



# **Quail Call**

**Published by the Lake San Marcos Community Association**  
**"BUILDING A BETTER COMMUNITY"**

**APRIL 2021**

**Visit your community Website — [www.lsmca.com](http://www.lsmca.com) Volume 17 Issue 4**

**The Quail Call is a monthly publication of the Lake San Marcos Community Association**

**The Quail Call accepts advertisements from local businesses who wish to use a low-cost highly-targeted publication to reach their customers.**

**Email: [quailcall@lsmca.com](mailto:quailcall@lsmca.com) for information.**

**Copies of the printed Quail Call are mailed to all members of the Association and include articles of past and present activities from local clubs and organizations in addition to the advertisements.**

**The Community Association also publishes articles of special interest to its members in health, civic activities and learning.**

## The dental diet:

In the next few months, we will be sharing a series of 10 nutrition strategies for healthy teeth, we hope you enjoy reading these articles and continue to share the information with family and friends.

### What to eat or avoid

A list of nutrients is all very well, but when you're standing in the grocery aisle, you still need to know what actual *food* to buy. Luckily, you don't have to do anything special:< Eat a mostly whole foods diet with lots of lean protein and fresh vegetables. Avoid most processed foods, especially those that are high in simple sugars. Take your fish oil. Want to go for bonus marks? Here are a few foods, nutrients, and/or supplements that may play a specific role in oral health.

### Probiotics

Probiotics may help to decrease gingivitis and plaque; bacteria in fermented foods might suppress the growth of pathogens in the oral cavity. One study showed that consuming fermented dairy was associated with less periodontal diseases. Probiotics from any source could be helpful in a similar way.

### Cranberries

Cranberries and other plant foods rich in anthocyanins (such as blueberries, red cabbage, eggplant peel, black rice, and raspberries) may prevent the attachment and colonization of pathogens on host tissues (including teeth).

Some studies even show that cranberry extract-infused mouthwash improves dental health! Sure, we all knew about blueberries' superpowers, but who knew that the humble bog berry could give you healthy teeth?

### Green tea

Polyphenols have been known to reduce bacteria and toxic products of bacteria in the mouth. Tea also tends to be rich in fluoride, possibly the most well-known tooth strengthener.

### Chewing gum with pycnogenol

Gum made with pine bark or sap has been shown to decrease plaque and bleeding gums. Great-Grandpa's remedy really works!

### Soy

A diet that includes soy may help to reduce periodontal disease.

### Arginine

This important amino acid may alter oral pH and reduce chances of cavities.

### CoQ10

Coenzyme Q10 is a substance similar to a vitamin. Our bodies need it to produce energy and it is found in every cell. Deficiencies may play a role in the development of periodontal disease.

### Echinacea, garlic, ginger, and ginseng

Research shows that these plants help to inhibit growth of periodontal pathogens in test tubes. But human studies are still lacking, so we can't draw firm conclusions about their benefits.

### Whole foods first

Try to get the nutrients mentioned above from whole foods. (Bonus: You give your teeth and gums a workout!) Unless you have a known deficiency, supplements should not be necessary. Keep in mind that if you're a chronic dieter or you've had bariatric surgery, deficiencies are always more likely. Check with your physician.

Credit given to: <https://www.precisionnutrition.com/nutrition-teeth-dental-health>



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*"BUILDING A BETTER COMMUNITY"*



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Copy must be received by 5 PM on the 20th of the month to be published in the following month.

Dan Worrells, Editor—Adela Franco, Associate Editor—Barbara Dove—Associate Editor

**APRIL 2021**

**This Months Editor: Barb Dove**

The Lake San Marcos Community Association is a mutual benefit, non-profit corporation, established to protect and promote the interests of residents in Lake San Marcos. Our Goal: (1) To study, evaluate, inform and represent the residents in matters of regulatory control of our area with the County of San Diego...(Land Planning, Storm Drainage, Streets, Water Quality, Fire Protection), Vallecitos Water District, S. D. County Sheriff, City of San Marcos and in matters affecting the quality of life of residents with Citizens Development Corporation-"CDC". (2) To administer compliance of Architectural Controls, CC&Rs and standards under our control. (3) To publish an informative monthly newsletter, "QUAIL CALL". The Quail Call will not publish deleterious comments or comments of a Religious or Political viewpoint or endorsement, nor publish ads requesting employees for solicitation.

*The Board of Directors meet monthly on the second Thursday of each month at 3:00PM.  
Minutes of the Board meetings are posted in the Association office.*

