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The Definitive Guide to Dental Care©

Pat Hughes
THE HEALTHY LIFESTYLE

The Definitive Guide to Dental Care

Introduction / Preface

I had to solve my dental issues, which I've had since childhood. I am not a dentist, and I've had no dental training. Everything I've learned is through my research. I do know how to research.

My name is Pat Hughes.



Welcome to my user-friendly guide on personal dental care, an invaluable resource explicitly tailored for individuals seeking to enhance their oral health. Whether facing dental challenges or aspiring to maintain a healthy smile, this guide will provide actionable and clear guidance to help you on your path to optimal dental wellness.

This guide is designed for:

- Men and women experiencing dental issues.
- Health-conscious individuals.
- Dental care enthusiasts.
- Those with limited access to professional dental services.

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This eBook covers everything from basic routines to essential habits for lifelong dental health. The table of contents explains what you'll find inside.

As you read this book, you will notice that my view on personal dental care contradicts what most dentists advise.

Yes, you still need to brush your teeth daily. No, you don't have to see the dentist every six months or even at all for some of you.

You will learn the root cause of dental issues. I don't know if dentists are taught the root cause in dental school. If they are, most dentists don't share this knowledge.

At the end of this book, I will share some products you can use to restore your teeth and gums and eliminate bad breath. This will be up to you.

If you want to learn about my story about dental issues, go to my blog page. [Click here to read:](#)

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DISCLAIMER

This book is for informational purposes only. I am not a dentist or physician and do not provide dental or medical advice to anyone.

I am offering helpful information I've learned from my oral issues or research. I wrote this book to share those insights.

If you have already been diagnosed or are living with oral issues, hopefully, this book will provide helpful information to you.

While this book provides information, it is no substitute for the advice of a dentist or physician. It should never be used before a proper dental or medical examination.

I am not an Amazon affiliate. I will not earn any compensation if you decide to buy from Amazon.

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Chapter One- Root Causes of Teeth and Gum Issues

The primary aim of personal dental care is to prevent cavities from forming in the teeth and maintain healthy gums. You need to remove plaque to prevent cavities and maintain a healthy set of teeth and gums. Plaque is a transparent layer of bacteria that stays on the surface of your teeth.

Yes, you indeed need to remove the plaque. You want to remove the bad bacteria from and around your teeth and gums. Once the bad bacteria are removed, you want to introduce good bacteria to your mouth. You also want to lower the pH of your saliva to neutral. So, what is the root cause of teeth and gum issues?

There are two leading root causes. Dental products kill good bacteria and make saliva acidic. Commercial toothpaste and mouthwashes do this to your mouth.

Good vs Bad Bacteria

Your mouth is the gateway to your digestive tract. How your mouth looks results from what is happening deep inside your body, which goes to one organ: your digestive tract. Once you reset this organ, you reset your entire mouth—gums, teeth, roots, everything.

There are two theories on oral health.¹ – The Germ Theory and the Terrain Theory.

¹ The two theories – American Dental Association

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Most dentists follow the Germ Theory. They're focused on the mouth and want to kill all the germs and bacteria in it, both good and bad.

A few dentists follow the Terrain Theory, which the medical community supports. This theory believes in reintroducing good bacteria into the mouth and digestive tract. The body will deal with germs if the mouth environment is well-balanced with good bacteria.

Saliva

Your salivary glands produce saliva. Your saliva aids the digestion process. When you eat or drink, the food or beverage leaves your mouth, travels down your throat, and reaches your stomach through your digestive tract.

Unhealthy saliva is the cause of stained, rotting teeth, receding gums, or constant throbbing pain, to name a few. It's your saliva that dictates whether you're going to have healthy pearly whites or decaying teeth and foul breath.

Why? Because your saliva is in contact with your teeth daily. It reaches every nook and cranny of your mouth and gums. This all comes down to the pH level of your saliva.

Journal of the American Dental Association article "The strength of good bacteria when germs or viruses attack

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pH is the measure of how acidic something is. Healthy saliva should have an almost neutral pH. However, most of us have acidic saliva. You can test your saliva with pH strips available in almost any store or online. You can also go to Amazon. Amazon has 200 test strips for \$8.98 when writing this eBook. [Here is the link.](#) If you want to search by title, the title is: “PH Test Strips for Urine & Saliva - 200ct Urine PH Test Strips for Humans, Fast & Accurately Track & Monitor Your pH Level (4.5-9.0ppm) in Seconds, Quick & Easy to Test Alkaline & Acid Levels in Body” Medimadic makes it. For saliva, a neutral pH is 7.0 to 7.5.

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Acidic saliva can significantly degrade the quality of your teeth and gums. Dentists and scientists have a name for this process: Dental Erosion. A group of dentists at the UT Health Science Center in San Antonio, Texas, has called this problem a “silent and destructive phenomenon.”

Starting in the 1950s, following WWII, our entire food system changed. The big food companies added increasing amounts of

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preservatives, artificial colors, and other chemicals to make food last longer.

It's well documented that this rise has correlated with various health issues. It's also been responsible for our worsening dental problems.

Most food we buy, whether boxed, fresh fruit, produce, vegetables, meat, fish, poultry, etc., is filled with acidic acids.

All the products dentists recommend, such as toothpaste, mouthwash, flossing, etc., do nothing to treat acidic acid.

Your saliva also contains an enzyme called Lactoperoxidase, sometimes called the "Filter Enzyme." It acts like a natural filter, protecting your teeth and gums from bad bacteria, acids, and inflammation.

Studies in other countries (Finland and Japan) have found that saliva is high in hydrogen cyanide in people with dental issues. This high level is because the saliva fills up with the cyanide toxin from the bad bacteria in our mouths. As more bad bacteria accumulate in our teeth and gums over the years, more hydrogen cyanide is released. The result is that your filtration enzyme is destroyed increasingly rapidly.

Now you know the two root causes of teeth and gum issues. However, the two other culprits are man-made.

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The Two Other Man-Made Culprits to Tooth and Gum Issues

The two other culprits are Microplastics and Forever Chemicals. These culprits are found in the very same dental products that are supposed to protect our mouths.

Microplastics

Many toothpaste brands are loaded with microplastics. They don't disintegrate and are not biodegradable.

They get stuck inside our teeth and gums. One dentist said, "They'll trap bacteria in the gums, which leads to gingivitis. Over time, that infection moves from the gum into the bone that holds your teeth, and that becomes periodontal disease!"

Since I'm on toothpaste, I want to list the harmful ingredients in most dental care products, including toothpaste brands, abrasives, and mouthwash. If your dental care product has one or more of the below ingredients, it's suggested that you avoid that product.

Toothpaste – Harmful Ingredients

- Detergent
- Sodium Lauryl Sulfate (SLS)
- Sodium Fluoride
- Triclosan
- Artificial Sweeteners (Sodium Saccharin, Aspartame, Xylitol, and Erythritol)

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- Artificial Color Dye (Often made from coal tar.)
- Propylene Glycol
- Diethanolamine (DFA)
- Microbeads (Tiny solid plastic particles.)

Toothpaste Abrasive Harmful Ingredient

- Hydrate Silica (Can strip away enamel and cause gum recession.)

Mouth Wash Harmful Ingredients

- Alcohol
- Chlorhexidine (It washes out beneficial microbes.)

Most toothbrush bristles are made of plastic. As you brush, tiny plastic specks can flake off the brush and enter the pores in your teeth. Then, they make their way into your gums and bloodstream.

Forever Chemicals

You may want to reconsider flossing because many major dental flosses are loaded with this second mouth-destroying culprit.

Forever chemicals are the name given to man-made chemicals that are virtually impossible to destroy. They have also been shown to be extremely toxic to humans. (Ex: BAAs and PFAs)

The Forever chemical, Propylene Glycol, a permanent chemical, is found in nearly every toothpaste brand and floss. It turns teeth yellow and is a major ingredient in antifreeze.

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Flossing:

Both waxed and unwaxed dental floss contain chemicals. Switch to a “Waterpik,” aka water flosser as an alternative to floss. The water can reach areas that dental floss cannot.

