

Docathelake

Just like your health for the rest of your body, eating the right food is the key to health in the mouth too. Follow Dr. Mercola's advice in fat for fuel and you will vertically eliminate all food borne disease in the mouth, never repetivly eat or hold food in your mouth no matter how healthy it is and avoid things that reduce your salivary flow. Brushing and flossing and waterpicking are great but diet is the ultimate key to success in preventing oral disease... and for the record I'm a dentist and I love waterpics!!! They reach places you just can't reach with brushing and flossing alone, if you're still getting dental disease even though you're brushing and flossing and water picking everyday, it's because you're still letting food sit or putting food in too often to allow your teeth to recalcify ... grinding and clenching the teeth are bad too, over time it will make the teeth brittle and cause them to break, much like the bending of a paper clip...much like diabetes.once the damage gets deep enough it cannot be reversed so prevention is the best option... sincerely, still on the light side :)

Posted On 07/12/2017

ellie phillips

A water pik may prevent gum pockets from healing properly - possibly because there is too much pressure. I agree with this floss toxicity - and have warned people about this for a long time.

Posted On 07/12/2017

adiawyhm

I always hated "waxed" floss because it felt too slick and seemed not to get as much out as unwaxed. But I guess I need to check the unwaxed I use to see if it has any chemicals.

Posted On 07/12/2017

sammy7

I agree with you about the waxed floss, doesn't seem to work right. I like Reach gum care soft woven mint floss. Cinnamon. Doesn't have a waxy feel

Posted On 07/12/2017

seg

I hardly floss these days, matter of fact i can't remember when last i did ..When i used to i would floss before brushing, paying attention to not jam foodstuff deeper into the pockets..I floss first because your toothbrush don't really get between the teeth, so i would floss, brush, rinse, gargle and that's it..This makes more sense and worked for me..

What i have found that goes across the grain and will surely piss of a lot of dentist and hygienist, is that brushing with a HARD bristle toothbrush is VASTLY superior to a SOFT or MEDIUM bristle toothbrush.. I tell you my mouth feels sooo much cleaner and fresher and you don't have to press hard while brushing to achieve the freshness.. I still have all my enamel and my gums are much, much, much, healthier...I recently saw the hard bristle toothbrush which i was looking to find for ages was on sale at a grocery store and i purchased about 5 of them a few months ago.. There were only a few left i might go out today and grab them if they are still there.I imagine they would be since most people go with the soft and medium toothbrushes - not me a good diet and my hard toothbrush is all i need..

Posted On 07/12/2017

MercoFan

It's unbelievable that people are still doing this. How are humans to live a healthy lifestyle when huge conglomerates put toxic garbage in just about everything.

I use tea tree oil floss. But can even this be trusted?

I had been water flossing but then my dentist went on a long spiel about the need to floss and that water flossing can only do so much. I just don't feel right using string floss every day.

Posted On 07/17/2017

OleDad1948

In the fall of 2014, my dentist warned me that my 66-year-old mouth was suffering from receding gums. This matched other problems from inflammation -- obesity, pre-diabetes, high blood pressure, and high blood sugar (160s-170s). In December 2014, I committed myself to eliminating all refined sugar and grains from my diet ("Wheat Belly"). Within 6 months, my receding gums had reversed. Since stepping up WB (<50g carbs) to ketogenic (<20g carbs) and including intermittent fasting and guidelines in "Fat For Fuel," my gum health has continued to improve. Have not had a cavity since Fall 2014. So many good benefits from NK and IF. Since reading FFF, my tweaks have stepped up my weight loss -- from 249 (May 18) to 230 this morning (after nearly 2 years bouncing around the 230s and 240s). I am quite pleased!

Posted On 07/12/2017

darryline

Waxed floss is for sissies.

