

A Bigger and Brighter Smile

Edited by Lin Stone
For American Insurance Depot
Published by Browzer Books

This book is FREE.
Everyone You Love
Wants a Brighter Smile.
Pass It ON!

Foreword

by Lin Stone

Everyone you love, wants a brighter smile.

Back in the good old days I didn't have as much sense as God gave a Goose.
Mama Said!

Looking back, I tend to agree with her about a lot of things.
For example, if there weren't any pliers handy I would chew baling wire into with my teeth.

“It ain't Hurting Me!”

Well, maybe it did hurt me because today my only teeth are false.

Good dental hygiene is hereditary. You get your habits from your parents. Mama only had ice cream once in her life before she was grown; she didn't see a dentist until she was 45. I had ice cream and pop twice a month when I was a kid; I had to see a dentist before I was grown. He pulled five teeth and filled eight.

Ever since she was a kid Marleen got in there and flossed every day. Even now she flosses twice a day and brushes three. I think she has one filling. You get your dental habits from your parents; Marleen's mother still has all her teeth too.

Mark Twain said that all teeth were false because they couldn't stand up to what we want to eat. He must have been a young man when he wrote that. Now that I'm an old man I know that if we indulge ourselves with junk we'll end up with a junkpile belly and a junky smile too.

If you want a great smile that lasts a lifetime, start flossing good and eating right.
Reading the rest of this book will help you too.

Lin Stone

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Do you want to spend more time with your kids? Then let them join you in the kitchen, creating fun foods that they will love. [Kids Fun Recipes](#) is a collection of simple and easy to follow recipes that kids of all ages will enjoy.

Dental Info

Through The Ages

By: Layla Thornton

As early as 3000 BC, men have dabbled in dentistry to take care of dental problems they have encountered. The excruciating pain that is associated with cavities and rotting teeth must have prompted them to discover ways to relieve their agonizing and unbearable discomfort. Thus the emergence of early “dentists” must be because of the painful symptoms.

Much evidence point out, like from uncovered relics, artifacts and mummies, some forms of dental surgery or dental prosthetics. From the ancient Egyptians to the Greco-Romans to early Chinese civilizations, dentists have existed to aid the people with their teeth problems.

Dentists have always been associated with pain. No trip to the dentist has ever been a welcome journey. Many people, mostly children, see the voyage to a dentist appointment as a form of torture. The mere sound of the dentist’s drill sends shivers up everybody’s spine and causes a form of an anxiety attack (for some though).

Even with the development of many scientific technologies in dental practice, such as better pain relievers, anesthetics, modern equipment and painless procedures. In any case, dentists have had a bad reputation which is probably uncalled for.

Learning and knowing more about dentists would make them look less menacing and more interesting. Dentists are here to help us, because having good, strong and healthy teeth not only makes us look better but also spares us from the agony of having to endure the unbearable pain of having cavities.

Here are 10 things you didn’t know about dentists. Some facts show the polls done on their perception and satisfaction of their dentists while some are fun facts that may help you see a different side of dentists.

While dentists have been uncommonly regarded as fear factors here are some facts that prove otherwise:

According to a poll done in 1997 by the Gallup poll, dentists received high marks in being the most trusted profession in the United States of America placing fifth in the overall ranking.

Dentists also get high grades from another Gallup poll done recently in being the line of work that has high degree in interpersonal skills and delivery of quality care (remember the lollipops?).

A high 92% of those polled said that they would recommend them to everyone as stated in another Gallup poll.

Another survey shows that 83% of American adults are very satisfied with the services they get from their dentists. This survey was done by Louis Harris and Associates in an effort to study the American peoples attitude towards dentists.

.... And, dentists have a big rating, 61%, in the ethics poll for honesty and trustworthiness.

For some fun facts about dentists....

The electric chair was invented by a dentist. Hhhmmmm... makes you a wonder a whole lot about the Dentist's Chair don't it?

William F. Semple, a dentist from Mount Vernon, OH. was issued the first patent in 1869 for chewing gum.

In the old days when dentures weren't invented yet, dentists would do a quick surgery in implanting teeth in the mouth of a person. The teeth came from dead people!

Aztec dentists would mix iron fillings, water and navel lint bake and insert it in the cavities to seal it. Not only was relief reported but a development of the sense of direction of a person was felt.

So if you think about it, after reading this and finding out how many generations have already sought people to take care of their teeth problems, dentists might just have the oldest profession in the whole world. What do you think?

