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Mini Review

How to Preserve Teeth with Dairy Products-Milk

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Abstract

Usually, we think that any milk is only very useful product. It strengthens our health and provides us with many important vitamins, namely: A, H, C, E, B1, B2, B6, D and PP. Moreover, there are many chemical elements (about 50) into the milk as well (on the whole they are Fe, K, Ca, S, P, Cu, Cl, Mg). Natural milk helps us to diminish an acidity into the stomach, to eliminate the heartburn, to conceal the thirst, to reinforce our joints, teeth, it helps if we catch a cold and have an ache in a throat (when a man drinks a warm milk sometimes with a honey) and so on. But in this paper there is one negative factor connected with the destruction for the teeth from the milk or from the milk products. That's why the effective way to protect the tooth-enamel against the aggressive influence from the milk will be represented as the main aim of this article. Conclusion includes the recommendations connected with the ways how to keep our teeth for a long time.

Introduction

It is common knowledge, that there are too many publications linked with the milk or the dairy products where authors describe different aspects connected with the natural milk, soured cream and kefir [1-6]. But unfortunately practically no persons who explain the harmful which we get if drunk some amount of milk especially for our teeth if we drink it before our sleep. Please don't think, the respected reader, that it always takes place. It can be only during the definite conditions. The gist of this article explains this situation in detail and gives the recommendations how to defend both the teeth and the tooth-enamel.

Materials and Methods

We know perfectly well, that any milk or milk products can go sour if they will be for a long time in the warm air. This negative process goes rather quickly. Moreover, at such moment the milk has a bitter taste and rather aggressive acidity begins to appear. Practically, the same process unfortunately takes place in a mouth if there are the remnant of milk and milk products will be in a mouth. Namely these remnants of milk products begin to act very aggressive on the tooth-enamel. If a man doesn't sleep, one swallows the saliva rather often. In this situation the negative influence from the remnants of milk will be less on the tooth-enamel, though it is not good also. During the sleep period a man doesn't swallow the saliva very often. These actions take place very seldom. That's why for this bad saliva takes the possibility to bring influence to bear upon the tooth-enamel for a long time badly. We cannot compel our organism, namely our mouth, to swallow the saliva more often in the situation if we are sleeping. That's why the remnants of milk products begin to decompose very quickly. How can we stave off this negative process? For this aim there are the next simplest ways [7-10].

- A man must rinse actively both a mouth and the throat without fail many times during 3-5 minutes.
- This action one has to make each time after breakfast, lunch, dinner and supper constantly.
- Please use a tooth-brush if you have it next to you. But if the tooth-brush is absent at the present moment make the actions which are suggested in the position a.
- Using a tooth-brush don't press it to the teeth very strongly.
- You can use additionally the tooth-paste if it is at hand.

Results and Discussion

So then, if we'll apply the simplest ways which were described above, we really save our teeth and teeth-enamel. To rinse both the mouth and gargle using clean water it's not difficult process which doesn't take too long time (3-5 minutes no more). But in this case you really keep your teeth well for the long period of your life. These ways we can recommend to use in practice constantly and without fail each time when you eat your food (especially milk and milk products).

Conclusion

To realize how to preserve our teeth in practice you must try to rinse not only mouth several times but the throat too. If it is no possibility to rinse your throat (by different reasons), you can drink some amount of clean water. At last, try to rinse the throat regularly and constantly without fail after any eating and it is especially important to do so after milk or milk products.

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