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Chapter Two- Brush Your Plaque Away

The primary goal of personal dental care is the prevention of cavities.

Most dentists will tell you that this is done by:

- Removing plaque by brushing at least twice daily with a commercial or electric toothbrush.
- Adopting flossing, waxed or unwaxed dental floss, at least once daily as a non-negotiable part of your routine.
- Use commercial toothpaste with fluoride.
- Take measures against tartar formation.

Before discussing how to keep plaque and tartar at bay, I will explain the differences between plaque and tartar and how tartar can lead to health issues.

What is Plaque:

Plaque is a soft, sticky film that forms on the teeth when bacteria in the mouth mix with saliva and food particles. It is usually colorless or pale yellow and can accumulate on the surfaces of teeth, along the gum line, and between teeth. Plaque contains bacteria that produce acids that can erode tooth enamel and lead to cavities. If plaque is not removed regularly through proper oral hygiene practices, it can harden into tartar. If plaque has formed on your teeth but has not yet hardened into tartar, brushing can knock it off your teeth altogether.

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Plaque is a primary culprit in many oral health problems. It's often linked to tooth decay (cavities) and gum disease. The acids produced by bacteria in plaque can weaken tooth enamel, creating an environment conducive to cavity formation. Moreover, plaque buildup along the gumline can lead to gingivitis, the earliest stage of gum disease, characterized by red, swollen gums that bleed easily. If left untreated, gingivitis can progress to periodontitis, a more severe form of gum disease that can cause irreversible damage to the gums and underlying bone tissue.

Dental plaque facts and stats²

- More than 80% of American adults suffer from periodontal disease caused by plaque formation.
- Plaque buildup can lead to tooth loss if left untreated.
- Plaque usually hardens within 48 hours of forming on your teeth.
- Green tea and red wine help prevent plaque buildup. However, red wine can stain your teeth.
- Olive oil can cover teeth with a fatty film that stops plaque from forming on the teeth.
- People who drink green tea are 20% less likely to lose teeth due to plaque formation.
- Pregnant women are often more susceptible to plaque buildup and tooth decay than the general population.

² Humana - <https://www.humana.com/dental-insurance/dental-resources/dental-plaque>

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How to Tell if You Have Plaque:

Even though plaque is colorless, it can cause tooth discoloration. This happens when food particles stick to the plaque.

The most common way to tell if you have plaque is the sensation it causes when you run your tongue over your teeth. If your teeth feel “fuzzy” or “grimy,” that’s plaque. Plaque becomes tartar once it hardens and turns yellow.

What is Tartar:

Tartar, also called dental calculus, is hardened plaque that forms when plaque is not removed from the teeth and is allowed to mineralize over time. It is typically yellow or brown and can form above and below the gum line. Tartar provides a rough surface for more plaque to adhere to, further exacerbating oral health problems such as gum disease.

Most of the dental community will say that, unlike plaque, tartar cannot be removed by brushing and flossing alone; it requires professional dental cleaning by a dentist or dental hygienist using specialized instruments. This is not true today. You can remove plaque and tartar yourself. Let’s go to Amazon again.

Yes, Amazon is my favorite place to shop. Use the search term “dental instruments for cleaning teeth.” A variety of options come up. Some are handheld, and others have an LED light and

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are electronic. I have a 10-piece handheld instrument set that includes a tongue scraper. I also have an electronic LED model.

The 10-piece set I have comes with a case. It's sold directly by G. Catacc and made in California. At the time of this eBook, the price was \$9.97. The search term for this product is "Dental Tools, 10 Pack Professional Plaque Remover for Teeth Cleaning Tools Set, Stainless Steel Dental Hygiene Kit with Dental Picks, Tartar Scraper, Tooth Scraper, Tongue Scraper—with Case."



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The electronic plaque and tarter removal one I have is battery-powered and rechargeable. It is made by Vtiisamao. The price at the time of this eBook was \$35.99. The search terms for this product are: “Plaque Remover for Teeth, Tartar Remover for Teeth with LED Light, Dental Calculus Remover Teeth Cleaning Kit.”



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Why Plaque and Tartar are Harmful to Your Health:

Extreme dental plaque and tartar can lead to:

- Cavities.
- Gingivitis
- Untreated gingivitis over time can lead to periodontal gum disease. If the gum tissue pulls away from the teeth, the bacteria can destroy the underlying bone supporting the teeth.
- Tooth infection (abscessed tooth).
- Tooth loss.

Periodontal disease can lead to other problems:

- Heart disease
- Diabetes
- Dementia
- Rheumatoid arthritis
- Premature birth

There is no consensus as to what leads to the other problems. One belief is that oral bacteria escape into the bloodstream and injure major organs. Another common factor is periodontal disease, marked by inflammation and may boost inflammation throughout the body. Inflammation is an underlying issue in diseases, including heart disease and arthritis.

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Choose The Right Toothpaste – Use a Natural Toothpaste

Even though toothpaste removes part of the plaque and its bacterial building on teeth, use natural toothpaste instead. The damage to good bacteria will be minimal. You can find natural toothpaste at Trader Joe's. If this is not an option for you, go online to a site such as Amazon, which has many choices. Just search for "natural toothpaste."

The two brands I use are Himalaya Botanique Complete Care Toothpaste and Dr. Sheffield's Certified Natural Toothpaste. I like Himalaya because I get a variety pack of flavors, which at the time this eBook was written was \$18.39 for four tubes. I like Dr. Sheffield's because it's had the same formula since the 1800s. The cost for two tubes as of when this eBook was written was \$12.99.

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Choose The Right Toothbrush

For a solution, consider switching to a bamboo toothbrush. I get my bamboo toothbrush from Amazon which has a selection

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to choose from. I use Vivago Biodegradable Bamboo Toothbrushes 10 pack, which was \$7.98 when this eBook was written. I have not checked local stores for this. Also, make sure you use toothpaste free of microplastics.



[Choose The Right Flosser- Learn How To Floss](#)

Although brushing is the most important part of the personal dental care routine, it can't remove the plaque and food

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particles between the teeth, under the gum line, or within braces.

A dental flosser is a weapon against the above mentioned teeth and mouth "pests." Flossing should be done at least once a day.

Choose The Right Type of Flosser

The type of dental flosser I suggest is a water pik, aka water flosser. The water can get into areas that dental floss cannot.

There are different kinds of water flosses. Water can get into a person's spaces between their teeth. This includes narrow spaces. You can also easily floss the back side of your teeth. When flossing your teeth, you should be very careful to avoid injuring your gums. Certain water flosses turn off when you get to your gums.

Even though you can buy a water pik at any major drugstore, the selection will be limited. Amazon has quite a selection. In Amazon, use the search term "water pik flosser for adults." Most of the brands were between \$30.00 and \$60.00. Some brands were between \$70.00 and \$200.00. I use one made by WaterPik.

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The Amazon search terms for the current model I have are “Waterpik Aquarius Water Flosser Professional For Teeth, Gums, Braces, Dental Care, Electric Power With 10 Settings, 7 Tips For Multiple Users And Needs, ADA Accepted, White WP-660.” The price at the time of writing this eBook was \$88.33. My older model was much less when I bought it over ten years ago.



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Sonicare has a battery-powered flosser that does not use water. It's what I call an air flosser. I'm not sure how effective it is. If you want to check it out on Amazon, the search term is "Waterpik Power Flosser Flexible Tip, Battery Operated, Assorted Color , 17 Piece Set." At the time of writing this eBook, the cost was \$7.49.



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Maintaining your dental care routine can be easy if you are willing and determined to achieve a great set of pearly whites.

If you are one of the many people who don't give much attention to your teeth, don't wait until you experience awful dental-related problems such as toothache, bad breath (halitosis), or bleeding gums.

Now you know the right toothpaste, toothbrush, and flosser to have and use.

With this knowledge, you can prevent cavities and improve your teeth and gums by:

- Removing plaque by brushing at least twice daily with a bamboo toothbrush.
- Using a water flosser at least once daily.
- Using a natural toothpaste.
- Take measures against tartar formation or remove tartar yourself.