The author Layla Thornton writes articles for the renown dental web site aboutdentist.com



It's a fact that food just tastes better outdoors. Now with 101 Camping & Outdoor Recipes, even campers who have never cooked anything more complicated than S'mores can make great meals and snacks over the campfire. You no longer need to sacrifice eating well just because you are not in your home kitchen. [101 Camping & Outdoor Recipes](#) provides you with 101 delicious, and easy-to-prepare recipes for breakfast, lunch, and dinner that are sure to make you a hit around the campfire..

Here's a quick and easy way to learn all about [everything that makes up your prized PC](#) and how to select new components and peripherals that suit your needs and budget.

Have You Lost An Insurance Company?

There have been so many changes in the insurance field that keeping up with them is almost like playing detective. It is no wonder you may have gotten lost in the shuffle, even if your policy is already paid up, and even when you are still paying for that policy. Finding that insurance company becomes crucial when a member of your family passes on, swearing s/he is insured, but nobody can find the company. Now -- [Now there is help, and hope.](#)

Dental Care

For A Surefire Killer Smile

By: Charlene J. Nuble

A smile freshens up the face better than any make-up can do. A killer smile will make everyone look and stare. You do not have to have a perfect set of teeth but keeping your pearly whites clean and your breath smelling fresh will definitely be life changing.

Brushing your teeth twice a day is an essential dental care. This helps prevent tooth decay and gum disease. The size and shape of your toothbrush should fit the mouth to enable the brush to reach all areas easily. Using a toothpaste containing fluoride is also another tip in dental care for fluoride helps protect your teeth from decay. It is also a vital dental care if you clean between the teeth using floss or interdental cleaners which remove plaque from the in between areas the toothbrush can't reach. This also prevents gum disease.

Brushing the teeth is not as easy as you thought it is. You might not believe this but brushing the teeth is more than brushing the teeth, spitting out the water, and gargling. The following are tips in brushing that will definitely vamp your personal dental care.

- Brush at a 45 degree angle in short, half-tooth-wide strokes against the gumline
- In brushing chewing surfaces, hold the brush flat and brush back and forth
- Tilt brush vertically and use gentle up and down strokes with toe of brush in brushing inside surfaces of front teeth
- Brush the tongue in a back-to-front sweeping motion to remove food particles and freshen the mouth.

As mentioned earlier, flossing is a vital part in dental care and similar with brushing, there is a proper way in doing it. The following will teach you how to floss properly and get that great smile.

- Wrap an 18-inch strand around your middle fingers and hold a one inch section tightly.
- Ease floss between teeth and clean up and down several times while curving around the tooth at the gumline.
- Always floss behind the last tooth and unwind clean floss as your proceed.
- Floss around the abutment teeth of a bridge and under artificial teeth with a floss threader.

It has been said that a person should visit the dentist at least twice a year and that saying is not just a maxim passed from a parent to a child for the sake of passing but in fact is a type of dental care that we all should be responsive. Brushing and flossing will never be enough to keep your pearly whites unbelievably clean and your mouth smelling fresh. Visiting your dentist at least once in six months will ensure that killer smile you thought only existed in commercials.

When you go to the dentist, you get more than cleaning. If cleaning is all you can get from the dentist as dental care, your dentist might be getting more than your money's worth. When you visit the dentist, you actually get a full spectrum of dental care. The full spectrum includes diagnostic, preventive, and educational services specifically and individually designed to help you keep the best possible smile.

The diagnostic part of dental care spectrum includes:

1. A review and update of your medical history
2. A recording of any changes in your prescribed medications and physical condition
3. X-rays for detecting decay, bone loss, and oral diseases
4. An examination of your teeth to detect decay
5. Evaluation of your gum tissues
6. Checking your biting patterns
7. Evaluation of possible cosmetic alterations which may help improve your smile

The preventive service of the spectrum of dental care includes:

1. blood pressure screening
2. Head and neck oral cancer screening
3. Scaling of the teeth to remove all plaque and tartar
4. Polishing of the teeth to remove all stains
5. Polishing of the silver crowns
6. Polishing all silver restorations
7. Flossing
8. Application of fluoride if necessary
9. Referral to a specialist for specific treatment if necessary

The educational service of the spectrum of dental care includes:

1. A tour of the mouth and discussion of the findings
2. Tooth brushing and flossing instructions
3. Dietary discussion
4. Presentation of prescribed dental treatment
5. Updates on what is new in home care products and latest advances in dentistry

Dental care is more than brushing the teeth as you have learned as you read this article. Good oral hygiene is a habit we all should get into to keep that smile a killer that will make you attractive and not scary.

