

ORAL HEALTH

Don't rush when you brush

Periodontal disease is a risk factor for

- Cardiovascular disease, including fatal heart attack
- Type 2 diabetes
- Dementia
- Head and neck cancers
- Kidney disease
- Osteoporosis
- Adverse pregnancy outcomes (preterm delivery, low birth weight)

Maximizing oral health via proper nutrition

- Avoid sugars, processed foods and fructose
- Avoid processed vegetable oils and foods cooked at high temperatures
- Eat diet rich in vegetables and fermented foods
- Boost your vitamin C and Coenzyme Q10 levels



How to improve your oral (and overall) health

- Brush twice or three times a day - failing to brush at least 2x/day ↑ risk of dementia by 65%.
- Brush at least 2 minutes.
- Wait at least 30 min after drinking and/or eating before brushing teeth - brushing immediately after meals can lead to dentin erosion.
- Avoid alcohol-based mouthwash - its antimicrobial properties alter oral flora and increases risk of diabetes.
- Floss daily - flossing removes plaque, ↓ tartar buildup which causes the damage that leads to tooth decay.
- Incorporate oil pulling using coconut oil.