

## **SIMPLE STEPS FOR ORAL HEALTH**

There are simple solutions to most people's problems with oral disease. Starting with changing the pH or acidity of the mouth, simply using baking soda at night before going to bed helps the majority of patients create a hostile oral environment for disease causing bacteria, resulting in an improvement in oral health. Baking soda, is, of course, so readily available and so inexpensive that the corporations will not market plain baking soda.

The following are steps that will help most people guard their oral health.

First, you must use a sonic tooth brush, and we prefer the Sonicare brand. It is specifically designed to eliminate damage to your teeth with the brushing motion.

Second, you must concentrate on brushing the gum line, the area where the teeth meet the gums. Also, the action of the sonic bristles will drive oxygen below the gum line, helping to kill bacteria in these regions. (see: Articles: "Quit Brushing Your Teeth!")

Third, you must use baking soda at night to help change the oral bioflora and encourage the growth of non-pathogenic bacteria. This means baking soda and baking soda only! The magic is in the high pH of the baking soda and anything you add may lower the pH.

Fourth, you must use an interproximal brush to thoroughly clean the areas between your teeth. Floss is OK for a lot of people, but floss will not clean concave root surfaces in older adults.

Fifth, it is advised that you use a Calcium containing tooth paste, with Burt's Bees being the best, in the morning to make calcium available for remineralization, and Sensodyne Pro Enamel a second best as easiest to acquire.

For a more thorough discussion regarding steps you can take to improve oral health, go to our website, [www.jtimrainey.com](http://www.jtimrainey.com). Click "Articles". A good place to start is the related article on "Quit Brushing Your Teeth."

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