



CLICK HERE FOR FREE DOWNLOAD!

I love to spoil my subscribers with amazing content, free downloads, and special offers!

Episode 21: Holiday Tips for Healthy Teeth_21

The best holiday tip I can give you is that teeth are not tools. Teeth are great for many things, for instance, chewing and annunciation, but they do not make good tools to open bottles, packages, snack bags, and other similar things. So during this holiday season, make sure you don't use them to open your presents or anything else for that matter. Find out more on today's episode of This Old Tooth.

Hello everyone, you are listening to episode number 21 of This Old Tooth, a podcast devoted to providing you with honest agenda-free information about how you can get and keep a beautiful healthy smile for life. I am your host, Dr. Lisa Germain. I am proud to tell you that I have listeners now in almost 50 countries. So to devote a show today to Thanksgiving might make my friends abroad wonder if my content is worth listening to. So instead of devoting my episode to a holiday that is not celebrated universally, I would like to provide a tooth care tip guide for the entire upcoming season of holiday festivities, regardless of which days you celebrate.

This is a time when family and friends gather together, united by hope, joy, and possibility for all things good in the world. Now, it's not easy to stay healthy during the holidays. Sweets seem to appear everywhere you go and with all the present wrapping and card writing, there's really not much time to devote to you and your family's health and well-being, and if you're like me, chances are good you won't find yourself at home twiddling your thumbs too often during the upcoming weeks and you certainly won't be eager to carve out time when you finally do get home for brushing and flossing your teeth. My recommendation to everybody out there is to do it in the morning. While we always recommend that you brush twice a day for two minutes and floss once a day, if you do a great job in the morning, and of course this includes flossing, you can probably get away with slacking off a little bit in the evening when you're too tired.

THISOLDTOOTH PODCAST

-

THISOLDTOOTH BLOG

Follow us on:





Now, my personal favorite part of a holiday is when I get to share a meal with my friends and family. The good news is that most holiday feasts include Turkey, and I'm not talking about your brother-in-law! I'm talking about the kind you eat. Turkey is a great choice for your teeth because it does not contain sugar or starch. It also has a significant amount of vitamin D, which supports tooth enamel and it will strengthen that hard outer layer that protects you from getting cavities. Now if you're looking for a little munchie while you're enjoying your company, look no further than the cheese and the nut. With plenty of calcium and protein. These foods are good for your teeth long-term and also help maintain strong bones as well. Plus chewing on them helps your mouth produce more bacteria-erasing saliva. However, remember to always use a nutcracker and not your teeth. If the nuts have a shell on them, you can easily crack your tooth instead of cracking open the nut. And the last thing you want to do is to have to make an emergency call to your dentist in the middle of a holiday meal. The best holiday tip I can give you is that teeth are not tools. Teeth are great for many things. For instance, chewing and annunciation, but they do not make good tools to open bottles, packages, snack bags, and other similar things. So during this holiday season, make sure you don't use them to open your presents or anything else for that matter. Over time, this activity will weaken the enamel and the more fragile edges of your teeth leading to them cracking and breakage and an expensive cosmetic repair job.

Now let's go back to the main meal. Another good tip is to pile your plate with healthy vegetables like chop carrots and celery and cucumbers as well as cherry tomatoes. These are not only great for your teeth, but they will also make you feel full as well, so you're not as tempted to eat the more starchy or sugary side dishes. While sweet treats have always had a reputation for causing tooth decay, they're not the only culprits. It's a little known fact that starch converts to sugar and this feeds the bacteria in your mouth. Foods such as cornbread and mashed potatoes can feed the harmful bacteria just like sugary foods can. Now also remember to say hydrated before, during and after your feast. Water helps to clean food out of your mouth and it also prevents dry mouth, which can cause excessive bacterial buildup. The more water you drink, the healthier your mouth will be and drinking plenty of water can also prevent overeating and of course dehydration as well. Make a conscious effort to set a mealtime at holiday gatherings or you can end up grazing all afternoon and well into the evening if you're not careful, this means the bacteria in your mouth get to chow down all day too.

You can help prevent all-day snacking by brushing your teeth 30 minutes after you finish eating. This not only benefits your teeth but your waistline as well. And remember at holiday gatherings

THISOLDTOOTH PODCAST

-

THISOLDTOOTH BLOG

Follow us on:





to limit your red wine and coffee. These things can both not only stain your teeth, but they are acidic as well and can eat away at the hard outer shell of enamel that protects your teeth. In addition, if you've invested time all year in whitening your smile, the last thing you want to do is wake up on new year's morning and wonder why your formerly white teeth now appear to be pale pink. Yes, red wine is purported to be full of cancer-fighting antioxidants, as is cranberry juice in those New Year's Eve Cosmopolitans. But both are also potent tooth stainers that can quickly undo all of your hard work from the year that just passed. So to keep your teeth as white as possible, this holiday season opt for clear or light-colored beverages. They will still be very tasty, but they won't leave your teeth looking any worse for wear. And this is another time when nibbling on cheese is very helpful. This actually is a miraculous example of natural food science. The alkaline in the cheese neutralizes the acid in the alcoholic beverage. So nibble cheese while you drink. Best of all, they both taste great.

Now for all my talk about avoiding sugar, I'm the last one to deny myself dessert. So here's my tip for everyone with a sweet tooth. If you're going to treat yourself to a dessert this year, go with the pumpkin pie as opposed to other sugary pies and desserts. Pumpkin pie actually packs a lot of calcium and a really high dose of vitamin C. In addition, make sure you eat dessert right after your holiday meal. This is helpful because it is better to eat sugar at the same time as a balanced meal. The other more healthy foods will not only displace the sugar from your teeth but they can also aid in neutralizing any acids from ingesting this sugar.

Now for the kids out there, it is particularly important to remember some of the good habits that you have been developing all year. Hard candy is one of the worst offenders at wreaking havoc on your healthy teeth. So make sure you eat a very limited number of those candy canes and try not to drink a lot of sugary soda. And if you do eat hard candy or drink soda, please rinse with water afterward because all of these things will bathe your teeth in sugar. And parents, sugarless gum is also a great way to keep your mouth and your kids' mouths busy while boosting saliva production. This will wash away the sugar as well. And last but not least, your child probably has time off from school around the holidays. This is a great time to schedule a cleaning and a checkup for your children's teeth and for you as well. And as always, you can ask your dentist for additional tips on how to keep your child's teeth healthy during the holidays.

And now for a fun fact, the blueprint for your teeth is present the day you are born. When babies arrive, the crowns of their first 20 teeth are already in place under the gums waiting for the right time to break through, starting sometime between three to six months of age. Then throughout

THISOLDTOOTH PODCAST

-

THISOLDTOOTH BLOG

Follow us on:





childhood, the crowns and roots of adult teeth are already forming under those baby teeth waiting until it's time to begin pushing them out of the way. If you haven't subscribed to my podcast yet, please do from wherever you are listening. If you are celebrating Thanksgiving today, I am really thankful that you are listening to my podcast and if it is just the beginning of the holiday season for you, I hope you will continue to listen. I have a particularly fun show planned for Christmas. I will be back next week with a regular program. So until then, thank you for listening and remember, be true to your teeth or they'll be false to you.

THISOLDTOOTH PODCAST

-

THISOLDTOOTH BLOG

Follow us on:

