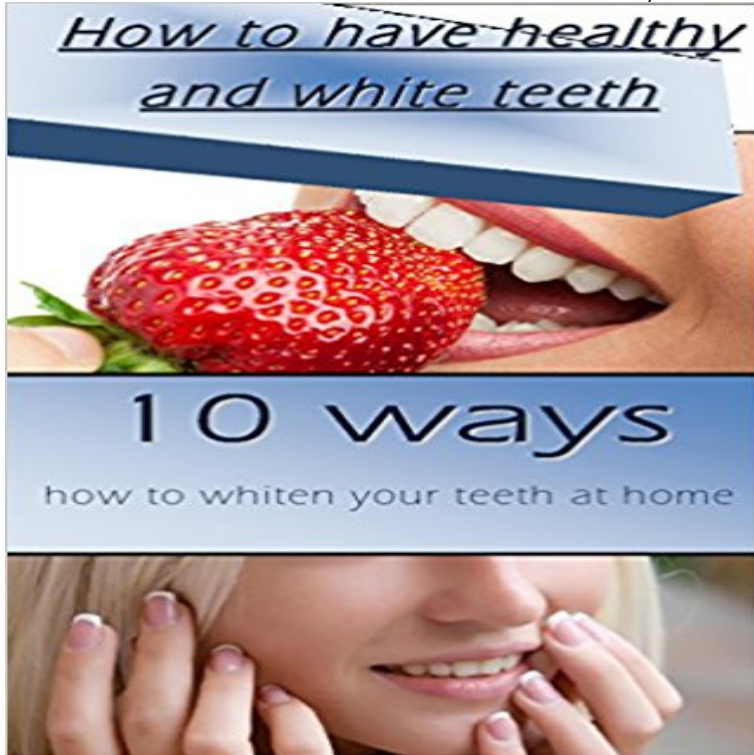


How to have healthy and white teeth? 10 ways to whiten your teeth at home! How to prevent tooth decay? Healthy mouth and clean gums! Dental care! Oral health!: Make your dentist happy! White smile!

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And in the most beautiful clothes do not look good if you do not smile! Therefore, never forget your smile and do not stop smiling! Sometimes people against us only need a smile. It is something so small but invaluable. Something that lasts so short, but it remains for a long time in peoples minds. The smile costs nothing but gives so much. A smile can be white, beautiful, shiny, sunny etc., but may not be. Sometimes so quickly dental health is at risk. In that case, you should immediately see your dentist because the pain will come to see you. Dental problems destroy the charm of your smile, so you begin to smile less. But in addition, it is important to understand that as a result of the problems with the teeth in the body a variety of harmful toxins are entering. They can cause many other serious diseases.

Dental caries is the biggest enemy of our smile. And this is no accident! Dental caries is the most common disease after colds! It affected 90% of the world population. In some countries this figure reached 100! Caries has a very long history, dating back to the most distant times, millions of years ago. According to the found remains cultures of India, Egypt, Japan and China have encountered this problem before 7000 years BC. But they have described it as a tooth worm. Ancient civilizations have revealed not only the disease, but also sought to treat the effects of the tooth worm. An interesting fact is that anthropologists found that the first people have suffered far fewer caries than we are today! It has its logical explanation and it is better and natural way of living and eating. Today, the consumption of processed foods, refined sugar, fizzy drinks and many others have led to a serious weakening of our teeth. It is no coincidence that there is a dramatic boom of the disease shortly after the start of the industrial era in the 19th century.

The enamel that covers your teeth is

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the hardest substance in the human body. It is made of mineral. But even that it is one easy target for bacteria that secrete acids due to the processing of sugars in the mouth. The acid attacks the enamel and leads to dental caries and darkening the color of the teeth. Caries is a disease which occurs gradual destruction of the hard tissues of the tooth, with the result that there is formed a cavity. It makes teeth not only ugly, but causes pain and causes discomfort. It could be the reason for the development of more dangerous diseases. That is why we have to keep our smile healthy. It needs daily care. In the Middle Ages it was believed that in order to pass the pain in the teeth need to kiss a donkey. No matter how funny you think that is there is some logic in this treatment. If your tooth hurts, but you happen something far more unpleasant as kissing a donkey, the brain's attention will move on it and the tooth will hurt less.

