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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Baby war on PLAQUE attack (Teeth)

By Anonymous

(A tube of toothpaste)

If I can not help the molars I meet Don't forget there's a dentist down the street And if he can't help, then you have made a boob It was your lack of co-operation of squeezing my tube.

A smile accompanied by a set of pearly whites should come from within the mouth and not from a glass on your bedside table.

If toothpaste could talk then may be we could find out what goes on behind the scenes on how it goes to war on preventing tooth decay and what plans are drawn up before commencing its battle on plaque attack, instead we have to rely on the instructions on the tube.

Toothpaste a recipe for a beautiful smile healthy teeth and gums, all ingredients medically proven in the dentistry world

Fewer dental appointments by brushing three times a day Kiddies need to be taught the importance of looking after their teeth, so it is only fair that you the parent share your knowledge and teach the children from an early age on oral hygiene.

Introducing baby to his new first toothbrush can be fun, think about having a Disney character logo on it. This will encourage him/her to use that brush and better still the baby will know this particular bristled cleaner is theirs.

Experiencing his/her first encounter with the toothbrush should be an exciting event for baby where you get to show the toddler what it is for and how to use it.

This will not be too hard because as we know all babies put everything into their mouths so there we are, half the battle won. A good way to start is with a plastic cup containing two tablespoons of water, then squeeze a small amount of toothpaste into the liquid then stir. This can turn out to be a messy routine so make sure to put on your wetsuit.

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Baby will love every minute of dipping his own brush in and out of the cup, remember to supervise baby at all times. Regular checkups to the dentist will allow baby to become more comfortable with his visits to the dental practice.

Cancer of the mouth is very common so any unusual symptoms that cause you concern regarding mouth ulcers swelling or painful gums. Please consult a dental surgeon right away.

Listen to the dentist and to the advice he may give to keep the mouth hygienically healthy. If your dental surgeon recommends treatment where you may need a cavity filling or an extraction even a polish then make an appointment asp. If not you will only make matters worse for yourself and your pocket should you be a private patient.

It is in your best interest to adhere to the golden rules on how to keep your teeth and gums healthy.

This can save a lot of pain and suffering down the road.

Wisdom learn by others mistakes. For people of yesterday who chose not squeeze the tube of toothpaste will continue to soak their teeth over night in a glass of water for the rest of their lives.

Anonymous

Ten Sure–Fire Tips For Avoiding Plaque

By Blake Kritzberg

We can all use some foolproof tips for avoiding plaque. Plaque is an aggregation of harmful bacteria that collects on our teeth and gums, showing up as a fuzzy, whitish coating near the gum line. If plaque is allowed to build up and isn't removed on a regular basis, it inevitably leads to tooth decay and gum disease.

So that said, here are ten surefire tips to avoid plaque build–up and enjoy a fresher, healthier mouth.

1. Brush at least twice a day to avoid plaque.

Use a small, circular motion and be sure to brush each individual tooth on all sides. Pay special attention to back teeth which may be harder to reach. Make a difficult job easier with one of the new electric or battery–powered toothbrushes, and brush for a full 30 seconds ... not just until your mouth fills up with foam, a common mistake. If bacteria is a real problem, look into the new high–end, rotating "plaque remover" electric toothbrushes.

2. Remove more plaque by brushing your gums.

Using a soft tooth brush, gently brush your gums as well as your teeth to avoid plaque. Hint: Lift your lips from your gums in order to better reach plaque collecting in the crevices. For super–powered gum

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cleaning, use one of the water picks or oral irrigators available on the market.

3. Don't forget to brush your tongue to help avoid plaque and bad breath.

The tongue is simply filled with tiny crevices where plaque and bacteria collect. Although brushing your tongue may feel odd at first, neglecting to do so may leave as much as 50% of the bacterial-causing plaque still in your mouth.

4. Floss daily to avoid plaque build-up between teeth.

Your tooth brush simply can't reach all the plaque between your teeth, so flossing is necessary to avoid plaque build-up.

5. Avoid between-meal snacks, since sugar feeds the bacteria that causes plaque.

Bacteria does its worst damage within about ten minutes after a meal or snack. Most people don't brush after every snack -- and invasive sugar comes in the form of foods like fruit (fructose) and milk (lactose), not just candy and soda.

6. Drinking water washes bacteria from your mouth, helping to avoid plaque.

Drink plenty of water after a meal or a snack, swishing it around a bit, and you've improved your odds against oral bacterial already.

Want to test your brushing technique and learn how to better avoid plaque? Try this:

1. Add a few drops of food coloring to a small amount of water.

2. Brush your teeth as you normally would, then rinse your mouth with the colored water.

3. Now look for the areas where food coloring still clings to your teeth, tongue and gums. The food coloring has colored all the plaque you missed!

4. Brush again to remove all the colored areas. Next time you brush, you'll be more aware of your problem areas and better avoid plaque build-up.

As you can see, there are a number of tips sure to aid you in the fight against plaque. Adding just one or two at a time to your dental routine is sure to improve your odds against plaque -- and your oral health.

Blake Kritzberg is proprietor of CuresForBadBreath. Stop by

<http://www.curesforbadbreath.com/>

to

learn more about bad breath cures and how to prevent bad breath.



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