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Chapter 3- How To Achieve Dazzling Pearly Whites

Most people nowadays are attracted to tooth-whitening products because they want a million-dollar smile, just like the celebrities seen on television.

If you want your teeth to become whiter and more dazzling, you can add whitening toothpaste to your dental care kit. You will have to see if any of the natural toothpastes have whitening as a benefit.

However, many users of whitening toothpaste claim that these products don't do much to change the color of their teeth. I've tried some of the commercial products. I did not notice much of a difference.

Many dentists say the yellowing of the teeth is a natural phenomenon. As a person gets older, his or her teeth become yellowish. I didn't buy this.

I know people see their dentist about the color of their teeth. A dentist can recommend over-the-counter products. However, these products may have harmful ingredients. One common ingredient is a bleaching agent, which can damage your mouth and gums.

Dentists also offer professional teeth whitening treatments. This is the preferred choice of most celebrities, allowing them to meet their unique needs. The downside is that it is costly. I don't know how long each treatment lasts.

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If you want to try a product or go to the dentist for this, follow the instructions strictly to avoid experiencing adverse side effects.

You may want to try my alternative before buying a product or going to the dentist. Each product reviewed at the end of this eBook also helps whiten teeth naturally.

The Teeth's Nemesis:

Sugar

Perhaps everybody has gone through a stage in childhood when they constantly heard their elders warn them about the evils of eating too many sugary sweets and candies. Too much of anything isn't good; however, such ideas must be explored for validity. Candy does not cause tooth decay. Tooth decay started long before candy was around.

The main causes of cavity production are bad bacteria left in areas between and on the teeth and the pH of saliva getting out of balance. Many foods, including candy, can cause this. How the individual takes care of themselves and their teeth after consumption determines whether cavities will result.

If someone eats all healthy foods, they can have a mouth full of cavities if they do not properly care for their teeth.

Alternatively, someone who eats terribly (e.g., sugar, sweets, candy, acidic drinks, etc.) yet takes much time to nurture and care for their mouth can be cavity-free.

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How does food cause cavities?

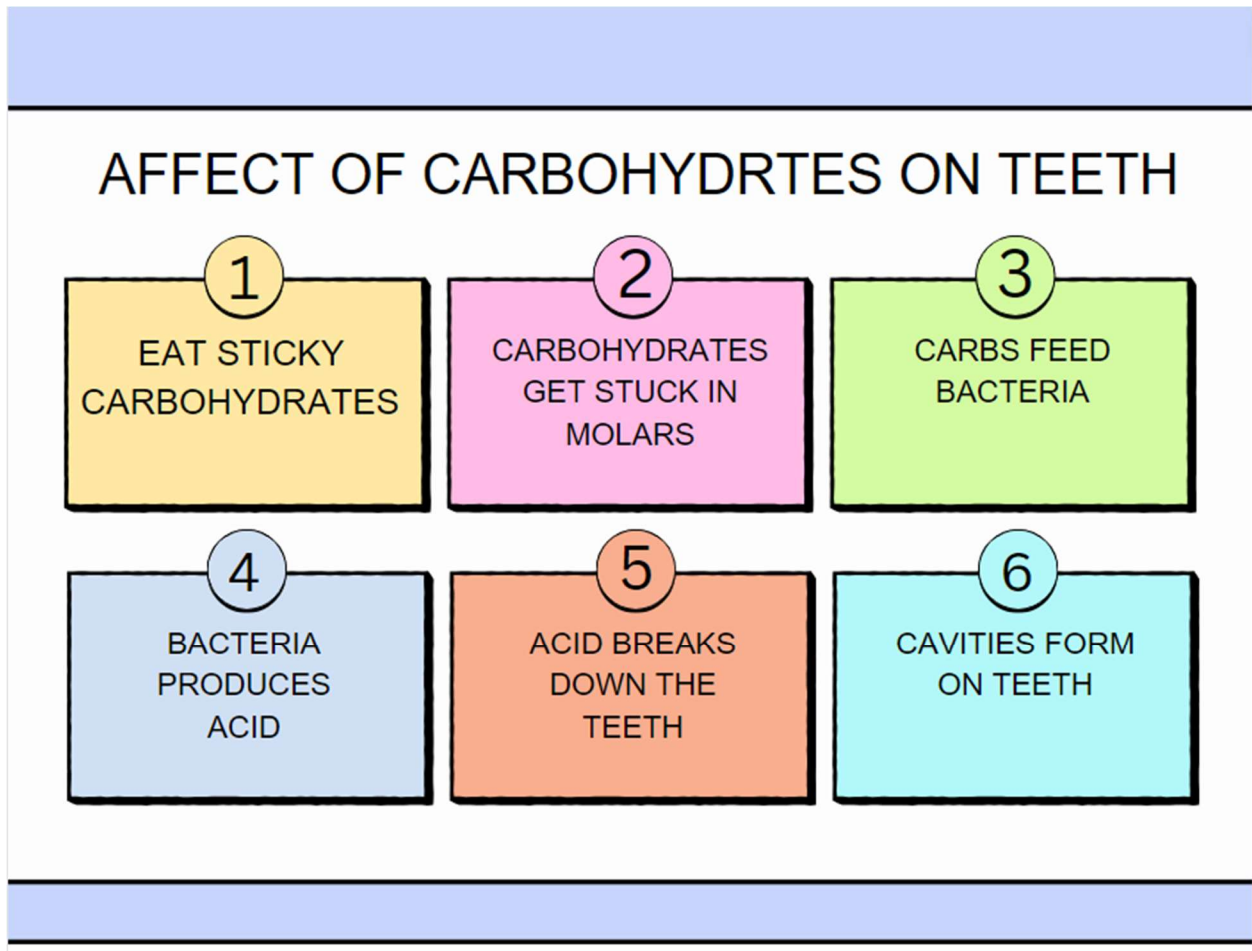
We do most of our chewing with our molars. Although carbohydrates are essential for a balanced diet, some carbohydrates stick to the tops and sides of some teeth more than others. When sticky foods get stuck to the teeth, they attract cavity-causing bacteria.

Food gets broken down into acid by the bacteria. The acid produced in the mouth from bacteria can last up to a half hour after eating. The longer the carbohydrate is in your mouth, the more acid is produced. The acid wears on the enamel, which can cause tooth decay. Thus, how often you eat is as important as what you eat.

Food Choices To Improve Teeth

While it has been discussed that eating sweets and sugary foods is not the cause of cavities and plaque in and of itself, it is a good idea to avoid high-sugar foods, snacks, and acidic beverages. This includes soda, soft drinks, energy drinks, and juices that contain a lot of sugar. Also included are sticky foods such as candy, gummies, lollipops, etc. Using cough drops or breath mints are also included. These foods have a higher ability to contribute to tooth erosion because they leave behind more bad bacteria and expose your teeth to more acids.

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It's better to eat and drink healthy foods and beverages. This type of consumption breeds less bad bacteria in the mouth.

It might be helpful to know that the amount of carbohydrates, especially those with higher sugar content, and when and how you eat them determine the health of your teeth.

Dental professionals and experts suggest a 3-hour break between eating and drinking. Starchy or sugary foods eaten with a full meal are believed to be less harmful to the teeth than when eaten alone since the increased saliva production helps wash away the bacteria and sugar.

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Eating starchy, sweet, and sugary foods before sleeping is the most damaging thing one can do to one's teeth because one does not produce much saliva when asleep.

Because carbohydrates are necessary to sustain life, we aren't suggesting avoiding all carbs; however, here are some tips on how to make your food choices work for you:

- Avoid soft drinks, fruit juices, and sweetening coffee and tea with sugar and milk.
- Especially avoid sipping carbohydrates and acid-filled drinks throughout the day.
- Avoid sucking on hard candies or mints with sugar. Suck on sugar-free hard candy or mint, especially if you have a dry mouth.
- Chew gum sweetened with xylitol. Chew sugar-free gum instead.
- Rinse your mouth out with water after eating.
- Have your carbs with a meal instead of snacking on them throughout the day.
- Consider this cycle: Enjoy carbs — 3.5 to 4 hours wait — Enjoy carbs.
- Diet soda doesn't cause decay, but it can cause acid erosion, which weakens the enamel and puts it at more risk for decay.

