

News You Can Use

Xylitol – the Good Sugar!

By Dr. Ellie Phillips DDS

Xylitol is a naturally occurring sweetener extracted from fruits and vegetables including birch wood, corncobs, and plums. Xylitol is even found in the human body in small amounts. It is a safe and healthy product for people with diabetes.

Forty years of research shows xylitol is well tolerated and has a variety of health benefits. Most interesting are its effects on the number one childhood disease in America: tooth decay. Results show a 70% reduction in cavities when two teaspoons of xylitol are consumed regularly. Xylitol may be the best and most cost effective tools for the prevention of cavities and gum disease.

How it Works

Bacteria in the mouth damage teeth by the acids they produce. Harmful mouth bacteria are fueled by sucrose and certain sugar-substitutes. Harmful bacteria cannot utilize xylitol and disappear from the mouth. The best time to eat xylitol is after eating or drinking, as bacteria multiply. Five daily exposures to xylitol will reduce plaque on teeth.

For Baby Teeth

New parents can use xylitol to prevent the spread of harmful bacteria from their own teeth to their baby's mouth. It is best that parents begin before the baby is born and continue until their child has teeth. This simple measure may result in amazing long-term dental benefits for their child.

For Children's Teeth

Regular use of gum or candies made from 100 percent xylitol can virtually eliminate cavity forming bacteria from a child's mouth within two years. The effect on oral health can be long lived, particularly if the change happens before adult teeth erupt.

Additional Benefits

Xylitol has an impressive list of additional benefits. Studies show a reduction in ear infections when children consume xylitol. A xylitol nasal wash may prevent sinus, ear, and upper respiratory infections, and xylitol has been used in skin care products. This good sugar has been endorsed by the Finnish Dental Association in 1988, the Swedish Dental Association, and the British Dental Association. It is a household name in Asia and Scandinavia and several Hygienists' Associations in the US have now accepted xylitol for its therapeutic benefits. Xylitol is truly a wonderful, natural ally to improve your teeth and help protect your general health.

Xylitol Products

Granular xylitol can be purchased from Nature's Sunshine Products, in health food stores or found as an ingredient in candies and chewing gum. It is important to avoid products that combine xylitol with cheaper, artificial sweeteners that may have similar sounding names. Xylitol can be chewed, swallowed, rinsed or sprayed into the mouth. Dozens of companies offer products sweetened with 100% xylitol. Xylitol will be effective, even when baked into cookies or used in custards or ice cream.



Xylitol Products available from Nature's Sunshine Products:

XYLITOL BULK (1 LB BAG) - Stock Number: 5435-3

XYLITOL GUM CINNAMON (100) - Stock Number: 5400-8

XYLITOL GUM PEPPERMINT (100) - Stock Number: 5408-4

XYLITOL GUM SPEARMINT (100) - Stock Number: 5405-0

XYLITOL MINTS BERRY (240) - Stock Number: 5412-2

XYLITOL MINTS LEMON (240) - Stock Number: 5415-1

XYLITOL MINTS PEPPERMINT (240) - Stock Number: 5410-7

XYLITOL MOUTHWASH PEPPERMINT (16 OZ) - Stock Number: 5425-6

XYLITOL PRODUCT BROCHURE (10) - Stock Number: 5190-3

NATURE'S SWEET LIFE PLAIN DARK CHOCOLATE BARS (28) – Stock # 5453-7

NATURE'S SWEET LIFE MEMORY ORANGE/DARK CHOC. BARS (28) -Stock # 5452-5

Sincerely,

Dr. Jack and Chris Ritchason
Back to Herbs Team

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