

# The Importance of Oral Health



One of the most important things that you can do for your health is to keep your mouth and teeth clean. We all enjoy using our mouths every day. Not only is it the route to the pleasure of eating and savoring our food, but also we talk, breathe, and kiss with this one part of our body. Keeping it clean and healthy is essential. Besides clean teeth and fresh breath enhance our appearance.

Brush your teeth every morning....before you start the coffee or leave the bathroom. The saliva in our mouth helps flush bacteria, but while we sleep, our body does not produce as much saliva. Consequently, we awaken with more bacteria in our mouth than at other times. The latest research links bacteria in the mouth with heart disease and other ailments. Also brush again every night before bed. Adequate brushing should take at least two minutes.

You can brush with toothpaste, baking soda or a mixture of both, but just do it! And replace your toothbrush every several months.

Did you know that keeping your tongue clean prevents bad breath? Your tongue should be a light red in color, which indicates that the internal organs and circulation of your blood are healthy.

Tongue scraping may seem odd at first, but you will be surprised by how much gunk will be removed from your mouth. Tongue scrapers are usually made from silver, brass, stainless steel or plastic. Amazon.com offers a stainless steel Tongue Cleaner for around \$6.00 and stainless steel is more hygienic than plastic. However, the plastic styles are available at most drug stores for about \$3.50.

First gently brush your tongue with your toothbrush and then clean with the tongue scraper. To scrape your tongue, stick it out and reach to the back of the tongue with the scraper. Pull forward several times with the scraper, rinsing the white mucous off it between each scraping. Be gentle, but firm enough to scrape the surface of the tongue. Rinse out the mouth once you are done. By removing bacteria, you improve the freshness of your breath.

Don't forget to floss. Particles of food caught in the crevices between your teeth harbor bacteria and lead to cavities and bad breath. Even gently using a toothpick, is helpful in removing food from between your teeth. Poor oral health has been linked to heart disease, respiratory problems and other health problems as well. So make brushing, flossing and scraping part of your daily health routine. Brush at least twice daily or after every meal and see your dentist regularly.