

Carol Elizabeth (Quenelle) Williams

Our beloved mother, Carol Elizabeth (Quenelle) Williams, 82, began her next journey Aug. 23, 2021, in Albany, Ore. Carol was the third of 10 children born to Leonard and Lizzette (Warren) Quenelle. She grew up on the Grand Ronde Reservation and became a respected elder member of the Grand Ronde Tribe.



She met and married Siletz Tribal member Eugene Williams Sr. in 1955 and they shared seven beautiful children, four boys and three girls. After her husband passed away in 1977, she continued raising their children in Siletz, Ore. After they were grown, she met and married Steve Loveland and briefly moved to Nevada before returning to Siletz to be with her family and homelands along the Oregon Coast.

Carol mastered the skills of a home-maker while also completing her education and nearly 30 years of sobriety on

Oct. 2, 2021. She annually worked with numerous farming families to assist with cultivating and harvesting a variety of fruits, vegetables and trees. She also worked in cabinetry, bartending, housekeeping, Publisher's Mill and for the Siletz Tribe.

Carol's traditional and leisure activities included picking fern, peeling chit-tum bark, beading, cross-stitch, watching soap operas, putting her Native puzzles together, caring for her plants and spend-



ing time with her three Pomeranians – Pepper, Jellybean and Chili Bean.

Carol is survived by one sister, Evelyn "Toni" Quenelle, Willamina, Ore.; son, Eugene "Poppa" Jr. and Debbie Williams, Toledo, Ore.; daughter, Nora and Randy Wood, Cottage Grove, Ore.; daughter, Melody Williams and Darrel, Newport, Ore.; daughter, Charmaine and Mark Hammett, Siletz; son, Duane "Scotty" Williams, Siletz; and daughter, Christina Goodell and Martha Metcalf, Siletz.

She enjoyed generations of cousins, nieces, nephews, grand-, great-, and great-great-grandchildren.

She now joins the family circle who preceded her on the journey: husband, Eugene Williams Sr.; son, Stacy 'Babe' Wade Williams; son, Gordon 'Ab' Lynn Williams; brothers, Leonard (Chuck), Donald (Donnie) and Larry Quenelle; sisters, Charlotte, Delores and Eileen; both parents; and her beloved Pomeranian, Bucky.

Her family will announce the future celebration of her life and her passing message.

Most Often Requested Numbers

Confederated Tribes of Siletz Indians – 800-922-1399
Salem Area Office – 503-390-9494
Portland Area Office – 503-238-1512
Eugene Area Office – 541-484-4234

Purchased Referred Care (PRC) – 800-628-5720
Tribal Veterans Rep – 541-444-8330 or 541-270-0569
Siletz Community Health Clinic – 800-648-0449

Siletz Behavioral Health – 800-600-5599
Chinook Winds Casino Resort – 888-244-6665
Chemawa Health Clinic – 800-452-7823
Bureau of Indian Affairs – 800-323-8517
Website – www.ctsi.nsn.us

Your mouth is a gateway to your health; important to eat healthy, brush your teeth

By Nancy Ludwig, MS, RDN, LD, Head Start Consulting Nutritionist

Our mouths and dental health are more important than many have realized. Our mouth starts the process of nutrition and our nutrition in turn influences our oral health. As part of my role as consultant nutritionist to Siletz Tribal Head Start, I offer information for families.

I come at this topic with personal interest. Despite my keen attention to my lifestyle and my nutrition, I've been living with Lyme disease and mold illness. When I learned that dental issues could interfere with healing, I started looking into oral health more deeply.

Recently, I realized I had a hidden infection in my mouth and jaw that I had been living with for many decades. It has actually been a long road for me. I would like to address some of the many ways that what happens in the mouth impacts other parts of the body. These factors can have either positive or negative outcomes.

Most of us have been educated from a young age about the importance of brushing our teeth and that sugar is bad for our teeth. Head Start focuses on brushing teeth and having dental checkups. Oral health is more than that. It includes a healthy balance of microbes and appropriate structure for function.

Plaque formation can be healthy or unhealthy. I like the way Alvin Danenberg, DDS, CFMP, explained this in a recent talk I heard.