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Suppose you want a healthy set of teeth yet can't seem to cut out sweets from your diet. In that case, you can try some of these tips to help you achieve your goal: eat carbohydrates with a meal, rinse your mouth thoroughly with mouthwash or water, chew sugarless gum, don't eat sugary foods and sweets between meals, eat non-sugary foods (cheese, popcorn, yogurt, raw veggies) as snacks.

When it comes to brushing your teeth after eating, there are differing opinions. Some dentists say to brush your teeth directly after eating. Other dentists say to wait 30 minutes to brush your teeth after consuming acidic foods or drinks; otherwise, you will be brushing acid onto more tooth surfaces, increasing the erosive action. The latter opinion makes sense to me. You will need to decide for yourself when to brush your teeth after eating.


Here is a nifty snack guide to help you better understand your snack choices when it comes to tooth decay:³ This is just a guide. It is not comprehensive. The references in the footnote below indicate differences of opinion about some of the foods. I've cited just three of the many that I reviewed.

³ The Best and Worst Foods For Your Teeth (<https://www.urmc.rochester.edu/encyclopedia/content.aspx?ContentID=4062&ContentTypeID=1>); The 9 Worst Foods For Your Teeth (<https://www.kimballandbeecher.com/articles/general/the-9-worst-foods-for-your-teeth/>); Unsuspecting Foods That Cause Tooth Decay (<https://www.hovedentalclinic.co.uk/blog/foods-that-cause-tooth-decay/>)

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TOOTH SNACK GUIDE



Most Likely Not To Cause Cavities	May Cause Cavities	Most Likely to Cause Cavities
<p style="text-align: center;">All Meats Apples (Yes and May) Cheese Eggs (Debatable) Fatty Fish Fresh or Sugar Free Raisins. Strawberries, or Cranberries Green or Black Tea Kiwis Leafy Greens (Lettuce, Raw Spinach, Kale, Chard, etc.) Milk Other Crunchy Vegetables (Raw Carrots, Raw Celery, Cucumbers, Radishes, etc.) Plain Yogurt Raw Nuts Raw Vegetables Steamed Cruciferous Vegetables (Broccoli, Cauliflower, Brussel Sprouts, Cabbage, Peppers, etc.) Water</p>	<p style="text-align: center;">Apples Brown Rice Dairy Fresh Firm Fruit Ice Cream Oatmeal Pasta Al Dente Pineapple Popcorn Roasted Cruciferous Vegetables Whole Grain Breads Whole Grains Yogurt - Sweetened</p> <div style="text-align: center; background-color: #fce4ec; border-radius: 10px; padding: 5px; margin: 5px 0;"> Most Likely To Cause Cavities </div> <p style="text-align: center;">Roasted Nuts Salads Dressings - Bottled Salt Sauces Sugary Fruit Drinks</p>	<p style="text-align: center;">Acidic Fruits (Lemons, Limes, Grapefruit, Oranges, Pineapple, Grapes, etc.) Apple Cidar Vinegar Bananas Candy with Sugar Canned Fruit Cereal Bars Chips / Crisps Coffee Condiments Dried Fruit Fries Fruit Snacks Oatmeal With Sugar Pickled Foods Refined Carbs (Crackers, Potato Chips, White Bread, Pastries, Desserts, White Rice, Cookies, Cereal, Sugar, Agave Syrup, High Fructose Corn Syrup, Artificial Sweeteners, Pasta - Over Cooked, etc.)</p>

In a nutshell, achieving and maintaining a healthy set of teeth may not be as easy as 123. However, with enough determination and commitment to your dental care routine, you will surely have the smile you've wanted ever since.

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Chapter Four- How To Have Teeth For A Lifetime

More people find it easier to manage their dental care thanks to dental products that can be bought without going to the dentist and at-home care.

Some conditions and diseases can facilitate tooth loss. However, some products can restore teeth and gums without a visit to the dentist. Today's products and technology give people more control to help keep their original teeth until they age.

The most common suggestion to have a healthy set of teeth for a lifetime is to brush and floss properly. Most teeth and mouth problems are triggered or caused by plaque, an icky layer of bad bacteria, food particles, and other organic matter that forms on the surface of the teeth.

The bad bacteria found in plaque produce acids that cause cavities to form. Plaque is also responsible for periodontal disease, an infection that can damage the tissues and erode the bone surrounding the teeth.

Proper brushing and flossing are the best ways to remove plaque and destroy its chances of building up. Regular brushing and flossing are needed so that the plaque won't have the opportunity to accumulate and harden. The usual recommendation is to brush twice daily, once in the morning and once before bed. Flossing at least once a day is also suggested.

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Don't Be A Sloppy Brusher

Most people have been taught the proper technique of brushing their teeth when they were kids.

However, as people age, they tend to forget or disregard the proper way of brushing. They tend to consider brushing a quick routine before getting on with their day. Getting rid of plaque and other good debris is often overlooked when brushing.

You may waste your time, effort, and toothpaste if you don't practice the proper teeth-brushing technique. It takes more than instinctive brushing to get your toothbrush bristles to remove plaque without injuring your gums.

Let's review the proper way to brush your teeth without a visit to a dental hygienist or a dentist.

How to Brush Your Teeth

Use the right technique.

Proper brushing makes all the difference.

- Hold the brush at a 45-degree angle to your gums while you brush.
- Use gentle, circular strokes about a tooth wide.
- Gently brush all tooth surfaces, including hard-to-reach areas like your back molars.
- Be sure to cover your whole mouth – inner and outer surfaces, and the tops of your teeth.
- Make sure to brush your tongue to scrape away bacteria and freshen your breath.

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- Brushing too hard can wear down your tooth enamel. If you use an electronic toothbrush, let it do the work.

Take Your Time

- Brush at least twice a day.
- Take at least 2–3 minutes to brush your entire mouth.
- Change your toothbrush with the seasons (every 3–4 months).

If you don't have a clock in your bathroom or an easy way to count two minutes, you can get a set of four sand timers from Amazon for \$6.99 at the time of this eBook. The search term is "2 Minute Sand Timers—Mini."



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Supa Dental Technique⁴

The footnote goes to Dr. Supa's video on how to brush your teeth. I liked the pictures he showed, along with how to brush properly. His technique is:

- Hold the brush at a 45-degree angle to your gums while you brush.
- Use gentle, circular strokes about a tooth wide.
- Start from the back of your mouth on one side and finish at the back of your mouth on the other side.
- Clean around your mouth three times (outside of teeth, top of teeth, and inside of teeth).

Dr. Ellie Phillips, DDS

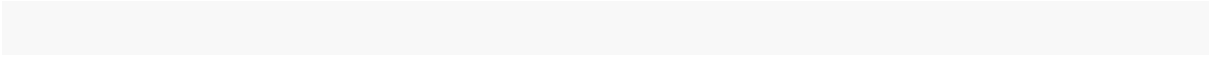
Dr. Ellie Phillips, DDS, is what I would call a contrarian dentist. She uses techniques for her patients to see if they can resolve their dental issues independently. The products she uses are all commercial products. In some of her videos, she admits that she does not like many of the ingredients; however, she has not come up with her own ingredients yet. If you want to visit her website, the link is: <https://drellie.com/>. The products at the end of this eBook have come up with proprietary ingredients, so you don't have to use commercial products.

Dr. Phillips suggests using two toothbrushes, one for the morning and the second for the evening. Each brush should dry out for 24 hours before being reused.

⁴ How to Brush Your Teeth Dr. Supa's Way – Supa Dental – <https://www.youtube.com/watch?v=6mhRTDBNQ-M>

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She also does not like flossing. This includes using a Waterpik or air flosser.



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Chapter Five- It's Never Too Late

If you are guilty of neglecting or abusing your pearly whites in the early years of your life (by not brushing regularly, smoking many cigarettes, drinking too much caffeine, etc.), you might find yourself getting a bit self-conscious when you smile.