About this Author: Charlene J. Nuble 2005. For up to date links and information about dental care, please go to: <http://dental.besthealthlink.net/> or for updated links and information on all health related topics, go to: <http://www.besthealthlink.net/>

A Few Secrets About Teeth Whitening

By: Harold Katz

Within the last 10 years the field of teeth whitening, both in the dental office and at home, has changed immensely. Essentially, there are two different methods to get whiter teeth: dental (in-office) whitening, and an at home treatment. Discover a few secrets about teeth whitening that your dentist hopes I'll never tell you!

METHOD #1: DENTAL (IN-OFFICE) TEETH WHITENING

I can tell you from first-hand experience, dentists LOVE the patient who wants to have a teeth whitening procedure in the dental office. Back in the early '90's there was only one option available.

Your dentist would make molds of your teeth, send them off to a lab, and in 5-10 days receive back your custom fitted teeth whitening mouthpiece. Then you would sit in the dental chair for 1-2 hours, with these plastic teeth whitening molds filled with peroxide (at a very low concentration) pressed against your teeth and gums.

After 3-4 visits, your teeth would be officially declared whiter (and usually they were), and you would be sent home with a nice \$500 - \$1,000 bill to pay. And with whiter teeth of course.

I'll be the first to admit, dental office teeth whitening has come a long way in the past 10 years. Now the most popular teeth whitening dental office procedure known as Laser Bleaching (or Power Bleaching, Argon Bleaching, etc.) is a shorter process. Basically this teeth whitening procedure consists of the application of a concentrated peroxide gel onto your teeth, then for the next hour you sit in a dental chair with your mouth wide open, while a special light (usually argon) is shined onto the teeth whitening paste that in turn chemically reacts with the peroxide to complete the teeth whitening process in as short a time period as possible.

This teeth whitening procedure does work. Although, many dentists say that you get a whiter smile by repeated tray applications because the teeth whitening peroxide stays in contact with your teeth for longer periods of time. The downside is that you still get stuck with that fat \$500 - \$1,000 bill (at least for the good teeth whitening procedure). And you still need to either come back 6 months later for another teeth whitening (excuse me - a touch up!), or you're given some take home whitening items. Why then did you spend \$500 - \$1,000 dollars for an in-office teeth whitening procedure?

Fortunately, as most other things in life, technology stepped in to make teeth whitening easier and more affordable!

METHOD #2: HOME TEETH WHITENING

I'll say this once just to get it out in the open, it's now possible (in almost all cases) to achieve "dental office" quality teeth whitening, from the comfort of your own home! "At-Home" teeth whitening has taken a bite out of (sorry for the pun) the "in-office" power bleaching systems, where millions of corporate advertising dollars now compete with the comfort of teeth whitening at home.

And rightly so...

Up until a few years ago, teeth whitening was a fairly complex process. The hard part was making those fitted mouthpieces for each patient, for this reason alone, home teeth whitening was not an option for most people.

ESSENTIALLY, THERE ARE 3 DIFFERENT HOME TEETH WHITENING OPTIONS AVAILABLE

TEETH WHITENING OPTION #1 - BRUSH-ON WHITENING

Brush-on teeth whitening in principal is a great concept, just brush on the formula, allow it to dry on your teeth, and let it stay on your teeth overnight. Sounds simple, right?

In reality, brush-on teeth whitening is designed for the segment of the public that is in love with shortcuts (in other words, for those people who don't want to spend the time to do it right the first time). Brush-on teeth whitening has TWO MAIN FLAWS:

1. When you brush on the teeth whitening formula, it relies on the premise that it will dry on your teeth. This is great in principle, but if you get the teeth whitening formula wet (i.e. from saliva or from licking your teeth) then it becomes REALLY easy to rub off parts of the formula. And guess what happens if you rub off only part of the teeth whitening formula? You got it - you don't get an even whitening result! It turns out patchy and blotchy.

2. The second flaw with most brush-on teeth whitening as I see it, is the ingredients. If you look at the ingredient list of the leading brush-on whitener, you'll see the first ingredient is alcohol. If you've read my ebook "The Bad Breath Bible" (<http://www.TheraBreath.com/web/art/1/badbreath.asp>) then you already know that alcohol is terrible for your breath! Actually, I'm sure the reason why they've added alcohol to their teeth whitening formula is because it's needed as a desiccant (something that dries out the formula so that it supposedly stays on your teeth at night). However, that still doesn't diminish the effect it can have on your gums and your breath. Also, most of these brush-on teeth whitening formulas contain glycerin which literally sucks the moisture out from the enamel of your teeth and it's the primary cause of most tooth sensitivity from teeth whitening.

