

Chapter 9

Health Mouth, Healthy You Chapter Review Sheet



LIVING WELL
with DR. MICHELLE

— Chapter 9 — Heal What's Possible

- **Take-Aways**
- **Things To Do**

Chapter 9

Healthy Mouth, Healthy You

Chapter Review Sheet

Take-Aways

- Many dentists just don't know how to heal teeth. This is done by remineralizing it.
- Saliva is vital to your dental health. Your saliva needs to be alkaline as often as possible, which involves avoiding eating and drinking constantly and not taking certain medications.
- Avoid acidic foods and drinks like soda, fruit, sweeteners, and coffee.

Things To Do

- Find a dentist that uses lasers to find cavities. Call them and ask.
- Avoiding constant eating and drinking. This makes your saliva acidic and demineralizes teeth.
- Don't use a toothpaste with glycerin.
- Use protocol for remineralizing teeth