



**Renowned dentist, known
from radio and media
unpacks for the first time ...**



If you want to know how you can enjoy your teeth in the long term and how you can look relaxed to the next dental visit in the future, then this report is just right for you.

The report is written for young and old but especially for the guys who are responsible take care for their health.

I wish you much joy and much new knowledge in reading.

How about if you grow old with your own teeth and lose the horror of dental crowns, orthodontics, prothesis and implants and forget the fear for your next dental visit?

Honestly! – Who likes to go to the dentist? According to the dental report in Germany from 2016 the regular individual prophylaxis is between the age of 6-years old child to 18-years old is mostly 64.6%.

This means that over 30 % of adolescent people in Germany do not go to the dentist within a year.

1. Why traditional brushing can lead to the loss of your teeth?

First to the question: "Why should I ever brush my teeth?" - Well, in the mouth there are a variety of oral bacteria. They like to sit on the teeth and at the transition between tooth and gums and there especially in the interdental spaces. The bacteria we need partly for our already beginning in the mouth digestion and for the defense of foreign bacteria on the food we eat. These bacteria especially love sugar - or carbohydrates. As a result, the bacteria usually produce acids as waste products, which in turn attack our teeth and our gums.

In order to protect our teeth against this acid attack, we need to regularly reduce the number of bacteria that sit on the tooth / gingival transition and interdental spaces, as they become a dangerous amount every 24 hours.



So how often should I clean?

The most meaning- or useful thing is a one-time detailed daily care of the teeth and the interdental spaces. Do it the best before you go to bed

What is the best time I should clean and makes it the most meaningful?

Most people brush their teeth in the morning after getting up - probably to get rid of the most unpleasant taste. This is useful only for that (the taste) but because over night usually nothing is eaten and thus the "acid attack" is largely eliminated. By the way - the bad smell can also come from one floor deeper - the stomach.

Then there are recommendations that say - just do not brush directly if you have eaten an apple, this will dissolve the minerals out of the tooth. Wait for half an hour. Let's be honest - do you set the alarm clock when you have eaten an apple and then brush your teeth afterwards? Probably rare. Other recommendations say - take a chewing gum, it will also clean your teeth. You read my comments on the bacteria above. Do you really believe that the bacteria on the gum stay "stuck" – probably in the chewing gum?

So just follow the rule: At least once a day - preferably in the evening after the last meal
- clean the teeth and interdental spaces with the right technique and toothbrushing utensils. And that is by no means the conventional toothbrush !! I'll show you the right tools to care for your teeth and your interdental spaces in one of the next tips. So stay tuned.

2. Which toothpaste should I use?

You will probably be shocked now. But the normal toothpaste is basically only good and useful for the taste. Please also avoid toothpaste with fluoride. For example, fluoride in the toothpaste causes more mercury to be released when there are still amalgam fillings in the mouth. The fluoride is also said to make teeth more resistant to tooth decay. Clear evidence is missing, however, because a study from 2010 shows vividly that the constructed by fluoride "protective layer" is very thin and does not do what it promises. [HERE the link to the study](#). (Sorry – only in German)

Use fluoride-free toothpastes instead. It is important to ensure that, for example, people who are currently taking homeopathic remedies, should also use a toothpaste without peppermint, as the essential oil of peppermint neutralizes the effect of homeopathic remedies. The same toothpaste is also available with peppermint, for people who love the fresh taste.

Particularly suitable for gingivitis has a toothpaste, which is provided with a specially prepared ingredient. This comes from the egg and has been proven especially for gum problems and is also still very gentle in taste. [HERE a link to a website which offers this toothpaste](#)

However, the best proven has a [special essential oil mixture](#) which can also be used for brushing the teeth. This then also acts simultaneously against the bacteria in the interdental spaces. The genius of this is that bacteria can never effectively defend against essential oils much less develop resistance to them such as antibiotics.

Let it melt in the truest sense of the word again on the tongue - bacteria have no way to develop resistance to this oil mixture.

What do we learn from this? Always use this oil mixture for gingivitis and periodontal disease in conjunction with the care of the interdental spaces and in most cases you can do without the use of antibiotics. How awesome is that!!



Conclusion: Use toothpastes without fluoride

3. Which toothbrush is suitable?

Now you will probably think - now it will be strange. And you are not entirely wrong.

I do not recommend you the good old toothbrush in the traditional sense but something special which so far only a few know and use.

Even among the dentists this technique is relatively unknown and you are one of the few people who are already experiencing and benefiting from it.