Whether your teeth already exhibit a yellowish-tinge or suffer extreme sensitivity to hot or cold food and beverages, it's never too late to level up your dental care routine.

Can't Smile Without You

Most people with "normal" or average teeth don't realize the importance of their pearly whites until they experience problems.

Imagine this: you use your mouth to communicate with people every minute of every day, which means that your teeth are also exposed whenever you communicate with others. If you are not confident about your teeth, you will become self-conscious, greatly affecting how you interact with others.

Now that you realize the importance of maintaining a healthy set of teeth, it's time to give a little more time for your dental care.

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Brush Regularly

You don't have to be a toothbrush maniac and strictly brush your teeth after every meal. What if you eat at least eight times a day? Brushing your teeth eight times a day would irritate the enamel of your teeth, may even make your gums tender, and make you more susceptible to gum irritation and gingivitis.

The standard recommendation is to brush at least twice a day. This is enough to maintain the cleanliness of the teeth and mouth.

Have A Tongue Cleaner

You must also clean your tongue each time you brush to manage and control the halitosis-causing bacteria in your mouth.

Bacteria are found not only in your teeth but also in your tongue and the "cheeks" of your mouth. Brushing alone will not help you achieve 100% fresh breath. You will need to clean your tongue and inner mouth cheeks as well.

You can do this by simply buying a tongue cleaner. Even though there are toothbrushes in the market today that have built-in tongue and cheek cleaners, the bamboo brush is not one of them. Since the brushes with the built-in cleaners would have microplastics, I would not recommend them.

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Don't Be Lazy

There may be times when you arrive home very late at night, or you have a very rough and tiring day that you want to crawl right into bed when you get home. You ditch brushing your teeth, and then you justify your act by telling yourself, "It's only for tonight," and then you sleep right away.

You might think that sleeping without brushing your teeth is harmless. Still, maybe it would help if you knew that a person who sleeps overnight without brushing his or her teeth gives the bacteria in his or her mouth ample time to multiply, which gives off a "deadly" mouth odor in the morning.

Personal dental care is a person's responsibility to themselves. It is part of daily hygiene and must not be neglected, just like bathing and washing hands.

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Chapter Six - Taking Care Of Your Teeth

When you get your photo taken, you usually smile and reveal your teeth to the world. Healthy teeth can be an indicator of one's personality. Those with rotten teeth or bad breath are often considered unclean, even though this may not be true.

However, people who keep their teeth in tip-top shape are the ones who are known to be successful and responsible in their careers. Personal dental care differs from one person to another, but it all comes down to one important fact: the healthier your teeth are, the greater you will look.

Aside from the aesthetic value of healthy, good-looking teeth, they also help people chew food properly. Remember, for a person to have good digestion, the foods that he or she would eat should be chewed properly. A good set of teeth also enables a person to speak clearly and confidently.

People with poor teeth are usually shy and hesitant to talk in public and fail to communicate effectively with others. Although the shape and structure of one's teeth may sometimes be genetic, dentists and orthodontists can usually help reshape and improve crooked, ugly teeth.

The Importance Of Healthy Teeth

Individuals must take care of their teeth to prevent plaque formation, which is caused by a clear film that sticks to the surface of the teeth.

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You might think that having a clear film stuck to your teeth is harmless (since it's clear, anyway), but you might change your mind when you discover that the film is very sticky and has a magnet-like aura that attracts bacteria to stick to it.

Sinfully Sugary Sweet

Bad bacteria are attracted to sugar stuck to your teeth like ants on a picnic. They are also attracted by any sugary substance left in your mouth after you eat food with sugar, either naturally or as an added ingredient. The sugar left in your mouth breaks down into acid.

The acid is responsible for eating away your tooth enamel, which would then cause holes in your teeth called cavities. Too much plaque also causes a disease called gingivitis. It is a gum disease that makes gums red, sore, and swollen.

The first indicator of gingivitis is when your gums easily bleed, even with simple brushing. Personal dental care is important because if you don't care for your teeth, cavities and unhealthy gums will make the gum red, sore, and swollen.

Awful toothaches are also a sign of dental issues. Toothaches and other mouth-related issues can make eating and communicating with other people difficult. Often, the cause is considered just the lack of personal dental care. However, this is often not the case.

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People with mouth-related issues of any type usually do everything they are told to do by their dentist, hygienist, or from their research. Yet, nothing resolves their issues. The main reason for this is that what they're doing is killing not only the bad bacteria but also the good bacteria and keeping the saliva acidic. As a result, their mouth will never heal.

For your dental issues to heal, you need good bacteria and neutral saliva in your mouth.

[How To Heal Your Dental Issues](#)

If you are already getting paranoid about all the bacteria that are staying inside your mouth, don't be!

We have already mentioned two simple weapons: Using the correct toothbrush and toothpaste.

Again, brushing your teeth at least twice daily can break down the plaque and prevent it from building up to cause cavities and other teeth and mouth problems.

I will get to the third weapon when I review the products to restore your teeth and gums.

[Chapter Seven- Do You Need To Visit The Dentist?](#)

The answer is maybe.

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If you have a tooth that has died, you must go to the dentist. There is no way to revive a dead tooth; if the tooth needs to be pulled, it must be done by a dentist.

Before I found the products to care for my dental health, I sometimes had to visit the dentist.

When a bridge on the left side of my upper mouth came off, the two teeth it was attached to came out with it. I had to go to the dentist to get the implants done. However, before I could get the implants, I needed a sinus lift and a bone graft on my jaw. All three procedures necessitated going to the dentist.

Another time, I decided to get braces on my bottom teeth. I had to go to an orthodontist.

I know I need to go to the dentist again. The bridge on the upper right side of my mouth came out as the pandemic began. When the bridge came out, the two teeth it was attached to came out with it. I will need to go to the dentist to get the implants done. Hopefully, this time, I will be able to get the implants done without going through a sinus lift and bone graft on my upper right jaw.

If you need implants, want braces, or have other issues that can't be corrected at home, you will need to visit a dentist. Otherwise, most dental health issues can be addressed without visiting the dentist. I know most dentists will tell you otherwise because how else can they earn money unless patients visit them?

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If you can manage to have a clean and healthy mouth without the help of a dentist, then what are dentists here for? They're here for procedures that can't be handled by an individual at home.

You can usually tell by how your mouth feels when you develop cavities or gum disease. You don't need the extra expense of a dental visit for a dentist to check your teeth and mouth for signs of cavities and gum disease and then tell you what you already know. There are ways to reverse cavities and gum disease without going to the dentist.

You don't need to go to a dentist to learn how to brush your teeth. Today, this can be done online through YouTube.

[Be Careful of What You Eat and Drink](#)

Yes, a dentist will give you important teeth and mouth care advice. Perhaps one of the most common pieces of advice that dentists give their patients is to be careful with what they eat and drink. However, you can also get the same information on Google for free. In my research, I found how dentists differ in their opinions on what and how to eat and drink.

Most dentists will advise abstaining from candies, cakes, and soda, leading you to believe that the food attracts the plaque. We already know it's not the good alone, it's the bad bacteria and acidic saliva that attract the plaque and cause cavities and gum issues. Besides, I don't know many individuals with a

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program consisting mostly of candies, cakes, and soda. Even common sense tells you that is not a healthy routine.

Personally, I eat what I want. As I've mentioned, I am a pescatarian vegetarian. I've never had a sweet tooth and have never liked processed foods such as chips. However, Thanksgiving is my weak spot as I love pumpkin, including pumpkin pie. I take my dental product once in the morning, follow brushing twice daily, and let my body take care of the rest.

You may have different food preferences. I can't give dental or medical advice; I can only suggest eating for your health. If you decide to try one of the products I promote, it should help with most dental issues you have. You want to take care of your whole body, not just your mouth.

[More Than Sprays and Breath Mints](#)

The world is full of instant solutions and shortcuts for bad breath, and dental care is not exempt from the variety of instant solutions.

Many breath mints and fresheners are available today, offering instant fresh breath to individuals with bad breath.

Bad breath does not originate in the mouth. It's a gut issue.

