

[REDACTED]
[REDACTED]
[REDACTED]
[REDACTED]
By Leo Cardez
[REDACTED]

Topic: Teeth

Top 5 Tips for a Healthy Mouth

As I look around my inmate community I see too many of us with rotting teeth. Some of that is genetics and age, some of it is due to lack of real dental care and professional cleanings, but way too much is our own fault. You already know the basics (or you should) so I am only going to cover some ^{lesser} known tips.

1. Floss BEFORE you brush your teeth.
2. After you brush your teeth, spit but don't rinse. The flouride in the toothpaste needs time on your teeth to protect the enamel.
3. Don't brush your teeth immediately after drinking or eating anything acidic, because acid weakens enamel. Also, always rinse your mouth with water after drinking or eating anything acidic.
4. Eat sweets during mealtimes. Sugar wrecks havoc on your teeth, but the saliva produced during meal times works as a natural defense against the sugar for about a 15-minute window.
5. Eat your sweets quickly. You expose your teeth to much more damage when you sip your soda all day or stretch out your honey bun all afternoon. Eat it and move on, and don't forget to rinse with water when you're done.