TEETH WHITENING OPTION #2 - STRIPS YOU STICK ON YOUR TEETH

The second most common type of home teeth whitening is using whitening strips. The main lure of this home teeth whitening option is the strips' simplicity of use, they're easy to apply and no preparation is necessary. Again, everybody loves shortcuts, right? Unfortunately, once again that's exactly the type of teeth whitening you end up getting! Let me explain...

Strips that stick on your teeth usually consist of an upper strip and a lower strip each pressed against the outer surface of your teeth. Now think about this for a second...Are your teeth completely flat? Of course not - they have recesses and grooves, particularly between each tooth. Well imagine you're painting a fence, and you just slapped paint on the outside, without taking the time to paint in the grooves between each wooden board. That fence would look pretty funny wouldn't it? Nicely painted on the outside, but in the grooves between each wooden board, still dark and dingy, with all of the old paint showing.

When you use teeth whitening strips, the same thing can easily happen to your teeth if you're not careful. The whiter your teeth become, the more pronounced those dingy cracks seem! Eventually it can end up looking like you have small gaps between your teeth. Definitely not the desired result!

TEETH WHITENING OPTION #3 - TRAYS WITH BLEACHING GELS

Trays with bleaching gels still provide the best combination of the most affordable and most efficient teeth whitening available. Since I'm a dentist, I can let you in on a few little secrets (some secrets which most dentists would shoot me for telling you since it costs them thousands in lost income)!

First, most of the teeth whitening gels available at your dentist are exactly the same. There is very little difference from one dentist to another, that's because the gels are formulated by a small number of manufacturers.

Second, most of the teeth whitening gels available at retail stores are of very poor quality. They've been sitting in a warehouse or on a truck for who knows how long, and because they are designed to be "low cost" they have very low concentrations of active ingredients. Older teeth whitening gels use a concentration of only 16% of carbamide peroxide.

Third, the one thing in common between dental office and "store" teeth whitening gels is that they both use glycerin as a carrying agent. Now there is nothing wrong with glycerin by itself. It is not dangerous in any way. However, when mixed with carbamide peroxide, the glycerin is used to draw water out of the enamel in order to speed up the whitening process. This is what causes the most common side effect of teeth whitening - sensitive teeth! Therefore, you're going to want to find a teeth whitening product that does not use a glycerin base.

**ARMED WITH THIS NEW TEETH WHITENING KNOWLEDGE,
NOW WHAT SHOULD YOU DO?**

There are four key components I recommend for making sure you get the best possible teeth whitening results every time.

1. Immediately before whitening, brush your teeth for two minutes with an oxygenating toothpaste combined with the finest natural polishing agents AND aloe vera to strengthen your gums and prevent any sensitivity. This way you're sure that the whitening gel directly contacts your tooth enamel (instead of dental plaque).

2. Use form-fitting mouth trays that are fitted to your specific bite. Make sure they fit snugly around each tooth, and at all points they press firmly around the sides of your teeth and gums. The best home teeth whitening systems use a moldable tray system that contains mouthpieces which you can actually fit to your mouth. You mold them by soaking them for a few seconds in warm water, then you press the plastic up (or down) against your teeth and gums. When the plastic cools you have a nice soft plastic mouthpiece that is fitted to the curves of your particular smile.

3. You should use as strong of teeth whitening gel as possible to ensure that the time your teeth are in contact with the whitening gel is well spent. Use a 21% carbamide peroxide concentrated teeth whitening gel that is formulated specifically to reduce the sensitivity to your teeth and gums, (in other words - NO glycerin!). This percentage of concentration also means a whiter result in a shorter period of time. Finally, a flavored teeth whitening gel helps - why not make the experience as pleasant as possible? No need for it to taste bad!

4. Immediately after your teeth whitening treatment, enhance the effect by using an oxygenating oral rinse. Remember, make sure not to use a mouthwash that contains alcohol, as this can actually chemically curtail the bleaching effect, not to mention it dries your mouth out!

I recommend following this teeth whitening system for 5 days in a row. You can even do the top and bottom arch separately for comfort if you prefer. After that...you'll have a noticeably whiter smile - GUARANTEED!

