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Why Saliva is the Answer to Achieving Proper Oral Health by [Sterling Delorme](#)

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Saliva production is a normal process that occurs in the mouth. This fluid is taken for granted because it is consistently produced. However, it actually plays a substantial role in several operations of the body like digestion and oral health care. Without it, you may experience difficulties and complications when eating, chewing, or swallowing. It even helps speech because lubrication is crucial in uttering words.

Saliva is released by major and minor salivary glands located within the inner lip and soft palate. The most efficient way to stimulate salivary flow and production is through chewing. The muscles surrounding the salivary glands tighten, making secretion of saliva possible. Aside from that, the type of food you eat also stimulate production of the saliva.

Although most know that saliva is important in food digestion, it also plays a major part in your oral health system, mostly with waste removal. The consistent flow and release of saliva removes disease-causing viruses, bacteria, and yeast from the teeth, gums, and other regions of the mouth. The saliva also allows microbes to stick together so that they can be eliminated before they stick to the surfaces of the teeth and gums.

Besides that, any dentist Media has will aver that enzymes and proteins incorporated in the saliva are effective protection against toxins and carcinogens in food and beverages. The enzymes likewise help subdue the acidic contents found in food and drinks to stop the tooth enamel from deteriorating. Saliva also protects the esophagus by neutralizing the acid reflux that comes with complications such as heartburn.

Any dentist Media PA has will likewise aver that saliva is the teeth's main protection against tooth cavities. Food bits and debris lodged between teeth may draw bacteria that generate acid and attack the tooth minerals. The enzymes and protein in the saliva subdue the acid formation and wash away the food debris that may contain starch and sugar, two substances that lead to teeth decay.

Besides that, mineral salt in saliva, such as calcium and phosphate ions, slows down the demineralization process of the teeth and allow the regular re-mineralization of the teeth enamel. It likewise has epidermal growth factor and vascular endothelial growth factor which help the regeneration of oral tissues. With these key functions, saliva keeps the teeth and gums disease-free. Any dentist Media has will say that saliva also helps retain a healthy plaque biofilm, which is essential for preventing microorganisms from thriving in the oral cavity. Moreover, healthy salivary production minimizes your risk of having halitosis or bad breath.

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