Posted On 07/12/2017

Guillermou

I use an electric toothbrush with sonic technology along with an oral irrigator for my teeth because it removes more plaque and an oral irrigator. The oral irrigator is an ideal device for daily cleaning your teeth and mouth. It is the ideal complement to sonic electric brushing. It works by directing a jet of pressurized water towards the gums that, when washed, eliminates food remains and accumulated bacterial plaque, accessing areas that cannot be achieved with the brush and obtaining excellent results. It can be used after brushing and flossing as the brush cleans, the irrigator extracts debris and polishes, and the floss perfects the cleaning.

The irrigator has different nozzles for different types of work and pressure, so you can choose the one that best suits your needs and characteristics.-- Together they are the ideal couple for: -- 1) Reduce the level of bacterial plaque on the teeth, which can prevent cavities and dental tartar.-- 2) Allow the gums to be gently massaged, reducing inflammation and bleeding.-- 3) Eliminate bad breath.-- 4) Remove stains from the surface of your teeth, making them look whiter and healthier for a radiant smile.-- 5) They are ideal if you use orthodontic appliances or implants and crowns, as they allow you to achieve a complete cleaning.-- 6) Improve the cleaning of periodontal pockets.-- 7) They are easy to use by anyone of any age.

-- 8) They have no contraindications, not even due to age. However, if you suffer from any significant dental problem, consult your dentist first--- The market offers you a variety of models according to your needs. ---Some are portable, with microbubbles, others with various nozzles according to your dental problem, others with pressure control and water tanks of different sizes, among many other benefits. Years ago it was only used in dental offices.

Posted On 06/13/2024

Guillermou

In sonic technology, the electric toothbrush emits high-frequency acoustic vibrations (between 260-500 Hz) caused by the horizontal vibration of the filaments at a speed of between 16,000 and 45,000 movements per minute, compared to 300 movements per minute that a manual brush can generate during brushing. Sonic brushes have two cleaning mechanisms: the mechanical one and another based on said technology:-- 1) Mechanical cleaning. This is its main action. Cleaning is achieved thanks to the mechanical action carried out by the filaments, which vibrate at high frequency on the surface of the tooth, which helps to eliminate dental plaque or biofilm.-- 2) Acoustic and hydrodynamic vibration.

The high speed with which the filaments vibrate emits acoustic waves. These waves and their associated energy are transmitted through saliva throughout the oral cavity, exerting pressure fields that disorganize the biofilm and prevent its adhesion, even beyond where the filaments reach. This action occurs even without direct contact of the brush filaments with the tooth at a distance of up to three millimeters. In addition, due to the vibrating movement, certain amounts of air are introduced into the saliva, which generates tiny bubbles that are propelled towards the areas where plaque accumulates.

These bubbles are rich in oxygen and, by accessing subgingival areas, with a low presence of oxygen, they expose anaerobic colonies to an increase in oxygen concentration (an unfavorable environment for their growth). Fluid dynamics is capable of altering dental plaque in hard-to-reach areas, such as between teeth or below the gum line(2). In this way, the basic advantage of sonic brushing over other technologies is that it adds a fluid dynamic action to the action of conventional mechanical cleaning (friction).

Posted On 06/13/2024

cho3938

I am a dentist, and have personally used a sonic-type toothbrush and I have found it is superior to manual toothbrushing, and especially for stain removal (coffee, tea). I was skeptical of the technology but was fortunate to have received a free unit years ago and then I was convinced! Also, in my professional practice and personally, I have only recommended and used waxed floss because IMO the coated/Teflon floss does not provide the ideal friction to actually clean in between the teeth as you slide the floss up/down the sides of the tooth. Teflon-type coatings certainly makes the floss slide more easily but IMO they don't do the job properly.

Posted On 06/13/2024

Kato_23

I remember when buying your floss that it was teflon coated. Is this stil true because I silll hve an unused box. Have you changed your composition? Paul Sproviero602-614-0872

Posted On 06/19/2024

Nathan36283

On the topic of Dental Hygiene, how can I make my own toothpaste that works really well?

Posted On 06/14/2024

mourningwarbler

Now some dentists are saying flossing isn't a great idea. ???

Posted On 06/13/2024
