



How to have healthy and white teeth? 10 ways to whiten your teeth at home! How to prevent tooth decay? Healthy mouth and clean gums! Dental care! Oral health!: Make your dentist happy! White smile!

Mona Rose

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And in the most beautiful clothes do not look good if you do not smile! Therefore, never forget your smile and do not stop smiling! Sometimes people against us only need a smile. It is something so small but invaluable. Something that lasts so short, but it remains for a long time in people's minds. The smile costs nothing but gives so much. A smile can be white, beautiful, shiny, sunny etc., but may not be. Sometimes so quickly dental health is at risk. In that case, you should immediately see your dentist because the pain will come to see you. Dental problems destroy the charm of your smile, so you begin to smile less. But in addition, it is important to understand that as a result of the problems with the teeth in the body a variety of harmful toxins are entering. They can cause many other serious diseases.

Dental caries is the biggest enemy of our smile. And this is no accident! Dental caries is the most common disease after colds! It affected 90% of the world population. In some countries this figure reached 100! Caries has a very long history, dating back to the most distant times, millions of years ago. According to the found remains cultures of India, Egypt, Japan and China have encountered this problem before 7000 years BC. But they have described it as a "tooth worm". Ancient civilizations have revealed not only the disease, but also sought to treat the effects of the "tooth worm".

An interesting fact is that anthropologists found that the first people have suffered far fewer caries than we are today! It has its logical explanation and it is better and natural way of living and eating. Today, the consumption of processed foods, refined sugar, fizzy drinks and many others have led to a serious weakening of our teeth. It is no coincidence that there is a dramatic boom of the disease shortly after the start of the industrial era in the 19th century.

The enamel that covers your teeth is the hardest substance in the human body. It is made of mineral. But even that it is one easy target for bacteria that secrete acids due to the processing of sugars in the mouth. The acid attacks the enamel and leads to dental caries and darkening the color of the teeth. Caries is a disease which occurs gradual destruction of the hard tissues of the tooth, with the result that there is formed a cavity. It makes teeth not only ugly, but causes pain and causes discomfort. It could be the reason for the development of more dangerous diseases. That is why we have to keep our smile healthy. It needs daily care. In the Middle Ages it was believed that in order to pass the pain in the teeth need to kiss a donkey. No matter how funny you think that is there is some logic in this treatment. If your tooth hurts, but you happen something far more unpleasant as kissing a donkey, the brain's attention will move on it and the tooth will hurt less.

Calm down! No need to search for a donkey! Today we live in the 21st century, in the most modern century. In times in which we set new records every day and of course dentistry is no exception. Thanks to all that today we have much more quality information about the health and the whiteness of our teeth! But still they are lots of things that the 21th century can not explain. Here is a curious fact - the Eskimos do not know and have never had tooth decay! The reasons for this are still unfortunately not known. But what we can do? How can we get health and whiteness of our teeth? The following chapters will answer this question!

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