

Let's Talk About Teeth

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EATING YOUR WAY TO BETTER GUMS

If you are looking for a dietary approach to gum disease prevention that augments brushing, flossing, and regular professional checkups/cleaning, researchers may have an answer. According to a recent study, people who ate two ounces of yogurt daily nearly halved their risk of advanced gum disease. This is welcome news for a problem that afflicts one in seven people under the age of 50 and one in three over 50. Advanced gum disease, which begins with gingivitis, or inflammation around the gums, can lead to bone loss and cause pockets to develop between teeth and gums. Yogurt's lactobacilli bacteria and calcium-rich foods, such as cheese boost tooth health and can prevent advanced gum disease.

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