About the Author:

Dr. Harold Katz, founder of the California Breath Clinics, is the leading expert on the topics of bad breath and teeth whitening. For your FREE 4 page, color guide to teeth whitening visit:

<http://www.TheraBreath.com/web/art/1/teethwhitening.asp>



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Cosmetic Dentistry - Your Way To A Dazzling Smile

By: Catherine Olivia

Open any magazine and look at the movie stars and starlets strutting their stuff down the red carpet and what do you notice? Besides all those designer gowns and tuxes, all these stars seem to have been born with perfectly straight pearly whites. Lucky them you think, good genetics. Well, think again. With a visit to a competent cosmetic dentist you too can have a smile to rival that of Mona Lisa.

Cosmetic dentistry is following right on the heels of cosmetic surgery. Remember the make-over show ABC's Extreme Makeover, where they took a person for 30 days and did a complete make over, and I mean COMPLETE - from head to toe? What a difference the dental restorations made.

Not only is cosmetic dentistry just for the vain. It is used to treat any number of dental maladies, from rotted teeth and broken teeth to congenitally missing teeth, to large gaps and spaces in between teeth.

Various techniques are used in cosmetic dentistry. After a consultation with your dentist you will decide which one is right for you. Sometimes a combination of two is used.

The simplest and easiest way to make a dazzling change in your smile is teeth whitening. This can be done in a dental office or at home using tray based bleaching products. Bleaching done in the dental office is the quickest and most effective way to whiter teeth. Of course, depending on what type of in office whitening is used the cost can vary between \$600.00 and \$2000.00.

Some dentists will give patients bleaching kits to take home for self use. Usually these kits work faster than the ones bought over the counter as they contain stronger amounts of the whitening agent and the trays are custom fitted which helps to prevent gum irritation from excess whitener on the gums.

Your dentist may use porcelain veneers. These veneers are best to treat chipped, weakened or discolored teeth. The veneers are very thin shells of porcelain which are actually bonded directly to your teeth with a very strong adhesive. This can be done in a single visit and no anesthesia is required. There are several types of veneers available. Porcelain veneers will not discolor and can last ten to fifteen years. Some dentists opt for porcelain or ceramic crowns which are like the porcelain veneers but encase the entire tooth. Sometimes composite resins are used to gently reshape teeth and sometimes to add reinforcement to a weakened tooth. This is called dental bonding. This composite is matched exactly to your tooth color. Composites generally last from seven to ten years and do not discolor.

About the Author:

This article provided courtesy of <http://www.cosmetic-dentistry-guide.com>

Knowing Tooth Decay

And Its Modern Treatments

By: Charlene J. Nuble

"Tooth decay, also known as dental cavities, or dental caries, is a disease that is five times more common than asthma and seven times more common than hay fever." -- Michael C. Alfano, Dean of the New York University College of Dentistry.

As warned by the World Health Organization, tooth decay is one of the world's most prevalent health problems in industrialized and especially in developing countries. An estimate of 90% people in the United States has at least one cavity. Children and senior citizens are the two groups of people at highest risk.

In children, it usually happens when sugar-laden foods such as candies are frequently left on the teeth. In the mouth, there are bacteria that live in plaque (a sticky, whitish film produced by our saliva) that convert the sugar into acids. These acids eat away the tooth's protective coating also known as the enamel. Excessive destruction of this outer surface of the tooth results in tooth decay.

What makes adults also prone to being afflicted with tooth decay is when aging causes gums to move back from the teeth. Combined with gum disease, this gum recession exposes the tooth root to plaque. This will cause the breakdown of the tooth root. People who already have a number of dental restorations (fillings and crowns) may also suffer from tooth decay, especially around the teeth's edges, or margins.

The cost of spoiling your sweet tooth. Tooth decay, particularly in the front teeth, may become an impediment towards achieving a pleasing appearance, thus affecting self-esteem. Cavities can also impact an individual's emotional and social well being by causing pain and discomfort from toothache. In addition to this, it can also cause some serious health problem like malnutrition by interfering with an individual's ability to eat certain foods. If tooth decay is not treated early, complication from infection could cause swelling of the face and neck, fever and blood poisoning.

Prevention is a lot less expensive AND less painful than treatment. Although tooth decay remains as one of the most common chronic disease, today many people are in better oral health than before. The consolidated effort of dental associations and many other health organizations in raising oral health consciousness, the support of the government, and cooperation from the public made this improvement attainable. Several community-based programs aimed at solving oral health dilemmas are carried out. These include extending fluoridated water and schools having sealant projects for children. However, these programs cannot reach many remote areas where ethnic minorities are and where many people are living in poverty. Their access to formal education and dental care is very limited. This shows the need for more community-based dental programs to help people take care of their teeth.

