

TOOTHFULLY *speaking*



SEVEN FOODS FOR HEALTHY GUMS!

Dr. Preety Desai

Oral hygiene is the practice of keeping your mouth disease- and inflammation-free. Disease and inflammation cause bad breath. Prevention of tooth decay is only part of the story, not the whole thing. The most important part of oral health is taking care of the gums too. These gums are the soft tissue lining of the mouth and support the teeth for stability along with the bone. The surfaces of the gums are the size of a softball. If you had disease the size of a softball anywhere else in your body, you would be able visualize it much better than in your mouth. The gums surround your teeth and bones and provide a protective seal around them. Gums are sensitive though and need a lot of care and nurturing. Not doing so results in various problems such as gingivitis and periodontitis and even periimplantitis, where the gums swell up with pus. Healthy foods that may help you have prevent disease and inflammation include:

1. APPLES - a great source of fibre that act as a cleansing agent due to the malic acid boosting saliva production which helps clear bacteria from the mouth. The fibrous texture of apples may also help massage gums.

2. NUTS AND SEEDS - fibrous in texture and can help in plaque and stain removal from teeth. The omega-3 fatty acids present in walnuts and flax seeds are anti-inflammatory as well and gum disease is an inflammatory disease, not infectious.

3. VITAMIN C - Foods such as citrus fruits or berries can also help in protecting the gums from infections.

4. CALCIUM in milk strengthens your teeth as it contains the protein casein which helps reduce acid levels in the mouth, thereby reducing gum inflammation.

5. ALOE VERA contains salicylic acid, the base material for aspirin, so it is useful for general aches and pains. If you rinse/gargle with it, there is some anecdotal evidence of a similar anti-inflammatory effect

6. THYME also has strong antibacterial properties and when made into a tea, thyme can be used to treat sore throats

7. LEAFY GREENS are fibre filled and are good for both healthy teeth and gums. The extra saliva produced by continuous chewing of these high fibre foods neutralises mouth bacteria and keeps your mouth clear of the pathogenic bacteria. Green raw vegetables in the form of wholesome salads are also a good idea.

These are just nutritional prevention suggestions. Nothing replaces dental care from your periodontist for disease treatment to get you back to a healthy baseline.

Laser Implant Periodontal

SPECIALIST

t. 778.471.6001

a. 101-775 McGill Rd, Kamloops

www.kamloopsperiodontist.com