Dental plaque has some very important functions. It is our protection. It is basically there to defend the gum tissue

against infection by potential pathogenic bacteria in the mouth. Dental plaque stops bacteria from sliding down the tooth enamel to get under the gum into the jawbone.

Dental plaque is not always healthy, however. If it's allowed to become unhealthy, it can cause inflammation in the gum tissue, deeper bone damage around the roots of the tooth and eventually the loss of teeth. Unhealthy gut and poor food choices can cause healthy dental plaque to become unhealthy dental plaque.

Gum disease or periodontitis follows unhealthy plaque and is a very big problem these days, especially when gums recede around the root of your teeth. Blood in your mouth when brushing or flossing is a sign of gum inflammation that should be discussed with your dentist or hygienist.

Periodontitis can also result from specific bacteria called *P. gingivalis* in the oral biome. Interestingly, it can also trigger auto-immune reactions against joints and other tissues (mentioned later).

A vicious cycle occurs once plaque becomes unhealthy. It can start in the mouth or the gut. For example, oral infections, when present, can travel to the gut via saliva.

When the gut is unhealthy, it can become leaky (more permeable) and unhealthy toxic elements can spread into the circulatory system. Once that happens, our immune system is compromised. It constantly tries to fight this inflammation, but it's a losing battle.

As that happens, the compromised immune system allows the bacteria in the mouth to change from healthy to unhealthy. The plaque around the teeth

starts to become unhealthy and the bacteria become imbalanced. Poor food choices can feed these pathogenic bacteria in the unhealthy dental plaque, leading to new problems. It is therefore important to focus on healthy diet, teeth brushing and hygiene, as well as addressing any infections.

Personally, my mouth was incredibly aggressive in plaque formation despite my diet and dental hygiene. When my hidden infection was found and treated, my excess plaque formation decreased dramatically. This even surprised my dentist.

In the body there are many different microbiomes and they contain more than just bacteria. There are also fungi or yeast, archaea, viruses and protozoa, which are generally considered parasites.

Measuring the pH of saliva is one way to evaluate the health of the mouth. Acidity is a sign of poor health and is shown in the low numbers on the 14-point scale. If the pH is above 6.8, cavities will not form.

Acid favors decay. Sugar on the teeth can result in acidic pH. This is why brushing to remove food from the teeth is important. Proper foods protect oral health by nourishing and mineralizing the teeth rather than feeding the unhealthy bacteria. Limiting sugary foods and starches, eating many vegetables and moderate healthy proteins can protect against cavities and support healthy pH in the mouth.

Also, when the mouth is acidic, yeast can grow freely and can lead to systemic candida. If your tongue becomes white, this can be an overgrowth of yeast, often called thrush. Sometimes thrush follows antibiotic use. Our bodies are always seeking a balance and sometimes this is difficult to find.

Problems in our mouth, or our oral microbiome, are associated with other conditions, such as cardiovascular disease. Think of it this way – plaque in the mouth is the same plaque in the blood vessels! There is increasing evidence that the health of the mouth can be associated with heart attacks, diabetes, obesity, visceral fat, autoimmune diseases, cancer, stroke, neurologic conditions and more.

Remember, your mouth is a gateway to your health because it is the start of the gastrointestinal tract and leads to the rest of your body. With that in mind, conditions in the mouth that allow imbalance and overgrowth move through the digestive tract.

When boundaries are leaky (not healthy) other parts of our bodies can be impacted, such as our brain, our digestion and our circulation (blood and lymph). Bitter foods such as dark leafy greens can stimulate and prepare our bodies for effective digestion to keep our bodies working well and to protect from excessive biofilm development.

It is essential to realize how our state of oral health can help or hurt overall body health. What we eat matters, as well as the ways we care for our mouth to support balance. This topic will be explored further in the next article.

Siletz Tribal Head Start offers nutritional support at no cost to Head Start families. This usually occurs over the telephone. If you have nutrition concerns about your Head Start child or want to discuss family nutrition concerns, please contact your teacher or the director and ask to speak to the nutritionist.