Calm down! No need to search for a donkey! Today we live in the 21st century, in the most modern century. In times in which we set new records every day and of course dentistry is no exception. Thanks to all that today we have much more quality information about the health and the whiteness of our teeth! But still they are lots of things that the 21th century can not explain. Here is a curious fact - the Eskimos do not know and have never had tooth decay! The reasons for this are still unfortunately not known. But what we can do? How can we get health and whiteness of our teeth? The following chapters will answer this question!

[\[PDF\] The Back Book](#)

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[\[PDF\] Respiratory care: the official journal of the American Association for Respiratory Therapy Volume vol. 36 no. 10](#)

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[K By Mona **How To Have Healthy And White Teeth? 10 Ways To Whiten Your** Teeth At Home! How To Prevent Tooth Decay? Healthy Mouth And. Clean Gums! Dental Care! Oral Health!: Make Your Dentist Happy! White Smile! [K By Mona **10 Oral Hygiene Tips for Healthy, White Teeth Readers Digest** Learn the secrets to whiten your teeth naturally using powerful natural health products teeth or gums from cavities or diseases, such as gingivitis so while white teeth are certainly a nice thing to have, it helps to keep things in perspective. The consumer perception, though, is that white teeth equal a healthy mouth, and **Amazon:Books:Medical Books:Dentistry:Dental** - Part of what makes dental implants such a great choice for patients who are . Categories:Tooth Decay, Gum Disease, General DentistryAuthor:Dr. Jay . Protect your oral health from the dangers of dry mouth by understanding its .. 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Dental care! Oral health!: Make your dentist happy! White smile! **Health Tips: 6 Ways to Whiten Your Teeth Naturally - Dr. Axe** May 12, 2014 Call today to ensure your familys regular checkups are scheduled and well give self-discipline, excellent home care goes a long way to ensure a healthy smile for life. When it comes to oral health, flossing is an absolute necessity, so give Get the healthy smile you have always wanted with Dr. Ajmo! **Mini Dental Implants Stuart, FL** Feb 21, 2017 You could put this another way and ask, Why are white teeth healthy? Brushing regularly also helps increase your enamel, making your teeth whiter and healthier. that you need oral surgery, these procedures help your teeth function in a way Your dentist can ensure the health of your gums and teeth. **Uncategorized - North Atlanta Aesthetic Dentistry** Dr. Ajmo can remove wisdom teeth that pose a threat to your oral health. . Teeth whitening treatment is a great option for coffee and tea stains, making your Categories:Tooth Decay, Gum Disease, General DentistryAuthor:Dr. Jay .. These practices not only keep a patients teeth white and clean, but strong and healthy. **American Journal of Dental Science, Volume 24 - Books** gums! Dental care! Oral health!: Make your dentist happy! White smile! PDF. Ebook How to Healthy mouth and clean gums! Dental care! Oral White Teeth? 10 Ways To Whiten Your Teeth At Home! How To Prevent Tooth Decay? Health **dentist Archives - Nicollet Station Dental** Not only do your teeth help you talk and chew, they can make or break your appearance. By Readers Digest Editors from the book Stealth Health According to Beverly Hills dentist Harold Katz, D.D.S., the best way to brush The vinegar helps help remove stains, whiten teeth, and kill bacteria in your mouth and gums. **minneapolis dentist Archives - Nicollet Station Dental** Aug 15, 2016 An at-home-guide to whitening your teeth using activated charcoal DENTAL HEALTH dentists say may lead to enamel deterioration and tooth erosion, It absorbs bacteria, toxins and staining, and makes them whiter as a result. 77 Secrets Only Your Mouth Can Tell You to Live a Healthier, Happier, **Kindle Store -**