The American Association for Dental Research and International Association for Dental Research have long been collaborating to disseminate ways of preventing tooth decay. They educate people of how proper oral hygiene methods of brushing twice a day with fluoride toothpaste, regular dental checkup, sealant treatment, flossing, eating nutritious meals, and limiting in-between meals will always be indispensable.

Dental researchers have recently discovered how the bacteria which attack teeth, stick themselves to the enamel. This new information could bring significant benefits to increase the public's knowledge on eliminating the harmful effects of the tooth decay-causing bacteria (*Streptococcus mutans*). Aside from this, they are also in the process of developing vaccines against tooth decay and discovering other new methods on targeting and killing the decay-causing bacteria.

Other tooth decay treatments, i.e., dental implants, Healozone gas blast (blast that triggers the saliva to fix the teeth naturally), and squirting genetically modified bacteria that will not produce the decay acid, are also being developed. The use of fiber optics and fluorescence methodologies is also being considered to possibly detect tooth decay much sooner than x-rays and visual inspections can.

These advancements in treating dental cavities are evidences of the increasing attention to oral care. But relying mainly on these discoveries does not guarantee the complete disappearance of tooth decay from the list of the most common global health problems. Further improvements on tooth decay treatment entails expanded dental care education, early interception of poor oral hygiene habits, greater parental involvement in children's dental health and appreciating how priceless a confident smile is.

About the Author:

Charlene J. Nuble 2005. For up to date links and information about dental care, please go to: <http://dental.besthealthlink.net/> or for updated links and information on all health related topics, go to: <http://www.besthealthlink.net/>

Take Care Of Your Teeth Between Dental Visits

By: Layla Thornton

It is hard to give precise advice about what can be considered a good dentist that gives high quality results. The reason for this is that each one of us is unique in the type of service we need for our care, making it hard to compare. One thing you do want to look for is a dentist who is genuinely interested in your family's health and welfare in general. This way you know you will be receiving the best possible care available.

To locate a dentist with the credentials you are looking for you can contact your local dental society by either writing or calling them for a list of dentist names in your area. Talk to your family doctor or pharmacist to see if they recommend anyone. It is always a good idea to talk to family and friends, or even people you work with to get opinions about dentist they have been to. Two other choices would be to talk to a dental school, or a local hospital that has a certified dental program.

When you have completed your research, make an appointment for a consultation. During this visit you should be able to tell if this is the dentist you feel is right for your family. While you are there take in consideration things like, is the appearance of the office and dentist clean, and in order? Can you make your appointment for a time suitable for you? Is the dentist located in a convenient place for you?

You will also want to know what you would need to do if you had an emergency after office hours. Find out just exactly what your dentist is certified in, and do they provide instructions to help you take the best care of your teeth as you possibly can. Keep in mind you should never be ashamed of asking as many questions that come to mind, including how much are fees for service rendered.

The earlier you find and treat any oral problems the easier and less expensive it will be to take care of it. Therefore regular visits to the dentist is necessary to take proper care of your teeth. Only going to the dentist for an emergency merely takes care of a problem that could have been prevented by regular visits.

Every so often you will need to have x-rays taken of your teeth to help determine what condition they are in. X-rays can show if there are any issues concerning your oral hygiene that may not be detectable by an examination. Detecting problems of any kind so they can be treated early will prevent a more serious problem from occurring later and be less expensive.

Brushing and flossing your teeth at the very least once a day will help you remove plaque, which is a bacteria that forms on the teeth causing teeth to decay and can cause gum disease. You can help protect your teeth every day by using a fluoride tooth paste. Using a fluoride mouth wash also helps reduce tooth decay. You can decrease the amount of treatment needed for your teeth and gums by limiting the amount of sugary snacks you eat every day, and by eating nutritious meals.

About the Author: Layla Thornton is the owner of About Dentist which is a premier source of information about Dentists. For more information, go to: <http://www.aboutdentist.com>

Does Seeing the Dentist Scare You Silly?

By Layla Thornton

If the thought of visiting your dentist scares you rigid then you definitely must read on. You see if you think about it logically it is in your dentist's best interest to make your dental experience as easy going and calming as possible. You see he knows only too well that if he gives you pain he will not gain. To put it bluntly the better your experience the more likely you are to make a return visit.