If you are one of the many people seeking the aid of breath mints and sprays to give you fresh breath, a visit to your

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primary physician, who will probably refer you to a specialist, will do you much better than a visit to any dentist.

Breath mints and breath sprays are also not good for long-term use, especially if they are not sugar-free. The truth is breath mints and breath freshener sprays are only good at masking mouth odors. Plus, they only last for a few hours.

Even though the products I promote do help with bad breath, if you are really concerned about your breath, you may want to visit your physician.

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Chapter Eight- For Children, It's More Than Just Brushing

Almost everyone has their share of childhood tooth stories. Parents have unique ways of encouraging their children to care for their teeth - from exaggerated stories to imaginary characters (hello, tooth fairy).

However, encouraging children to take care of their teeth is good because it's a good idea to start practicing personal dental care at an early age. Perhaps the most basic thing almost everyone knows about personal dental care is brushing.

Teaching a child how to brush properly is the most basic step for personal dental care.

Brushing At Least Two Times A Day

Most dentists recommend brushing teeth at least two times a day. Getting your child into this routine early is one of the best things you can do, as you want it to become a lifelong habit.

There are even cases when the dentist discourages their patients from brushing more than two times a day, especially for those people who are experiencing discomfort from sensitive teeth. If you have a minor with sensitive teeth, you do what you can to find out what is happening inside their body, not just their mouth.

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For Minors and Adults

Eating candy or breath mint to hide the scent of what you just ate during your latest meal is not a good idea.

Sure, it would be excusable if you did it once or twice or during an emergency, but if you do it regularly, you are doing more harm than good to your teeth.

Many individuals think that eating mentholated candies, gargling mouthwash, or flossing equals brushing. Substituting brushing with a simple mouthwash gargle session in the bathroom may seem like a good substitute, but you are putting your teeth and mouth in jeopardy.

Mouthwashes are made to enhance your teeth' cleanliness, not substitute tooth brushing. Simply gargling with mouthwash won't thoroughly cleanse your mouth.

Forget the shortcuts and brush twice daily. Achieving a healthy personal dental care routine is important because it will surely make or break your smile. Don't neglect your teeth, as they are important to your face.

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Chapter Nine- You Have To Go To The Dentist – Right? Wrong!

This book introduces you to products and dental routines that will prevent you from having to go to the dentist. The products are in the last chapter.

This section has four components.

- One - what dentists want you to believe.
- Two - common oral health problems.⁵ These issues apply to both men and women.
- Three - pregnancy and Oral Health.
- Four - low-cost dental services.

What Dentists Want You to Believe

You must go to the dentist at least twice a year. The real reason, in my opinion, is to ensure a steady income.

Most dentists want you to believe that regular visits to the dentist would be very helpful.

What Happens At A Typical Visit To The Dentist

Going to the dentist every six months is considered more of a prevention strategy against cavities, plaque build-up, and other teeth and mouth-related problems.

⁵ Oral Health capture from the book *The Healthy Woman, A Complete Guide For All Ages*, by the U.S. Department of Health and Human Services, Office on Women's Health.

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Dentists promote the goal of preventing gum disease, tooth decay, and other disorders that can jeopardize the health of teeth and mouths.

A casual consultation with a dentist will usually consist of three parts:

1. A medical and dental history (this is where the dentist asks questions about tooth care and reviews past dental records);
2. Dental examination; and
3. Professional cleaning (oral prophylaxis).

The dentist will then examine the gums, teeth, and other tissues surrounding the mouth. The joints of the jaws may also be included in the examination to check the overall health of an individual's mouth.

Dentists usually use a probe and mirror to check each tooth's crown (the visible part) for evidence of looseness, decay, or plaque. The dentist may also check the quality of your bite and the way your teeth fit together.

After checking the teeth, the dentist usually examines the general condition of the gums. Healthy gums are pink and firm—not swollen, soft, or inflamed.

If the dentist can find deep depressions (or pockets), he or she might suspect that an individual has gum disease.

When the dentist is finished examining the visible parts of the mouth and teeth, the dentist will take X-rays that could reveal

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abscesses, tooth decay, or impacted wisdom teeth. X-rays are also another procedure that can be added to your bill.

Abscesses should be discovered immediately because they involve a collection of pus surrounded by swollen tissues. If they are not treated immediately, they might be a source of other complications. If abscesses are discovered, most likely, you will be told that you need immediate additional treatments.

Dentists are good at finding tooth decay, even if it's minor. Most dentists will usually use one of two methods to prevent tooth decay.

1. Fluoride: A mineral that helps prevent tooth decay. Usually, this will be a small amount since fluoride is also in drinking water and many rinses, gels, and supplements. If the dentist determines that you have a higher risk for tooth decay, fluoride will be applied to your teeth during the dental visit.
2. Sealants: These are clear plastic coatings applied mainly to the chewing surfaces of the back teeth to prevent tooth decay.

[Why Most Dentists Want You To Believe Professional Cleaning Is Better Than Normal Tooth Brushing](#)

Professional cleaning aims to remove hard deposits using a scaler scraping instrument.

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The dentist may also use an ultrasonic machine and a scaler. These devices use high-frequency sound waves to facilitate the loosening of plaque deposits.

Most dental hygienists polish teeth after cleaning them. This smooths and cleans the teeth' surfaces, removing annoying stains and making them more plaque-resistant.

Some dental hygiene packages also involve applying a fluoride sealant or compound to help prevent or slow down decay.

The idea is that dentists are equipped with tools, machines, and instruments to make your teeth and mouth cleaner, fresher, and better.

Common Oral Health Problems

This section will be mainly in table format from the book mentioned in footnote 5. The tables apply to both men and women.

The suggested treatment is to see your dentist or health care provider. The causes of oral health problems do not originate in your mouth. Their origin is somewhere else in your body. My opinion would be to see your healthcare provider first.

Tooth Arrangement and Tooth Loss

There are a variety of treatments for tooth arrangement issues and tooth loss.

Orthodontics: You go to an orthodontist for braces. Braces can fix crooked teeth, overbites, underbites, jaw-joint issues, and jaw position.

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Dental Bridges: A way to replace missing teeth is with a dental bridge. Healthy teeth are needed for dental bridges. The healthy teeth are capped to hold the bridge in the mouth.

Dental Implants: If you lose one or more permanent teeth, they can be replaced with an implant. Implants are small posts put into your upper or lower jawbone to hold a replacement tooth or set of teeth. If the jawbone is not strong enough to hold an implant, the remedy is usually a bone graft to make the jawbone strong enough. This is what I had to go through first.

Dentures: If you lose all your teeth, dentures can be made to replace them. Dentures are removable and can look quite natural. If you lose some teeth, a partial denture can replace them. I don't know the cost difference between dentures and implants. Personally, I would opt for implants as they permanently replace your teeth and look natural.

[Other Common Oral Health Problems](#)

Oral Cancer

Any part of the mouth can be affected by oral cancer. High-risk individuals are people who smoke or chew tobacco. However, 25 percent of oral cancers affect nonsmokers.

Warnings signs for oral cancer include:

- A sore that bleeds easily or does not heal.
- A color change in the mouth.
- A lump, rough spot, or other change.

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- Pain, tenderness, or numbness anywhere in the mouth or on the lips.
- Trouble chewing, swallowing, speaking, or moving the jaw or tongue.
- A change in the way your teeth fit together. A dentist should check for signs of oral cancer at each dental exam.

Early detection is important for the prevention and treatment of oral cancer. If you have any of these signs, it is probably a good idea to see a dentist.

