

Alcoholic Drinks Kill Good Mouth Bacteria but Leave the Bad

A new study found the mouths of drinkers contained more bad bacteria that potentially cause disease.



There's no lack of evidence that drinking too much alcohol is bad for you. But here's one more reason to cut down: teeth.

A recent article published in [Microbiome](#) last month found, in a large study of American adults, that heavier drinkers had more "bad bacteria" in their mouths and less "good bacteria."

"In a nutshell, our mouths contain billions of bacteria, both beneficial as well as those that can lead to tooth decay, gum disease, plaque buildup, and bad breath," said Dr. Harold Katz, a California dentist with a degree in bacteriology from UCLA School of Dentistry and developer of TheraBreath Dry Mouth Oral Rinse.

"There is a constant battle taking place in your mouth between these two teams who have opposite goals. The beneficial bacteria work 24/7 throughout the mouth by producing beneficial proteins, which prevent overpopulation of the 'bad' bacteria."

Researchers found, in the study of 1,044 adults and their mouthwash samples, that those who were heavier drinkers had more *Actinomyces*, *Leptotrichia*, *Cardiobacterium*, and *Neisseria* types of bad bacteria.

According to the researchers, *Neisseria* can synthesize the carcinogen acetaldehyde from ethanol.

Inversely, heavier drinkers had less of a good type of bacteria, *Lactobacillales*, often used in probiotics.

"These results are no surprise to me," said Katz.

Subjects were categorized as nondrinkers, moderate drinkers, or heavy drinkers. Alcohol types were categorized under liquor, beer, or wine.

However, the study stated, "The observed increased diversity and altered profiles in drinkers may be due to direct effects of alcohol or may reflect poor oral health conditions in drinkers.

Healthline"

Gut bacteria control cancer immunity in the liver

By [Catharine Paddock PhD](#)

[Fact checked](#) by Jasmin Collier

Scientists have discovered that gut bacteria control the growth of cancer in the liver through a previously unknown process.

How do gut bacteria (depicted here) control cancer immunity?

Working with mouse models, they found that gut bacteria can regulate the liver's immune response to both primary and metastatic tumors.

Although previous studies had already revealed that the huge colonies of bacteria that live in the gut can influence how the immune system deals with [cancer](#), it was not clear how this happened in the liver.

The new study now reveals that a particular species of the *Clostridium* genus that is present in the gut can block antitumor activity in the liver by altering bile acids.

A [report](#) on the research — which was led by the National Cancer Institute (NCI) in the National Institutes of Health (NIH) at Bethesda, MD — can be found in the journal *Science*.

Read more

[Gut bacteria control cancer immunity in the liver](#)

Which nutrients might protect your eyesight as you age?

Studies show that many different vitamins and minerals may lower your risk for an eye problem called macular degeneration, the leading cause of vision loss in people over 65. A balanced diet loaded with fruits and vegetables should give you all you need. If your risk is still high, your doctor may recommend a supplement along with lifestyle changes. And don't smoke!

[Is Running on the Beach Good for Your Body?](#)

[See This](#)

Scott Jurek-A true Vegan

Scott is a world famous extreme ultramarathon runner, best selling author, and public speaker. He has been vegan since 1999. He has a truly prodigious set of achievements to his credit, some of which are listed in the Wikipedia listing here:

[Scott Jurek - Wikipedia](#)

Some accomplishments that stand out are his having completed 266 kms in a non-stop 24 hour run. This was a USA record until 2012. He also won the Spartathlon (a race from Sparta to Athens, covering 246 km) 3 years in succession from 2006 to 2008. Scott blamed poor nutrition for the chronic health illnesses he saw in his family; and credits an exclusively plant-based diet for his superior athletic performances.

Rich Roll :

He is, at least in the eyes of Mens Health magazine, at the age of 51 "the world's fittest vegan". Rich is another vegan ultra endurance athlete, who just before turning 40 had an epiphany regarding his poor state of health whilst struggling to climb a staircase at his home. He became a dietary vegan the next day. He hosts a very popular podcast "The Rich Roll Show", and has written a best selling memoir called "Finding Ultra : Rejecting Middle Age, Becoming One of the World's Fittest Men, and Finding Myself".

Rich Roll has completed numerous iron man events which entail long distance swimming, cycling and running.

[Louis Walker](#), Vegan. Realist. Bit of a slacker