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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!

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

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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 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:

<http://vitamins.besthealthlink.net/>

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

<http://www.besthealthlink.net/>

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

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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.

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 asap. 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



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