Burning Mouth

What it is	A burning feeling in the mouth or tongue.
Causes	The cause is unknown. Most common in postmenopausal women, the condition may be linked to: <ul style="list-style-type: none">• Hormones• Taste Problems• Dry Mouth• Nutritional deficiencies• Use of ACE inhibitors (blood pressure medicines)
Treatment	Treatment depends on the cause, if it can be determined, and may include. <ul style="list-style-type: none">• Menopausal hormone therapy• Vitamin supplements

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	<ul style="list-style-type: none"> • Pain medicines or other medicines
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Canker Sore (Aphthous Ulcers)

What it is	Small open ulcers in the mouth. They are white with a red border.
Causes	<p>The cause is unknown. However, immune system problems may be one cause. A cut inside the mouth can cause a canker sore to develop.</p> <p>Fatigue, stress, trauma, or allergies can trigger canker sores. Some women get canker sores during menstruation. And women are more likely than men to have canker sores that recur. People with celiac disease or Crohn’s disease also are more likely to develop canker sores.</p>
Treatment	<p>Sores heal by themselves in 1 to 3 weeks. However, it’s recommended that you see a dentist if you get a large sore (larger than a half-inch) because you may need medicine. Also, see a dentist if you get canker sores often.</p> <p>To ease the pain:</p> <ul style="list-style-type: none"> • Avoid hot, spicy foods • Use mild mouthwashes or salt water

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	<ul style="list-style-type: none"> • Try over-the-counter coatings or pain medicines
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Cold Sores – Herpes Simplex Virus Type 1 (HSV-1)

What it is	Small, painful blisters caused by herpes simplex virus type 1 (HSV-1)
Causes	A contagious viral infection. Changes in hormone levels during menstruation may trigger cold sores.
Treatment	Over-the-counter medicines to relieve pain while sores heal, which takes about 7 to 10 days. If you get frequent cold sores, talk with your doctor or dentist about antiviral drugs to reduce healing time and the number of new sores.

Halitosis (hal-lih-TOH-suhss)

What it is	Bad-smelling breath
Causes	<ul style="list-style-type: none"> • Poor oral hygiene • Some foods • Dentures • Gum disease • Dry mouth • Tobacco use

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	<ul style="list-style-type: none"> • Respiratory, digestive, or other health problems • Some medicines
Treatment	<ul style="list-style-type: none"> • Brush and floss at least twice a day • Brush your tongue or use a tongue scraper • Eat more fruits and vegetables • Treat gum disease • Avoid tobacco • See your dentist for help <p>Mouthwashes only mask breath odor for a few hours. If you always need mouthwash to hide bad breath, see your dentist or health care provider.</p>

Osteonecrosis (OSS-tee-oh-nuh-croh-suhss)

What it is	When the bone becomes infected and dies, it can happen around the teeth or in the jaws.
Causes	Cancer and cancer treatments, infection, and some medicines.
Treatment	Treatment may include surgery to remove bone.

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Taste Disorders

What it is	<ul style="list-style-type: none">• Loss of some or all your sense of taste• A change in what tastes good and bad
Causes	The many causes include: <ul style="list-style-type: none">• Colds• Head or nerve injury• Lack of proper nutrition• Tobacco use• Aging• Sinus problems• Some medicines• Oral Cancer• Radiation treatment
Treatment	If you notice a lasting change (more than 2 weeks or after you stop using tobacco) in how you taste food and drinks, see your health care provider.

Thrush or Oral Candidiasis (kan-dih-DEYE-uh-suhss)

What it is	A fungal infection in the mouth or throat. It can cause white patches in the mouth with red tissue underneath that may bleed when the white patches are wiped off.

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Causes	Often caused by overgrowth of the fungus Candida, which lives in your mouth naturally. You are at greater risk if your resistance to infection is low, you make very little saliva, or you take antibiotics.
Treatment	<p>Antifungal mouthwash or lozenges.</p> <p>You may need stronger medicine if the infection spreads or your immune system weakens.</p> <p>If your infection is caused by a weak immune system, your doctor or dentist may recommend that you take antifungal medicine regularly.</p>

Xerostomia (ZEER-oh-STOH-mee-uh) (Dry Mouth)

What it is	Not having enough saliva in your mouth.
Causes	<p>Salivary glands do not make enough saliva. Dry mouth is more common in women than men, and maybe a:</p> <ul style="list-style-type: none"> • Side effects of medicines or medical treatment • Health problems such as saliva and salivary gland disorders, Sjogren’s (SHO-grins) syndrome, or rheumatoid arthritis (ROO-muh-toid ar-THREYE-tuhss)

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		<ul style="list-style-type: none">• Blockage of a salivary gland
Treatment		<ul style="list-style-type: none">• Medicines that stimulate the salivary glands• Artificial saliva• Changes in medicines or health treatments• Tobacco and alcohol avoidance• Dietary changes, such as avoiding spicy and salty foods, sipping water often, and using sugarless candy or gum• Nighttime humidifier <p>See your dentist or health care provider if the above treatments do not lessen your symptoms.</p>

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Other Problems

What it is	Oral health problems from other health conditions or treatments
Causes	<p>Many health issues can lead to oral health problems. Three common causes are:</p> <p>Chemotherapy for any cancer treatment can cause temporary dry mouth, painful mouth sores, and cracked, peeling lips.</p> <p>Radiation treatment to the head and neck can cause permanent dry mouth, tooth decay, painful mouth sores, and cracked, peeling lips.</p> <p>HIV / AIDS can lead to many oral health problems, such as fungal and viral infections, lesions on the lips and tongue, warts, and white patches on the tongue.</p>
Treatment	To maintain oral health, have regular dental and medical visits, take all prescribed medicines, and practice good oral hygiene. See an oral health provider before you start cancer treatment.

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Temporomandibular Joint Dysfunction (TMJ)

What it is	Joint or muscle problems in your lower jaw.
Symptoms	<ul style="list-style-type: none">• Pain in the chewing muscles or temporomandibular joint(s) connects your lower jaw to the bones on the side of your head.• Clicking, popping, or grating sounds in the joint when you open or close your mouth.• Limited movement or locking of the jaw.• Pain in the face, neck, or oral cavity.
Treatment	<ul style="list-style-type: none">• Eating soft foods• Massaging painful muscles• Moist heat or cold packs on the face• Relaxation techniques• NSAIDs or muscle relaxants• Reducing stress

Common Cosmetic Issues

Teeth Whitening

Options vary in price and effectiveness. Talk with your dentist before using them to determine what is best for you.

Whitening your teeth does not make them healthier.

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Tongue Studs

Jewelry is worn on your tongue after it is pierced. Tongue studs put you at risk of chipped teeth, nerve and gum damage, and infections. If you decide to get a tongue stud, talk with your dentist and have the piercing done by a medical professional.

Dental Work: Antibiotics and Your Heart

According to the American Heart Association, most people with heart problems do not need short-term antibiotics before dental treatments. Antibiotics may be used before certain dental treatments to help prevent infective endocarditis-infection of the heart's inner lining or valves-if you have:

- Artificial heart valves
- A history of infective endocarditis
- Certain serious congenital heart conditions
- A cardiac transplant that develops a problem in a heart valve

If you have questions, discuss them with your oral health provider and medical provider.

Pregnancy and Oral Health

Dentists suggest that you have dental checkups every six months before you become pregnant to keep your mouth in the best health possible.

If you are pregnant and have not had regular checkups, consider the following:

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Have a complete oral exam early in your pregnancy. Because you are pregnant, you might not receive routine X-rays. If you must have X-rays for a dental problem requiring treatment, the health risk to your unborn baby is believed to be small.

Personally, I would not take the risk of X-rays if I were pregnant.

Most dental treatments during pregnancy are safe. The best time for treatment is between the 14th and 20th weeks.

However, sitting in a dental chair might be uncomfortable during the last trimester.

Do not avoid necessary dental treatments, as you may risk your and your baby's health. Personally, I would get a definitive answer on this before having the dental treatments, including a second or third opinion.

Your dentist may need to avoid giving you certain medicines, such as the antibiotic tetracycline, that could affect your baby.

Use good oral hygiene to control your risk of gum disease.

Pregnant women may have changes in taste and develop red, swollen gums that bleed easily. This condition is called pregnancy gingivitis. It can be caused by both poor oral hygiene and higher hormone levels during pregnancy. Until recently, it was thought that having gum disease could raise your risk of having a low-birth-weight baby. Researchers have not been able to confirm this link, but some research is still being done to learn more.

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After you give birth, maintain good oral hygiene to protect your baby's oral health. Bacteria that cause cavities can transfer from you to your child through a kiss on the mouth, letting your baby put their fingers in your mouth, tasting food on your baby's spoon, or testing the temperature of a baby bottle with your mouth.

