

The Truth About Bleeding Gums

How to Heal Them Naturally & Reclaim Your Health

By Eric Levinson, Health & Inflammation Coach

Bleeding Gums Are a Metabolic Warning Sign

Bleeding gums aren't just a dental issue — they're a sign that your metabolism and mineral balance are out of alignment.

If your gums bleed when you brush or floss, or you've been told you have gingivitis or periodontal disease, there's a deeper root cause.

Bleeding gums are connected to:

- Iron overload or dysregulation
- Low vitamin K2 levels
- Chronic stress and high cortisol
- Oxidative stress
- Magnesium and copper deficiencies
- Sluggish metabolism

This guide walks you step-by-step through the exact routine I used to heal my own bleeding, receding gums — naturally, without harsh dental procedures — by addressing the real root causes.

Schedule a free consultation:

<https://go.oncehub.com/ericlevinson24hrpass>

Your Daily Gum Healing Routine

Morning & Evening Oral Care:

1. Oil Pulling (First Thing in the Morning):

- Swish 1 tablespoon of organic coconut oil or sesame oil in your mouth for 10–15 minutes.
- Spit into trash (not sink), rinse mouth with warm water.
- Follow with steps 2-4 and then 4-8oz of orange juice with collagen powder.

2. Rinse:

- Use a hydrogen peroxide brushing rinse like this one:

[Hydrogen Peroxide Rinse](#)

3. Brush Gently:

- Use a soft bamboo nano toothbrush: [Nano Toothbrush](#)
- Brush with a mixture of baking soda, calcium carbonate, and sea salt or trace minerals.

4. Water Floss:

- Use an oral irrigator like this one: [Water Flosser](#)
- Fill with warm water + pinch of baking soda + optional drop of hydrogen peroxide or brushing rinse.

5. Strengthen the Jaw & Lymph Drainage:

- Chew mastic gum: [Mastic Gum](#)
- Or use a jaw exerciser: [Jaw Exerciser](#)

Foundational Supplements:

- Glucoferrin: message me to order at a discount
 - Glucoferrin supports healthy iron metabolism by helping your body bind and utilize iron without promoting excess free iron, which can cause oxidative stress and ferroptosis that causes tissue damage. It's especially helpful for those with signs of iron dysregulation like fatigue, bleeding gums, or inflammation — without adding more iron to the system.
- Vitamin K2 MK-7: [K2 Link](#)
 - Vitamin K2 supports proper blood clotting, helping to prevent bleeding gums by activating proteins that regulate calcium and support vascular health. It also directs calcium away from soft tissues (like arteries and gums) and into bones and teeth, reducing inflammation and strengthening oral structures.
- Buffered Vitamin C + Magnesium + Calcium: [Buffered C Link](#)
 - Buffered vitamin C is gentler on the stomach and supports collagen production for gum tissue repair. The added magnesium and calcium improve absorption and help calm inflammation while supporting muscle, nerve, and immune function.

Copper-Rich Foods (instead of copper bisglycinate):

- Avocado
- Berries
- Banana
- Beef liver
- Cashews
- Kiwi
- Mushrooms
- Pineapple

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Eat to Heal — And Eliminate What Harms

Foods to Eat More Of:

- Grass-fed beef and lamb
- Soft cheeses, Parmesan, egg yolks, and raw dairy
- Butter and ghee
- Bone broth and collagen-rich meats
- Fresh fruit: oranges, pineapple, berries, apples etc
- Raw honey (supports oral microbiome)
- Fermented foods: kefir, sauerkraut, yogurt, sourdough bread
- Root vegetables: white carrots, white squash, white potatoes (avoid beta carotene)
- Coconut oil and olive oil

Foods to Eliminate:

- Iron-fortified/enriched foods: cereals, white flour, white rice
- Vitamin D-fortified processed foods (esp. low-fat dairy) or supplements and multivitamins
- Industrial seed oils: canola, soybean, corn, sunflower, safflower
- Nightshades: tomatoes, peppers, eggplant
- Excess chocolate and refined sugars
- Alcohol-based mouthwash and sweeteners (xylitol, erythritol, maltitol etc)
- Artificial gums, sweeteners, and additives

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What Your Gums Are Telling You About Your Body

Bleeding gums are often the first visible sign of hidden inflammation and mineral imbalance in your body. Here's what might be happening:

- Iron overload: causes oxidative stress and tissue damage
- Low copper and zinc: prevents iron regulation and impairs healing
- Low magnesium: delays tissue repair and increases inflammation (don't use magnesium supplements, it's better absorbed transdermally like magnesium chloride added to a hot bath or [tallow magnesium lotion](#))
- High cortisol (stress): depletes minerals like magnesium and sodium, breaks down gum tissue and suppresses immunity (also from hormone therapy, birth control, and pregnancy)
- Excess vitamin D (even with K2): leads to calcification, iron accumulation from "anemia of chronic disease," and gum recession which can take years to fix
- Slow metabolism: reduces cellular energy for tissue healing and immune defense, often the result of skipping meals or inadequate carbs or protein. Follow these simple rules: 30 grams of protein with 30 minutes of waking; eat close to 1 gram of protein per pound of "ideal" body weight each day; do not go longer than 3 hours without eating except when sleeping to prevent blood sugar from dropping too low

Gum health mirrors your metabolic and mineral health. Addressing these internal imbalances is essential for lasting results.

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Ready to Heal from the Root?

If you're dealing with bleeding gums and...

- Fatigue
- Brain fog
- Anxiety or poor sleep
- Weight gain or bloating
- Receding gums or tooth sensitivity
- Chronic inflammation, digestion or skin issues

...your body is asking for help.

I help people uncover and reverse the deeper root causes of inflammation — starting with oral health, digestion, mineral balance, and hormone support.

Let's get your body working for you again.

👉 Schedule your free consultation today:

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