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Your Concise Guide to Achieving a Lifetime of Winning and Healthy Teeth by [Landon Heath](#)

Article published on July 18th 2012 | [Health](#)

There's a well-loved tune by Nat King Cole that goes, "Smile though your heart is aching". Ask anyone, and they'd very likely acknowledge that being cheerful when you're in a dismal mood is not as hard as it sounds. But the challenge would be to smile when your tooth is aching--after all, the lyrics don't say, "Smile though your tooth is aching."

Unfortunately, a toothache can assail any person, regardless of how old they are. Toothaches can result in greater problems including tooth cavities, plaque, and gum disease. Moreover, the moment a toothache unleashes its full power, Murphy's Law takes over: you become irritated, your head hurts, your body aches, and you're unable to accomplish your daily tasks. The good news is that you may stop a toothache from developing through adequate oral hygiene.

Eat a Healthy Diet

A wholesome diet would not only improve your physical condition but your oral health as well. Both nutritionists and dentists recommend a diet high in calcium. Foods like cheese, nuts, tofu, and green leafy vegetables can deliver this nutrient. In case you're a parent, be sure that your kids don't chow down a lot of desserts as sugar often tends to stay put in-between teeth and gums. Sugar can become breeding environment for bacteria, which bring about dental caries.

Follow Proper Dental Hygiene Procedures

Follow those advertorials that admonish you to brush your teeth a minimum of twice daily. To ensure ideal oral health, the majority of dentists recommend that people brush their teeth immediately after each meal, gargle with mouthwash, and floss on a regular basis. In addition, correct brushing ought to take at least three minutes.

Review Your Teeth

Look out for signals of tartar and cavities-- if these aren't addressed properly, they'll result in tooth decay and cause teeth to fall off. If you notice that your teeth become painful when you drink ice-cold refreshments or consume iced desserts, it might mean that you are afflicted with sensitive teeth and gums. Parents should also look over their kids' teeth and be on the lookout for overlapping teeth. Fortunately, the type of orthodontist New York parents recommend can redress crowded teeth with dental braces.

Meet Your Dentist On a Regular Basis

It's recommended that you see your dentist at least twice yearly to delay the development of any dental conditions. In the event that you have children, give them assurances that seeing a White Plains dentist is nothing to fear. Plenty of dental practices today are designed with kids in mind and are places where little ones can feel quite at home.

Proper dental hygiene is foremost to a lovely smile. In case your children are born with misaligned teeth, you may want to take them to the kind of orthodontist NYC residents trust. For additional suggestions about dental health, log on to everydayhealth.com/dental-health/101/taking-care-of-your-teeth-at-home.aspx.

Article Source:

<http://www.articleside.com/health-articles/your-concise-guide-to-achieving-a-lifetime-of-winning-and-healthy-teeth.htm> - [Article Side](#)

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Article Keywords:

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