

The 3 Pillars of

OPTIMAL ORAL HEALTH & COMFORT

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You value your health and well-being, but with all the information circulating out there, it can be hard to know “the right way” to take care of your teeth.

We put this guide together to help you make better decisions. Achieving optimal health and comfort is absolutely possible, when you take care of the 3 pillars that support a healthy chewing system: nutrition, routine, and alignment. We'll cover each of these in this short guide.

PILLAR #1-NUTRITION

Diet determines the health and ecology of our mouths and can even influence how we breathe. A traditional “whole foods” diet provides very little nourishment for the acid-producing germs that cause tooth decay, while providing optimal nourishment for your body. Aim to incorporate these three oral-health supporting habits each day:

Enjoy whole foods

Unrefined, unprocessed foods in their most natural state are typically very fibrous and require a lot of chewing, which helps to neutralize the sugar content and scrubs food particles from your teeth. Consider them a bit like nature's floss. Our favorite whole foods include: gently cooked vegetables, whole grains, legumes, nuts and raw fruits. In addition to dental health benefits these foods are protective against low grade inflammation that can lead to chronic diseases such as heart disease and diabetes.

Drink plenty of water (and skip the lemon juice)

Drinking water after a meal helps to wash out food particles, combat the negative effects of sticky and acidic foods between brushes, and restore the pH balance of your mouth. Skip adding lemon juice, which lowers the pH of saliva and weakens your tooth enamel.

Fasting periods between meals

Eat three meals or less a day, with nothing but plain water between eating. These fasting periods allow the mouth to be at a neutral pH for as much of the day as possible. Each time you eat food residues create a more favorable environment for bacteria. If you do require an occasional snack between meals, it should be a low carbohydrate whole food such as nuts.

PILLAR #2-DENTAL HYGIENE ROUTINE

I bet no one ever taught you how to brush and floss. Learning the best way to properly care for your teeth is a crucial step to obtaining long term health and comfort. Dr. Levy will personally clean your teeth and give you one on one instructions on your own dental hygiene routine. Here's a brief outline of it below:

Brush the whole tooth with a soft brush

In order to have healthy teeth and gums it is most important to clean teeth under the gums. To do this well, place a soft brush half on the tooth and half on the gum at a 45 degree angle aimed at the roots of the teeth. Use horizontal strokes, so the bristles

spend most of their time cleansing the teeth under the gums where food gets trapped and can cause gum disease and cavities. Don't worry if this causes some bleeding at first. This type of bleeding is due to a gum infection (gingivitis) and will resolve after a few days using this technique.

Floss with intention

This is really, really important. Here's why: flossing doesn't just remove pesky pieces of food stuck between your teeth. It ALSO reduces plaque and keeps gum tissue healthy. How can you floss with intention? Look in the mirror and watch what you do. Teeth must be cleansed both below the gums and above. Gently slip the floss between teeth and press it under the gum tissue. Curve the floss around the tooth. Using moderate pressure rub up and down to cleanse the entire side of the tooth. A few well intentioned strokes is all it takes. Repeat this motion on both sides of each and every tooth.

PILLAR #3-ALIGNMENT

Poor Alignment can be the cause of several symptoms. Here are a few; *worn and broken teeth, toothaches, gum recession, airway and sleep issues, poor posture, jaw and muscle pain, headaches and even failed dental work.*

If you find yourself chewing delicately to avoid discomfort, have experienced continued failure of dental work, or excessive wear of your natural teeth you may have an alignment issue--even if you have perfectly straight teeth. Our philosophy of comprehensive-holistic dentistry views the teeth, mouth and jaws as parts of complete systems, which is why we attempt to understand and treat whole body systems.

Teeth aren't just isolated structures that need to be straightened and repaired, but vital components in a complex neural chewing network. For the chewing system to function optimally, teeth in one jaw must align perfectly with those in the other and both jaws must align with head and neck posture. Just one misalignment can affect entire body systems.

New patents are often searching for the right way to align their jaws when they are chewing. Often dental problems such as cracked teeth, excessive tooth wear and muscle or jaw pain are related to misalignment. Helping patients to find their own optimally aligned tooth, jaw and neck postures is an essential component of sustainable, long term dental health.

We help patients restore confidence and comfort in their oral health by empowering them with these three pillars of optimal oral health.

Call us today to schedule your Comprehensive Oral Health Assessment **503-222-2157** or visit www.jayharrislevy.com.



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