Do not for a minute think that your dentist is a money grabbing tyrant whose main goal in life is to get his hands on your hard earned cash. Most dentists will be financially secure and very happy practising a career which is rewarding both financially and from the job satisfaction angle.

Ok so you might have memories of a nasty experience when you were a kid. Well get real, Memories from our childhood are often far removed from the actual reality of what really went on in the past. The terrible pain you thought you endured was more than likely a fraction of what your memory tells you.

The science of dentistry itself has advanced to such a degree that really there is no need for pain other than that given by the dreaded needle.. Well did you know that even that task can now be carried out with the minimal of pain. Your modern caring dentist now has it in his power to numb your gums with the aid of a pain killing compress. A small amount of a pain killing drug is applied to a small cotton bud, This is then placed on your gums and the end result is you won't even feel that dreaded needle.

It is ironic to think that the key to the least amount of dental pain is in fact to ensure that you take the time to make an appointment and visit your dentist at regular intervals. Most dentists pride themselves in their prevention and decay stopping techniques.

For those of you who do in fact have to visit your dentist for a long overdue appointment, Don't worry, Don't panic and simply make sure your dentist is totally aware that you are terrified out of your wits as he prods and examines your mouth. The thing is that it has been found that an amazing eighty percent of folk visiting the dentist are actually not bothered by this experience at all, Our dentists say that because of this they tend to get into such a routine that sometimes the thought of a person being scared has not even entered their mind.

If you are among the small percentage of folk who are indeed petrified of dental visits then it is vital that you tell your dentist exactly how you feel. Once he knows this you can be assured that every effort will be made to ensure your visit is as stress free and most importantly,

As pain free as possible.

About the author:

Layla Thornton writes for the famous Dentist information website aboutdentist.com

Cosmetic Dentistry

Can Put The Smile Back On Your Face

by Layla Thornton

You see your boss and he compliments your efforts on the success of last week's presentation with a promotion. Your response? A half-smile. You see your crush down the corridors. She's smiling that come-hither smile. Your response? A sheepish grin.

Surely, you don't want to give those two VIP's a wrong impression, right? But what is really bothering you that you can't smile that widest smile you should be flashing them? It's those far-from immaculate white teeth your mouth is "stuck" with.

Have you ever thought about cosmetic dentistry? No? white teeth is not only for celebrities. Everybody deserves to smile that bright smile propped with white teeth. So, read on for more info on this long dream of yours - achieving a sunnier smile by teeth whitening.

Whiter teeth is not impossible, you only need the moolah and the drive to pursue this teeth whitening endeavor. Fortunately, there are three teeth whitening methods available for you to choose from. These three differ from each other in cost and effectiveness.

One way to accomplish teeth whitening is through the help of over the counter products that ensure a flashier smile. See, this is not so hard an activity. All you need is ask that trusty saleslady to give you those teeth whitening paraphernalia. This dental whitener kit consists of a mouthpiece, a bleaching agent and sometimes an applicator. This is a DIY method that could easily be done at the comforts of your home sweet home. This home teeth whitening is carried out through wearing the mouthpiece, filling it with the bleaching agent and wearing it overnight. Availing a fitted mouthpiece is often recommended since it produces better results. A formula that contains 15% to 16% of carbamide peroxide is said to be the safest and most effective concentration to achieve that sunny smile. But it is important to know that some teeth discolorations are more stubborn than other. So, results may really vary depending on the resistance of your teeth discoloration. This kind of teeth whitening method is the least expensive. Kits may be bought with a very low budget.

A recently presented procedure is laser teeth whitening. From being first developed by NASA scientists, it has become the favorite teeth whitening method of dentists. Why did it win the dentists' preference, you ask. Simply because it's lesser time-consuming, two hours will be enough for the treatment and no follow-up treatment is really that necessary. Dentists seek the help of a peroxide solution to breeze through this teeth whitening process. Then the whitening process will be accelerated with the use of laser. 93% is reported to be the satisfaction rate for this procedure. And this is more preferred by those who are not into the overnight-long wearing of the mouthpiece required by the home teeth whitening method. Its results even last the longest compared to other treatments. One major disadvantage of laser teeth whitening is its effect on one's pocket. A procedure like this could cost one to shell out about a months wages. What a hefty price, right?

Another resort for whiter teeth is through the professional teeth whitening method. This is a system that requires dentists to create a mold of your teeth. From this mold, a mouth guard is produced to custom-fit your mouth. You will wear this mouth guard for some hours a day in a period of two weeks. A stronger concentration of carbamide peroxide will be used as a filler on your mouth guard. The setback of this system is its risk of teeth and gum sensitivity. But it is relatively lesser expensive than laser teeth whitening.