Let me do a little bit of explanation but do not worry, I'll skip the jargon.

With conventional brushing - as you have learned - the toothbrush is guided along the teeth performing more or less meaningful movements. So far so good.

Of course this cleans the tooth surface very nicely but you'll quickly understand that the plaque in the interdental spaces is so hard to handle.

And that's exactly the problem because that's where the bacteria hide which not only make holes through their acid production but also irritate the gums due to the acid attack.

Many use toothbrushes with so-called hard bristles. Well praised according to the motto is what makes hard.

Unfortunately, completely wrong thought because the less flexible bristles come now not at all inside

the interdental space - there is where the whole plaque is hanging around.

What we learn from this?

Well the plaque are removed only on the anyway mostly smooth tooth surfaces. Of course, this is just as useful, but where the tooth is bulging - in the interdental spaces



And what about halitosis – how does it develop?

You probably already suspect it. Also because of the bacteria that hide in the interdental spaces. These are often just the special bacterial strains that can exist without oxygen and what they produce - well, that just stinks without end.

Another but possible cause can also be a stomach problem.

What do I do against bad breath?

So forget the often so vehemently propagated mouthwashes.

These contain, among other things, much chemistry that is supposed to drive away the bacteria. As an attentive reader, you will certainly agree with me now, that this may not work. The dental plaque you can reliably remove only by mechanical cleaning, not by a rinse solution.

But finally on the subject of toothbrush.

Very easily:

- You have understood that it is particularly important to eliminate the plaque in the interdental spaces.
- Can this be the normal toothbrush? **NO**
- So you need a tool, which helps you to eliminate the plaque in the interdental spaces.
- On the other hand, you also need a tool with which you can clean the tooth surface meaningful to the transition zone to the neighboring tooth and indeed in such a way that the cleaning effect also arrives there.
- Can this be a normal toothbrush? **Again NO.**
- Oh, and electric toothbrushes - are they good? NO again. Mostly created by the electric toothbrushes too much pressure on the teeth, because no one gets a reasonable explanation how to apply these things. Or did you ever explain the right application to your electronics store or discount store?

And what about these mouthwashes machines?

Honestly, do you really think an oral shower can splash away the dental plaque from the interdental spaces?

Since you already need the power of a mini-Karcher and what happens then with your teeth, I need probably not explain to you. If the water jet is set too strong, you shoot the bacteria which are sitting on the tooth just under the gums and even deeper into the gingival pocket. The oral irrigator is more likely to massage the gums through the pulsing beam. So, let's explain the use of the oral irrigator properly before you use it.



Summarized:

- Use a sensible toothbrush with a short head and plastic bristles that are as soft as possible (no
- Use natural toothbrush made of animal hair. The bristles of these toothbrushes are pointed and hair is hollow!).
- The best thing would be to use a special toothbrush with a special shape in the future and you'll be amazed how small it is.
- You also need special tools that you use to get into your interdental spaces. These are so-called interdental brushes. You have to be told that they must have different sizes, because your interdental spaces have different sizes.
- Either you try it yourself with a set or you come in our practice and we will find together with you the right brushes for your individual needs and show the How you use the above-mentioned special toothbrush correctly.
- Complicated? No, it only takes a while to get used to it. If you get a new update of a software program, you have to get used to it again.
- Do not worry, it will bleed a bit at the beginning, if you clean the interdental spaces. That's normal, because so far, it has not been cleaned well!
- In a few days, the bleeding stops - especially if you have the great essential oil blend before on the brushes and you will see how comfortable that feels in your mouth.
- Your tongue will be delighted and your fellow human beings will thank you. Goodbye to bad breath!

4. What is tartar?

Just imagine a coral reef. Here, the living corals use the shell of dead species to settle there and so the reef grows more and more. It is similar in the mouth. The shells of the dead bacteria stick particularly well to the tooth surface and the minerals dissolved in the saliva crystallize there.

E voila - we now have tartar.

And the Bacteria colleagues like to use them to hold on even better and to hide in or behind them perfectly. You see: only the mechanical removal of these plaque helps you and your teeth to stay healthy.

Yes, you are reading correctly - the correct mechanical removal.

5. How often is it useful to have a prophylaxis session with the dentist??

My clear recommendation is to have these sessions done at least twice a year. But that depends primarily on your current condition regarding tartar buildup and / or gingivitis.

For this reason, a prior thorough investigation is necessary. At the first appointment we then determine how you continue and how often you actually need these sessions.

In general, people who have never heard of special toothbrushing need more intensive sessions in the beginning. If then your own cleaning behavior, then the dates can be set to every 6 months. Three control and prophylaxis sessions per year have proven useful. Keep in mind that all teeth are checked at these sessions, so naturally defects can be detected early and you will be spared toothache. In addition, you can be given tips on what you can possibly improve on your care.

6. What kind of foods should be avoided?

Here are the foods to distinguish which cause harm only to the teeth and the foods that cause problems for the entire organism.

First – this foods that definitely break your teeth.

You will certainly get in mind a very specific immediately think of food:

Right - the sugar and all the sweetness.

All sweeties? Even the healthy honey?

Yes, unfortunately, yes, for the teeth.

But to anticipate it right way - Also for the pancreas in our body, which controls the blood sugar level, an excessive consumption of sweets is a great challenge

Why is that?

You remember the bacteria I mentioned earlier. These little "pets" are downright greedy for sugar because it's the best fuel for them.

This allows them to really get their energy needed going and unfortunately produce more acid as a waste product, which in turn attacks the teeth and dissolves the minerals from the teeth, which then leads to the holes - also called caries or cavities. If this is not discovered in time, the vicious circle continues. Teeth that have already lost minerals are even more prone to re-acid attack, and so on and so forth.

At some point you'll feel it, but it's usually too late. So back to zero.

Where do the bacteria sit above all else?

Right in the interdental spaces. If they are removed there well at least once a day, they can no longer produce acid. Thus no demineralization of the hard tooth substance can take place and thereby no caries can arise.

What about the sugar substitutes such as aspartame, sorbitol, cyclamate and xylitol etc.?

Honestly. Have you ever tried them? Do they really taste?

It is true that they can not be converted into acids by the stupid bacteria or in lesser amounts dimensions - Hurray. But beware.

On the other hand, they are - in quantities - not good at all for our digestive organs. They are sometimes even suspected to be carcinogenic.

A difficult topic and far from satisfactorily answered.

Then rather the right enjoyment and rather then actually once a day the teeth brushed as this "castrated" sugar to eat. But here too caution: too much sugar harms of course and also our body.

Why are our teeth there?

So what for our teeth are good?

Well, for mincing food. That means: Use your teeth for that.

Meaning: food that must be crushed, such as raw carrots, apples, pears etc. are good for the teeth because they support the function of our teeth. They also ensure that our periodontium is trained and the sugar contained in these foods is better because the body has to release it from the fibers. By contrast, in the case of sweet things, the sugar molecules immediately adhere to the bacteria.

What about the fruit juices and vegetable juices, are they good or bad for your teeth?

That depends on how these juices were made.

Fresh smoothies for example, still contain all vegetable fibers. This is good for our intestines, because vegetable fibers are valuable fiber for him, which the intestine needs to maintain its activity and thus gives us a good bowel movement. On the other hand, the sugar molecules it contains are much harder for our body to reach, which in turn relieves the pancreas.



The other finished fruit juices that you can buy at supermarkets usually contain no more vegetable or fruit fibers. This leads to acidification of the body and the teeth !, because here the fructose acts directly on the teeth in the mouth.

The lack of fiber also make the intestine hard to manage.

So - stay away from the morning Orange juice, unless it's freshly squeezed with all the pulp.

Have you ever seen how many oranges you have to squeeze to get a good glass of orange juice? These are usually two to three oranges if the pulp is removed during pressing.

A good rule is the freshly squeezed juices as well as the finished juices not just to tilt down, but to "chew" the juice.

What is that supposed to do now?

Well, the saliva contains enzymes that begin to disintegrate sugar molecules in the mouth. This is much more tolerable for our stomach and digestive system.

So always take a sip of juice in your mouth and - if you do not want to chew it - then keep it at least a bit in the mouth before you swallow it.

Conclusion

You should follow these steps:

- 1) Like our Facebook page – [Click here](#)
- 2) Subscribe to our YouTube channel – [Click here](#)
- 3) If you want to get more informations leave your email adress and you will get a free peace of my first written book „There is a whole person attached to every tooth“ – [Click here to get the free trial](#)

By doing these two steps, you will benefit from the following. In the next few days we will publish another 5 tips in the context of this report. If you follow us, you will not miss any information in the future. If you have any questions, suggestions or tips write us at: drdirkblog@gmail.com

Thank you very much



**Best regards,
Dr. Dirk Schreckenbach**