

Let's Defend Our Teeth After Food

To normally live any person must eat different meal (for example, bread, meat/beef, sweetening and so on) and drink water.

Unfortunately, after any such kind of actions there are very many small pieces/elements can remain both on the enamel and between of the two nearest teeth.

About problems and ways how to treat them there are different books [1-3].

What kind of trouble we can have in this situation?

It is more dangerous if it is before our night sleep when we don't swallow very often our saliva. In this case the bad situation can appear very quickly which the remainders of food begin to rot and spoil our teeth.

As practice shows, especially negative factor appears for teeth if we eat chocolate which is the aggressive habitat.

What kind of recommendations we can suggest to save our teeth in normal position?

Very likely, more often people take the next ways:

- 1 – thin wooden stick (Figure 1);
- 2 – clear teeth using toothbrushes;
- 3 – to rinse teeth with rather cold water.

It will be better if we use these ways.

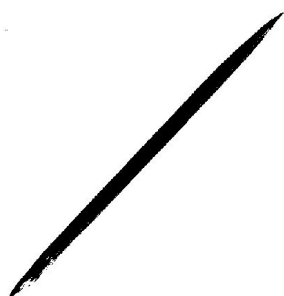


Figure 1. Thin wooden stick to clean spaces between of the teeth

In this case we must clean each space between each tooth carefully. And don't injure your gum or/and sky.

Short Note

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Is it good if we use two models of toothbrushes? What it will be? It is more right to apply two kinds of toothbrushes: namely, with rather soft hairs and with the more solid ones. They help us to extract practically all small elements of our food. But pay attention please that the toothbrushes with the soft hair diminish wear and tear for the enamel.

And at last, the third way using the method to rinse teeth with rather cold water. This action we must apply several times (not less than ten). Try make this operation intensively. Only in this case we can clean our teeth very well.

Using rather cold water for this procedure we partly make hardly the all our cavity of mouth. As medical doctors say that such method save person against of bleeding (especially, from gum).

Moreover, using these simple ways we protect our beathing from the bad smell which will not make badly for your collocutor. By this way you effectively avoid both from the uncivilized and unbecoming situation.

Unfortunately, these ways cannot protect teeth against caries but they help us to have healthy our teeth for a long time without many traditional problems.

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