

THE CARE AND FEEDING OF THE TEETH

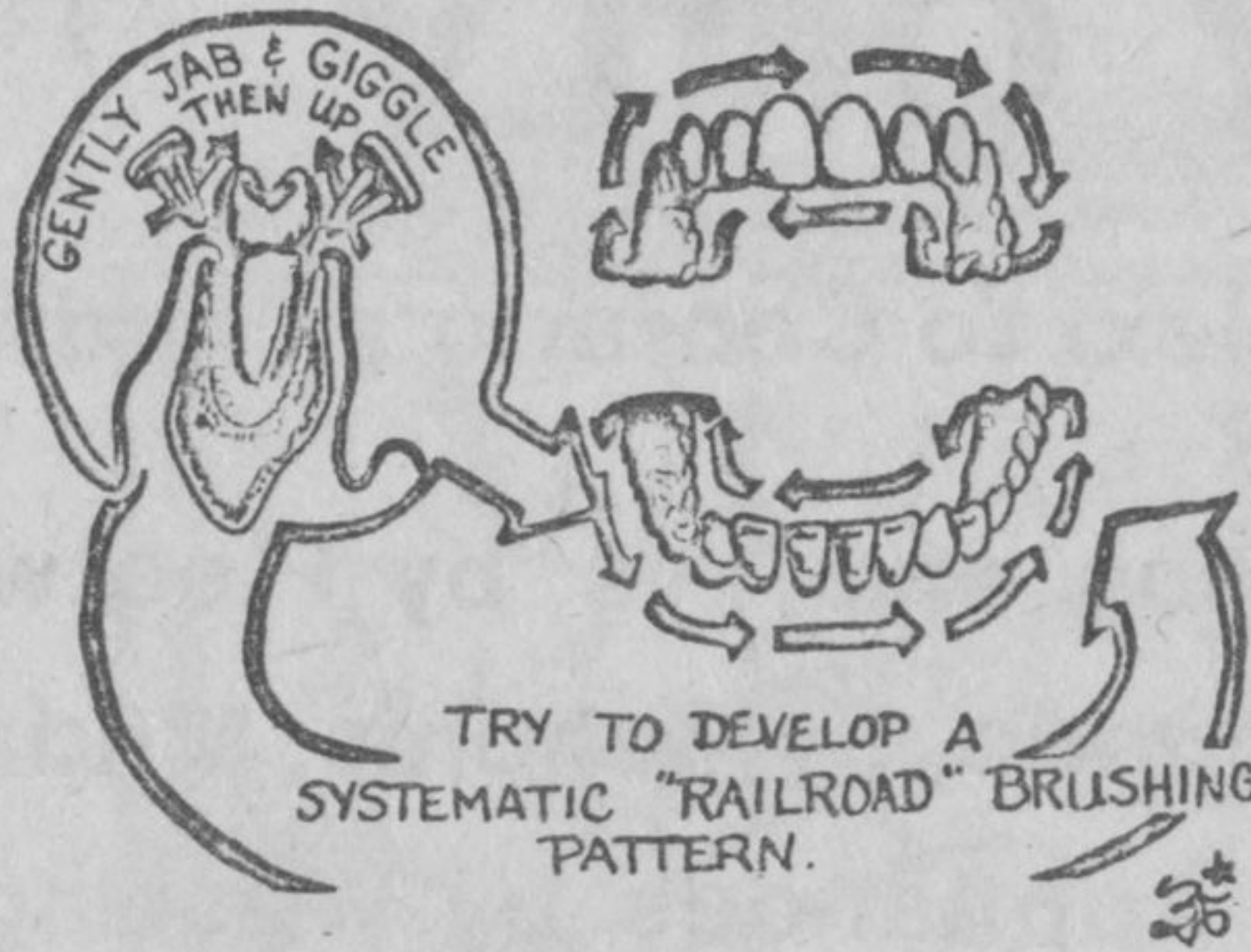
It takes from 24 to 30 hours for the bacterial colony (PLAQUE) to organize sufficiently to concentrate the acids and enzymes necessary to cause tooth decay and gum disease. Therefore, to effectively prevent dental disease, the minimum daily requirement is a thorough brushing and flossing once, well, every 24 to 30 hour period. (Any less and the course of the disease is only retarded.)