So, there you have it. Have you finally singled out the cosmetic dentistry procedure that suits you? Make up your mind. Sooner or later, thanking your boss and sparking up a cheerful convo with your crush won't be as troublesome as it used to be. You'll be more confident with your whiter set of teeth.

Layla Thornton contributes to the famous Dentist directory website aboutdentist.com

And now let's Lighten Up!

Stopping Bad Breath Bart

By: Amabaie

"Pee-ew! You smell like a skunk soaking in sardine nectar for a week."

OK, so I can be a little candid every now and then. It's not something I would say to Attila the Hun during a pre-battle pep rally. But it was not Attila the Hun standing in front of me. It was just my buddy Bart.

"Pee-ew! You have bad breath."

So when the phone rang that night, the last person I expected to greet me in a cheery voice was Bad Breath Bart. "Hey, Happy Guy. I'm feeling great," he said. "Want to guess why?"

"You just won the gold medal for the ten-meter turkey toss?"

"Nope," he replied. "But thanks for the tip. I'll start training for it tomorrow."

"OK, I give up. Why do you feel so great?"

"Because I discovered an easy way to stop bad breath," he declared. "Want to guess how?"

"You bought a book on stopping bad breath and you are following the instructions?"

"Sa-ay, that's a good idea," Bad Breath Bart said. "But that's not it. My plan is even simpler. I covered up my bad breath."

"Bart, that won't work. Since Julius Caesar first invaded Paris and declared 'Veni Vidi Vini', people have been trying to cover up their breath. But mint just is not strong enough."

Editor's note: I've already had my say on the great mint conspiracy in a previous column on toothpaste and jelly beans.

"Bingo!" he shouted. "Mint is too weak, so I found something stronger. Want to guess what?"

"You've been rinsing with five-week-old milk?"

"Nope."

"You've discovered that cologne is best taken internally?"

"Nope."

"You downed a bottle of vanilla extract, mistaking it for beer?"

"Nope."

This guessing game was giving me headaches and foot cramps. "I give up, Bart. What's your secret to stopping bad breath?"

"Garlic," he declared.

"Garlic?"

"Garlic. Now nobody can smell my bad breath, because all they smell is garlic," he beamed.

"Garlic?"

"Of course, there are some side effects," Bad Breath Bart noted. "For instance, my pet vampire has run away. And this afternoon I blew a kiss to my wife, and she slammed the door on my face."

"Can I offer an alternative, Bart? Something that won't put your nose in a cast every time you get the irresistible urge to blow at your wife?"

"Sure."

"Try using some mouthwash with cetylpyridinium chloride in it. That always works for me."

"Wow. That's a mouthful," Bad Breath Bart exclaimed.

I was glad to have finally given Bad Breath Bart a mouthful that would actually help him cure his problem. I did not anticipate the call I would receive the very next evening.

"Hey, Happy Guy. Thanks for the tip," Bad Breath Bart said. "That cetlip... cettap... centapyr... That unpronounceable mouthwash ingredient is superb."

"Excellent!" I was thrilled that he had taken my advice and that it was working so well.

"Yeah. It really tastes great," he continued.

"Tastes great?"

"You bet. And so filling, too."

Suddenly I felt an ominous sensation closing in. "What do you mean by 'filling'?"

"After taking that cetilp... cettap... certip... that unpronounceable concoction, I don't feel hungry anymore," he explained.

"Bart, what did you put in that concoction?"

"Oh, the usual – ten scoops of ice cream, a cup or two of milk, a bag of chocolate chips, half a banana, some corn flakes, a wombat's ear and the juice out of the maraschino cherry jar," he responded.

"But that won't stop your bad breath."

"Oops. I also added that cetip... cetpe... certilp... that unpronounceable ingredient," he added. "It sure tasted good."

Just then, my wife entered the room. "Honey, I just made you one of your favorite banana-strawberry milkshakes," she said with a smile.

I looked at the glass she placed in my hand. I looked at it from the top. I looked at it from the bottom. I looked all around it.

"What are you looking for," she asked.

I knew she would not believe me. "Chocolate chips and corn flakes."

About the Author

David Leonhardt is a [freelance writer in eastern Ontario](#). Read a longer version of how to [stop Bad Breath Bart](#) or get healthy with some of his (David's, not Bart's) [all-natural liquid vitamin supplements](#).

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Edited by Lin Stone
For American Insurance Depot
Published by Browzer Books



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