



FOCUS

ON DENTAL HYGIENE

APRIL IS NATIONAL ORAL HEALTH MONTH

It's time to brush up on the importance of dental health as we recognize National Oral Health Month. That's because a bright and healthy smile does a lot more than just make you look great. It supports your body's overall health, can reduce dental bills, alleviate unnecessary oral pain and help make sure your pearly whites are with you for life!

5 ways to get the healthier smile we all want

1. Visit your dental professional regularly

Who said a trip to the dentist's chair had to be a daunting experience? Advancements in the dental industry have made regular visits to this infamous chair virtually pain free ... and your smile will love you for it! Your dentist and dental hygienist are your partners in maintaining a healthy smile. They can be instrumental in the early detection and treatment of problems in your mouth — even before your teeth are giving you any warning signs. Keep in mind, dental problems do not go away when left untreated and can potentially pose a serious health risk as well as unnecessary pain. Who wants that? The cost of neglect is always higher than the cost of prevention.

2. Practice good oral hygiene

Good oral hygiene habits start with proper home care and can save you thousands in unnecessary dental bills. Let's start with your toothbrush. Your teeth may be the hardest substance in your body, but it's especially important to use a soft-bristled toothbrush to minimize wear. Brush at least twice a day to keep your teeth clean and free of debris and the buildup of bacteria levels that can lead to disease and decay. Let's not forget your tongue, either. Sneaky bacteria that cause bad breath hide in the crevasses of your tongue and can wreak havoc on your social life. And don't forget the floss or irrigate!

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3. Nourish your body from the inside out

There is plenty of evidence that supports the notion that a healthy diet supplemented with vitamins and combined with good oral health habits is your safest bet for achieving optimum overall health. A host of essential nutrients have been shown to support healthy teeth and gums. Vitamins and minerals are considered the building blocks of the body. Eating a variety of whole, natural foods can provide you with a rich source of these essential nutrients that promote good oral care.

4. Minimize snacking

At least the sugary, starchy and sticky foods we all love ... but that our smiles frown on because they promote decay. By avoiding tempting treats like soft drinks, chips, crackers and candy, you can minimize the potential harm they have on teeth. These types of foods tend to get lodged and linger around the gumline and in between teeth. And the "steer clear" list goes beyond junk foods. Other culprits include foods that are considered healthy, such as dried fruits, because of their high sugar content and how bacteria in our mouth feed off these carbohydrates. A smart alternative when snacking is to choose fresh, crunchy fruits and vegetables such as carrots, apples and celery sticks.

5. Avoid Smoking

In any form, including smokeless/chewing tobacco, cigarette, pipe and cigar smoking, tobacco increases a person's risk of developing oral cancer. In fact, smokers are six times more likely to develop oral cancer than non-smokers. Aside from all the obvious harmful effects of smoking (increased risk of oral cancer, heart disease, elevated cholesterol levels, lung cancer, etc.), smoking dries the oral tissues of the mouth, reducing the availability of saliva and all the benefits saliva provides for the teeth and tissues. Smoking also increases carbon dioxide in the mouth and robs tissues of oxygen. This delays healing in tissues, stains teeth and dental work and increases bad breath. Snuff out these risks by not lighting up in the first place!

Closing Thoughts

Now that you've got the information, it's time to put it to use. Check out our line of dental hygiene products that are carefully formulated to provide the ultimate in fresh breath protection for your entire family ... safely and effectively.



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