STEP I:

2 Row Soft (.006/.007" dia.)
Bristle SULCUS Brush.

Method:

Gently vibrate the bristles into the crevice or sulcus where the tooth meets the gum.

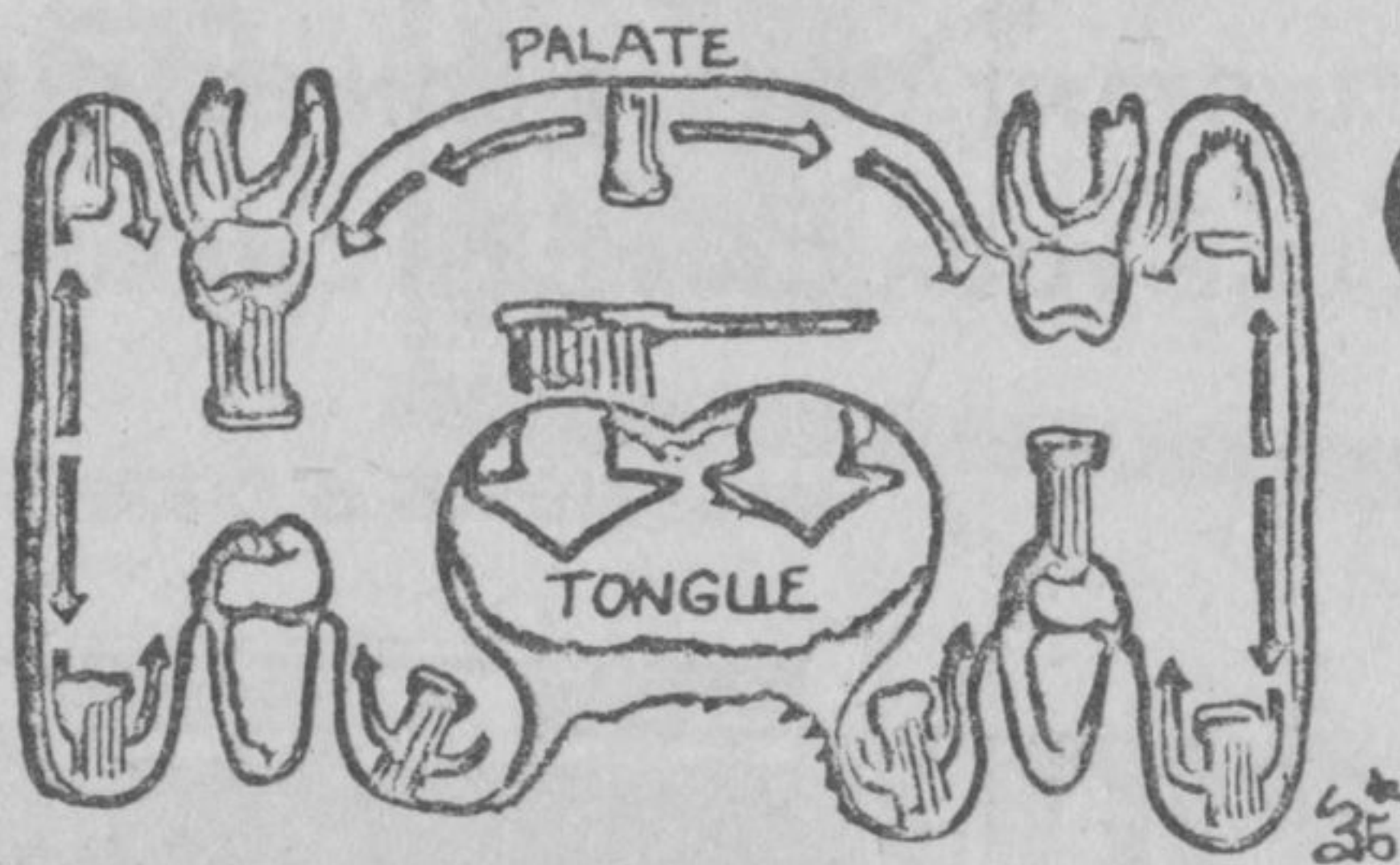


STEP III:

3 Row Soft (.006/.007" dia.)
Bristle Vestibular Brush.

Method:

Gently massage the gums in such a way as to stimulate blood flow to supporting structures and roots of the teeth. (Also brush Palate, Tongue and Occlusal or top surfaces of the teeth.)



STEP IV:

Disclosing Tablets (harmless 2% erythrosine dye to stain colourless PLAQUE).

Method:

Chew and swish 1/2 tablet until dissolved, covering teeth for 2 minutes. Empty and rinse mouth once. Check teeth in mirror for missed areas. (Plaque is stained red and remaining areas can then be cleaned.)

STEP V:

Take your clean teeth to a Dentist regularly to show them off.

SUITABLE SNACKS

- Milk
- Unsweetened fruit juice
- Tea (with milk instead of sweetener)
- Fresh fruits (apples, pears, oranges, grapes, peaches, bananas)
- Raw fresh vegetables (carrots, celery, green peppers)
- Sandwiches (whole wheat flour) cheese, peanut butter (plain), peanut butter with bananas, mashed avocado (with lime juice) called Guáquamole in Mexico
- Crackers or melba toast with: butter, cheese, peanut butter
- Cheese
- Cottage cheese
- Plain Yogurt and fresh fruit, especially bananas and strawberries)
- Vegetable Pizza (homemade)
- Nuts (peanuts, cashews, brazils, filberts, etc.)
- "Shreddies" (plain)
- Sugarless Gum
- POPCORN (very healthy)

Meals should be regular events and inbetween meal snacking is not recommended, but when you must, please consult the above list for guidance. If a meal is completely balanced, then the urge for snacking is reduced. Often constant snacking is an indication of the lack of balance and nutritious fullness of the regular meals. Complete meals do not require snacking boosters. With close observation, meal patterns and eating habits are an excellent indication and meter of health. To your increasing happiness, healthiness and holiness

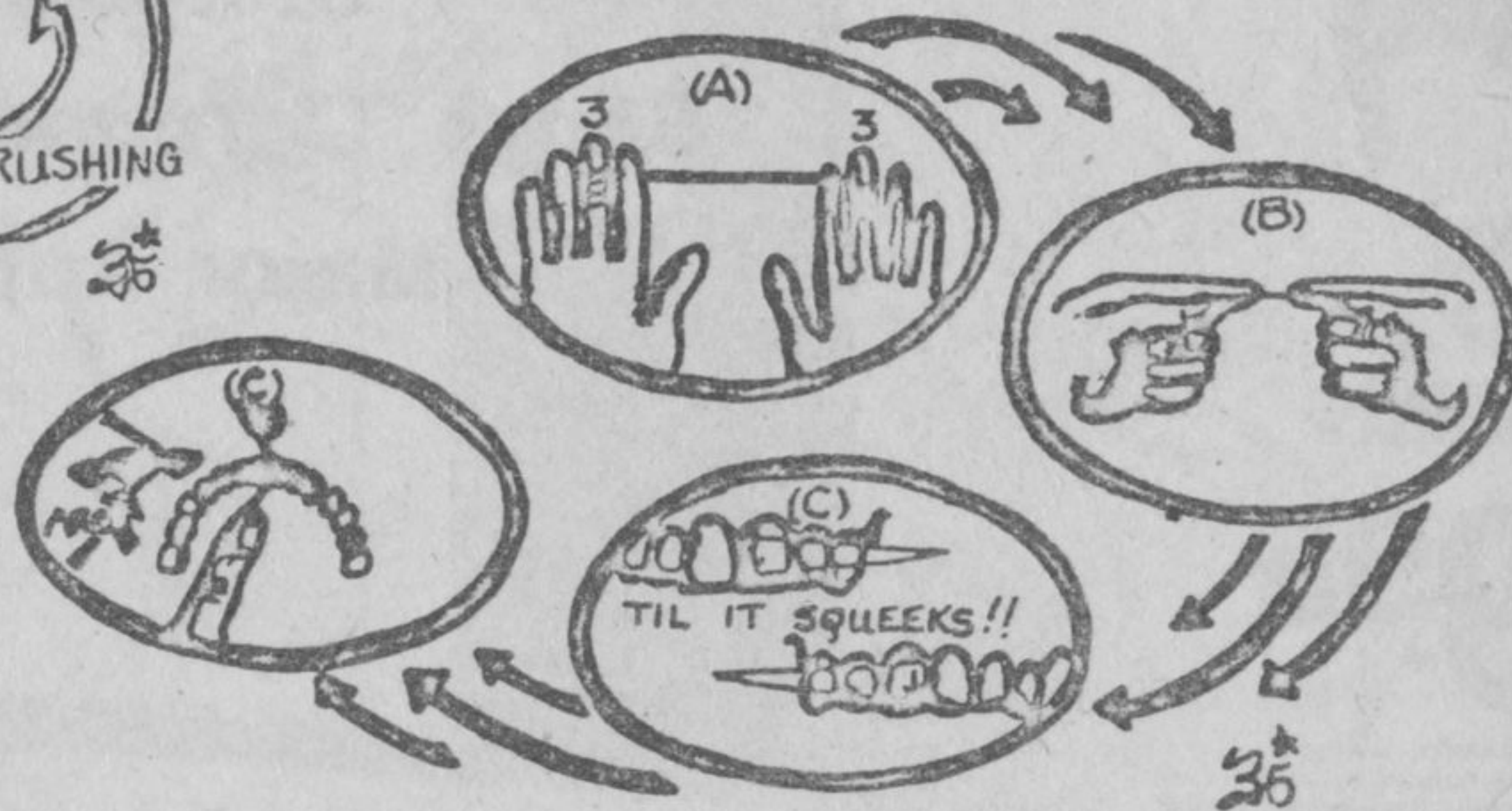
STEP II:

UNWAXED DENTAL FLOSS
(Waxed for beginners only)

Method:

Wrap about 18" of floss around the third fingers (A). Hold a small length between the thumbs and first fingers (B). As you floss, the used part can be taken up on one finger and fresh floss released from the other.

Hold the floss taut, insert (C) it between the teeth GENTLY and try to arc around each tooth. Rinse.



NUTRITION

NOT SUITABLE SNACKS

- Breakfast drinks (made of powders)
- Coffee or tea with sugar or honey
- Sweet drink mixes
- Chocolate milk
- Cocoa
- Malted milk
- Ice cream sodas, ice cream
- Cakes, pies, tarts, cookies, doughnuts, puddings
- Soft drinks (pops)
- Dried fruits (e.g. raisins)
- Candies - lollipops, chocolate bars, fudge, marshmallows, toffee
- Lozenges (even cough and throat lozenges)
- Regular chewing gum
- Licorice
- Jam, honey, syrup

**Dental Public Health
Lecture and Workshop**

Thursday, Dec. 12 6 to 8 p.m.

St. Martins Auditorium

Guest Speaker: DR. W.K. HETTENHAUSEN

TOPIC: NUTRITION

OPEN TO THE PUBLIC

(Please bring unwaxed floss and tooth brush or brushes)
CHECK WITH YOUR LOCAL PHARMACIST FOR DENTAL SUPPLIES