

# The Swedish Secret to Full-Body Health Starting in Your Mouth

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### ABSTRACT

Oral health is both a mirror and a driver of systemic wellbeing. I will introduce The Lagom Method™, a preventive model inspired by Swedish “not too much or too little but just-right” living and grounded in oral-systemic science. Centered on four pillars—Breathe, Sleep, Eat, and Move—it connects daily habits to oral microbiome balance, airway health, and inflammation control. By integrating functional dentistry with lifestyle, this approach shifts care from treatment to prevention. The result: a practical, evidence-informed framework empowering clinicians and patients to achieve lasting health, starting in the mouth.

### Introduction

- Background: The global rise of chronic inflammation and lifestyle-related disease.
- The missing link: Oral health as both a mirror and a driver of systemic balance.
- Purpose of this paper/talk: To outline a holistic model connecting oral microbiome science, daily habits, and preventive care.

### The Mouth–Body Connection: Scientific Overview

- Review of current literature linking oral dysbiosis to systemic disease (cardiovascular, metabolic, neurodegenerative, etc.).
- Role of saliva, nitric oxide, and airway function in maintaining physiological balance.
- Why early detection and oral environment monitoring (e.g., saliva tests, pH, microbiome) matter.

### The Swedish Preventive Model: “Lagom” as a Framework for Balance

- Brief history of Swedish public health and dental prevention culture.
- The principle of lagom— “just the right amount”—and its behavioral implications.

- How this mindset supports sustainable patient behavior and clinician wellbeing.

### The Lagom Method™: Four Pillars of Daily Practice

(Each sub-section can include both habit science and clinical relevance)

- Breathe: Airway function, nasal breathing, and oral microbiome stability.
- Sleep: Oral posture, and circadian rhythm, repair -reset
- Eat: Microbiome-friendly diets, chewing, and saliva flow.
- Move: your body and mind; tongue Posture, cranio-facial development - destress

### Discussion

- The role of dentists as health coaches and educators
- Doctors and dentist cooperation more
- Seeing the whole patient

### Conclusion

1. Reiterate key message: full-body health includes the health in the mouth.
2. A call to integrate oral-systemic awareness and preventive habits into mainstream healthcare.

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