in children, adults can derive real benefits as well. The adults at greatest risk are those who have poor oral hygiene due to illness, advanced age, or poor habits.

Adults who suffer from a condition known as “dry mouth” syndrome are also at risk because their ability to salivate is impaired. People who do not salivate sufficiently...
are at increased risk for dental caries because saliva normally helps neutralize bacterial acids and rinse bacteria and carbohydrates away from the teeth and out of the mouth.

Incidentally, dry mouth can be a side effect of many medications, and it can also occur as a result of certain diseases, such as Sjögren’s syndrome, and radiation therapy to the head or neck. Chewing xylitol gum or sucking on xylitol candy is an effective and pleasant way to stimulate saliva and has been shown to significantly reduce the incidence of caries in adults who use it regularly.11

**Getting the Most Out of Xylitol**

Xylitol is available in chewing gums, candies, toothpastes, breath sprays, breath mints, mouthwashes, calcium supplements, and chewable medications and vitamins. The delivery systems that produce the best anticaries effects are those that permit xylitol to come in direct contact with the teeth for the longest period of time. These include chewing gums, especially “pellet-type” gums that have pure xylitol candy coating.

**How Much Xylitol is Enough?**

Studies show that using about four to 12 grams of xylitol per day is very effective for preventing dental caries. If a piece of gum contains one gram of xylitol, then chewing four pieces per day should be sufficient. Children can usually tolerate up to 45 grams per day.

**When Should We Use Xylitol?**

Children should start chewing xylitol gum at least one year before their permanent teeth begin erupting. Studies show that teeth treated this way will be strong and have long-lasting protection. In fact, children who use xylitol may have just as much protection as that provided by dental sealants.12

Similarly for adults, chewing xylitol gum regularly, as described above, can help keep cariogenic bacteria suppressed. Everyone should use xylitol immediately after every meal or snack. Chewing xylitol gum between meals can also be helpful. Only about three to five minutes of chewing is required. Beyond that, the xylitol content is generally depleted.

**Does Using Xylitol Mean We Can Safely Eat Sucrose-Containing Products at Will, Too?**

Xylitol works best when it is the only sugar present. Thus, it is still best to avoid foods that contain sucrose or a mixture of xylitol and sucrose or other caries-promoting carbohydrates, like starches. The old advice of limiting sweets still applies, as does brushing and flossing daily.

Xylitol is a very effective product but it’s not a guaranteed “get-out-of-carries-free card.”

**How Safe Is Xylitol?**

In the amounts found in (and recommended for) dental health, xylitol is extremely safe. However, if xylitol is consumed in large amounts (more than 20 grams (0.7 ounces) per meal or more than 60 grams (2.17 ounces per day), it can cause diarrhea, but even sensitive individuals can eventually adapt to these high levels. The amounts recommended for dental protection (up to 12 grams per day) should not cause problems.

**“Third World” Research, “First World” Benefits**

Virtually all the research we have discussed regarding xylitol has been conducted in countries like Belize, Estonia, Hungary, and Costa Rica. One reason for this is that “third world” or “developing” countries, which often lack the resources for good public health programs, are always looking for effective, safe, easy-to-use, and inexpensive ways to improve health. Xylitol as a treatment for tooth decay fits perfectly into this model.

With all of this scientific evidence, in 2002 the Journal of the American Dental Association published an article recognizing xylitol as “an effective preventive agent against dental caries.”13 Δ

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“People are frugal in guarding their personal property; but as soon as it comes to squandering time, they are most wasteful of the one thing in which it is right to be stingy.”

—Seneca, from his essay, “On the Shortness of Life”