

Mouth Wide Open!

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100% Effective Natural Hormone Treatment
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By Jim Henderson

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With the advent of modern technology, anyone with a computer can write or speak whatever is on their mind. This word is used lightly in the case of this writer. We call this, "freedom of speech". It's also constitutionally protected. In case you are unfamiliar with the constitution, the founding fathers instituted the right of free speech to protect those who are prone to utter really crude and senseless remarks.

At one time, speech had a very specific purpose, that being the primary means of communication between two or more individuals. As such, it was critical to our survival. Now it's just something to occupy us until the next show comes on the television. Fortunately for the human race, we were able to construct language in order to freely converse among ourselves. The only other possible mode of communication would have been to simply read each other's minds, which would have resulted in the immediate annihilation of humankind. Imagine how long your marriage would have lasted if you both knew what the other was thinking! "Til' death do us part " may have been much quicker than we expected under those circumstances. Immediately after they invented speech, someone had to invent tact. Tact is when you actually think before you open your mouth and say something really thoughtless!

As with any right, there always those who abuse it. You can easily recognize them because they are usually the ones who are the first to scream that their rights have been violated. They do this just after they have violated someone else's rights. Some people ought to keep their mouth shut, it's just not constitutional to tell them that.

All through history, there have been those who have attempted to impose restrictions on any view that is contradictory to their own by any means necessary. But that's enough about tyranny and oppression, otherwise known as the institution of marriage.

While the right to free speech is guaranteed by the constitution, the ability to say something intelligent, however, is not.

Jim Henderson is currently employed in the field of environmental regulatory compliance. He enjoys writing as a past time and has had several articles published in various on–line publications.

The Importance Of Good Nutrition In Keeping Your Smile Beautiful And Your Mouth Healthy

By Charlene J. Nuble

A beautiful smile and healthy mouth actually can come from in addition to regular brushing and flossing a daily diet that does not lack the essential vitamins and minerals that make vital contributions to a person's oral health. Many people overlook the importance of good nutrition in keeping their smile beautiful and their mouth healthy.

The mineral calcium and Vitamin D are of particular importance to obtaining healthy teeth. These two substances work together as calcium absorption is enhanced by Vitamin D. Sufficient calcium is essential to the very structure of the teeth as are phosphorus and magnesium.

Vitamin A is an essential part of the production of the tooth enamel. A deficiency in Vitamin A can cause overgrown gums, bleeding gums and gum disease. Vitamin C because of its role in the health and function of the small capillaries that bring oxygen and nutrients throughout the body is also important to oral health. Vitamin C deficiencies can result in bleeding gums and loose teeth as well as mouth sores. The Vitamin B complex is also essential to a healthy mouth as deficiencies can cause cracking and bleeding of the lips as well as open sores and lesions on both the inside and outside of the mouth. These open sores aside from the discomfort that they cause offer an opportunity for a wide variety of bacteria, viruses and other contaminants to enter the blood stream.

Fluoride is widely known as an important agent in the prevention of tooth decay and is the active ingredient in the vast majority of toothpastes in the market today. In addition to acting to prevent tooth decay it also strengthens tooth enamel, working in partnership with calcium and phosphorus. Copper, zinc, iodine, iron and potassium are other minerals that are essential to good oral health.

It is unfortunate but true that most people do not eat well enough to obtain all of the vitamins, minerals and other necessary nutrients through their daily diets alone. Failing to meet the recommended daily intake levels of vitamins and minerals can result in significant health problems. Therefore, if you find that you are consistently not achieving these intake levels in your day–to–day diet you may want to consider using dietary supplements to meet your nutritional needs. Dietary supplements are safe when used properly. However, they should not be used as a substitute for healthy food as they are meant to complement the diet and only work best when they have real food to attach themselves to. If you find yourself unsure of which daily supplements you should include in your day–to–day nutritional plan a consultation with your healthcare professional or a licensed nutritionist can help you to make the selections best suited to your individual dietary needs and health goals.

While a beautiful smile and healthy mouth are certainly aesthetically pleasing and uplifting to one's self–confidence, attention to oral health serves a practical purpose as well. Strong teeth mean that a wide variety of foods can be eaten while a healthy mouth means that there are no open sores in the mouth that can serve as an open invitation for bacteria, viruses and other contaminants to enter the

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bloodstream to cause illness, infection and disease. Making sure that your daily intake of the vitamins and minerals associated with oral health is sufficient in addition to daily dental care will ensure that you can have a lovely smile.

Charlene J. Nuble 2005. For up to date links and information about Vitamins, please go to:

or for updated links and information on all health related topics, go to:



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