Low-Cost Dental Services⁶

<p>Clinical Trials</p>	<p>Oral health clinical trials (research studies) may provide limited free or low-cost dental treatment. To see if you qualify for any current studies, contact the National Institute of Dental and Craniofacial Research.</p> <p>Website: https://www.nidcr.nih.gov/</p> <p>Telephone: 1-866-232-4528</p> <p>E-mail: nidcrinfo@mail.nih.gov</p> <p>Information specialists can respond to phone inquiries Monday through Friday, 10:30 a.m. to 4:00 p.m. EST.</p> <p>Clinical Trials Page: https://www.nidcr.nih.gov/research/clinical-trials</p>
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⁶ Attached is a PDF of the Health Insurance Marketplace—Application for Health Coverage and Help Paying Costs. I



Health Insurance
Marketplace - Applic

hope it opens for you. If not, you can email me, and I will send it to you.

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	<p>National Institute of Dental and Craniofacial Research National Oral Health Information Center 1 NOHIC Way Bethesda, Maryland 20892–3500 1–866–232–4528 www.nidcr.nih.gov</p> <p>You can also go to:</p> <ul style="list-style-type: none">• ClinicalTrials.gov – a database of government and privately funded clinical trials in the U.S. and worldwide. URL: https://www.clinicaltrials.gov/• NIH Clinical Research Studies – a database of clinical trials at the NIH Clinical Center in Bethesda, Maryland. To talk with someone about studies at the Clinical Center, call 1-800-411-1222. URL: https://clinicalstudies.info.nih.gov/
Dental Schools	<p>Most schools let dental students treat patients at reduced costs. The American Dental Association has a full list of the 20 states with dental schools.</p> <p>American Dental Association</p>

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	<p>211 East Chicago Avenue Chicago, IL 60611-2678 Web site: www.ada.org URL for the list of US dental schools: https://coda.ada.org/find-a-program/search-dental-programs#sort=%40codastatecitysort%20ascending</p>
<p>Community Health Centers</p>	<p>You may also be able to find care at federally funded health centers where you pay what you can afford, based on your income. Health centers are in most cities and many rural areas. To find a health center in your area, visit the Health Resources and Services Administration "Find a Health Center"</p> <p>To find community health centers that provide free or low-cost dental care, call (888) ASK-HRSA or visit the HRSA Information Center at https://findahealthcenter.hrsa.gov/ or https://www.hrsa.gov/</p> <p>With the second link, scroll down the page until you come to "Find high-quality health care." When you click on the link, you will be taken to a map page where you can enter your language and location and determine a radius.</p>

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<p>State and Local Resources</p>	<p>Your state or local health department may know of programs in your area that offer free or reduced-cost dental care. To find state and local resources:</p> <ul style="list-style-type: none">• Call your local or state health department to learn more about their financial assistance programs.• Call 2–1–1 to find services in your area.
<p>Medicaid Services and CHIP</p>	<p>Medicaid is a state-run program that provides medical benefits — and in some cases dental benefits — to eligible individuals and families. States are required to provide dental benefits for children covered by Medicaid, but states can choose whether to provide dental benefits for adults. Most states provide only limited dental services for adults, while some offer extensive services.</p> <p>CHIP is a state-run program for children whose families earn too much to qualify for Medicaid but can't afford private insurance. CHIP provides dental services to children up to age 19. Dental services covered under this program vary from state to state.</p>

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	<ul style="list-style-type: none"> • Visit the Medicaid website and click on "Learn How to Apply for Coverage" or contact your state Medicaid program. <p>Medicaid URL: https://www.medicaid.gov/</p> <p>Medicaid URL to choose your state: https://www.medicaid.gov/state-overviews/index.html</p> <p>Medicaid URL for Childrens Health Insurance Program (CHIP): https://www.medicaid.gov/chip/index.html</p> <ul style="list-style-type: none"> • To find children's dental care programs in your state, visit Insure Kids Now or call 1–877–KIDS–NOW (1–877–543–7669) <p>URL for Insure Kids Now: https://www.insurekidsnow.gov/</p>
<p>Medicare</p>	<p>Medicare is a federal health insurance program for people 65 and older and for people under 65 with specific disabilities. Medicare only covers dental services related to certain medical conditions or treatments. It does not cover dentures or most routine care like checkups, cleanings, or fillings.</p> <ul style="list-style-type: none"> • Visit Medicare Dental Services or call 1–800–MEDICARE (1–800–633–4227). Have

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	<p>your Medicare number handy when you call.</p> <p>URL for Medicare dental coverage: https://www.medicare.gov/coverage/dental-services</p>
United Way	<p>The United Way may be able to direct you to free or reduced-cost dental services in your community. To find the United Way in your area, visit:</p> <ul style="list-style-type: none">• United Way and click on "Find Your United Way" (top right corner of the screen). <p>URL for United Way: https://www.unitedway.org/</p>

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Chapter 10 - You First, Before Any Dentist

It is not a dentist's job to care for people's teeth. Everyone is responsible for taking care of their teeth before even considering going to a dentist.

The information in this book on how to brush and floss and what products are recommended should be enough for most individuals to maintain the hygiene of their mouth and teeth.

If you believe you have an abnormality or disease of the mouth and are considering going to a dentist, you may want to go to your health care provider first.

One such physician to consider is an ear, nose, and throat specialist or ENT. They treat everything from the shoulders and back up except the brain and eyes. This type of doctor will know where to test and look in your body to determine what is happening in your mouth.

Another specialist to consider is an internal medicine physician. How your mouth looks often results from what is happening in your digestive tract, which is the root cause of your oral cavity issues. Once your digestive tract is reset, you reset your entire mouth – gums, teeth, roots, etc.

Since most people have health coverage, seeing a physician might be much less expensive than going to a dentist. In the end, you may avoid going to the dentist altogether.

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If you depend on your dentist for mouth hygiene, you will be spending a lot of money. This is why it might be better to see a physician first.

Ultimately, prevention is better than having to cure oral issues. Thus, a good goal would be to prevent cavities and other teeth and mouth-related diseases from existing in your mouth.

[Smile Like A Movie Star](#)

Many people dream of having Julia Roberts' million-dollar smile. However, few people are born with perfectly straight, shining white teeth. The few fortunate ones born with such teeth can achieve their own movie star-like smile with proper personal hygiene.

However, do not lose hope if you are not blessed with straight and perfectly shaped teeth! You can still achieve your very own million-dollar smile if you can afford to spend some money to "repair" your teeth.

Most movie stars who seem to have brilliant pearly whites don't have those sets of teeth naturally. About 80% of the celebrities in the movie industry have undergone teeth enhancement or teeth restructuring so that they could flash their perfect smiles on screen.

Although having one's teeth look exactly like those seen on TV can be expensive, if you can afford it, go ahead.

However, these processes and procedures still require healthy teeth as a base or foundation. Dentists wouldn't proceed with

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the procedure if they saw that the original teeth were brittle or damaged.

Before enhancing one's teeth and making them look like movie stars, dentists would still go back to the basics and repair the damaged or decayed set of the original teeth.

[A Fence For Your Teeth](#)

While children and teenagers are usually the ones commonly seen with braces, many adults also wear them.

Although wearing braces can be quite awkward and make one feel as if their teeth have a fence around them, braces are very effective in aligning crooked teeth. People with crooked teeth can still achieve their million-dollar smiles by wearing braces.

The duration of the braces in one's teeth greatly depends on the severity of the crookedness of the teeth. When the braces are removed from the mouth, retainers must be worn to replace the braces. Retainers need to be worn to reinforce the alignment of the teeth.

Visit your local dentist to learn more about personal dental care and other dental services that may be useful to you. Investing in your teeth may boost your self-esteem and may even land you your dream job.

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Conclusion

I hope you gain some value from this book and have more clues about any dental issues you might be experiencing. I also hope you receive some guidance or suggestions on what to do next about your problems.

May luck be with you, and you resolve your dental issues whether or not you see a dentist.