

Do This 60-Second Trick before Bed and Rebuild Your Teeth and Gums

Description

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CHECK OUT THE TEETH AND GUMS NATURALLY TRICK

THE 60 SECOND FORMULA (TEETH AND GUM)- 1 in 4 adults (26%) in the United States has untreated tooth decay. Nearly half (46%) of adults who are 30 years or older show signs of periodontal gum disease. 9% of adults are faced with severe gum disease. This is just a snap of the horrifying state of oral health in the country, according to the CDC website. Countless other Americans are suffering from draining oral health problems such as permanent tooth loss, oral cancer, and chronic disease. Given that we only need a few minutes (at most) each day to ensure optimal dental health, the current state of dental health is troubling. As the government, NGOs, and dental activists work to increase awareness, it is up to you to take charge of your oral health.



Healthy teeth and your body

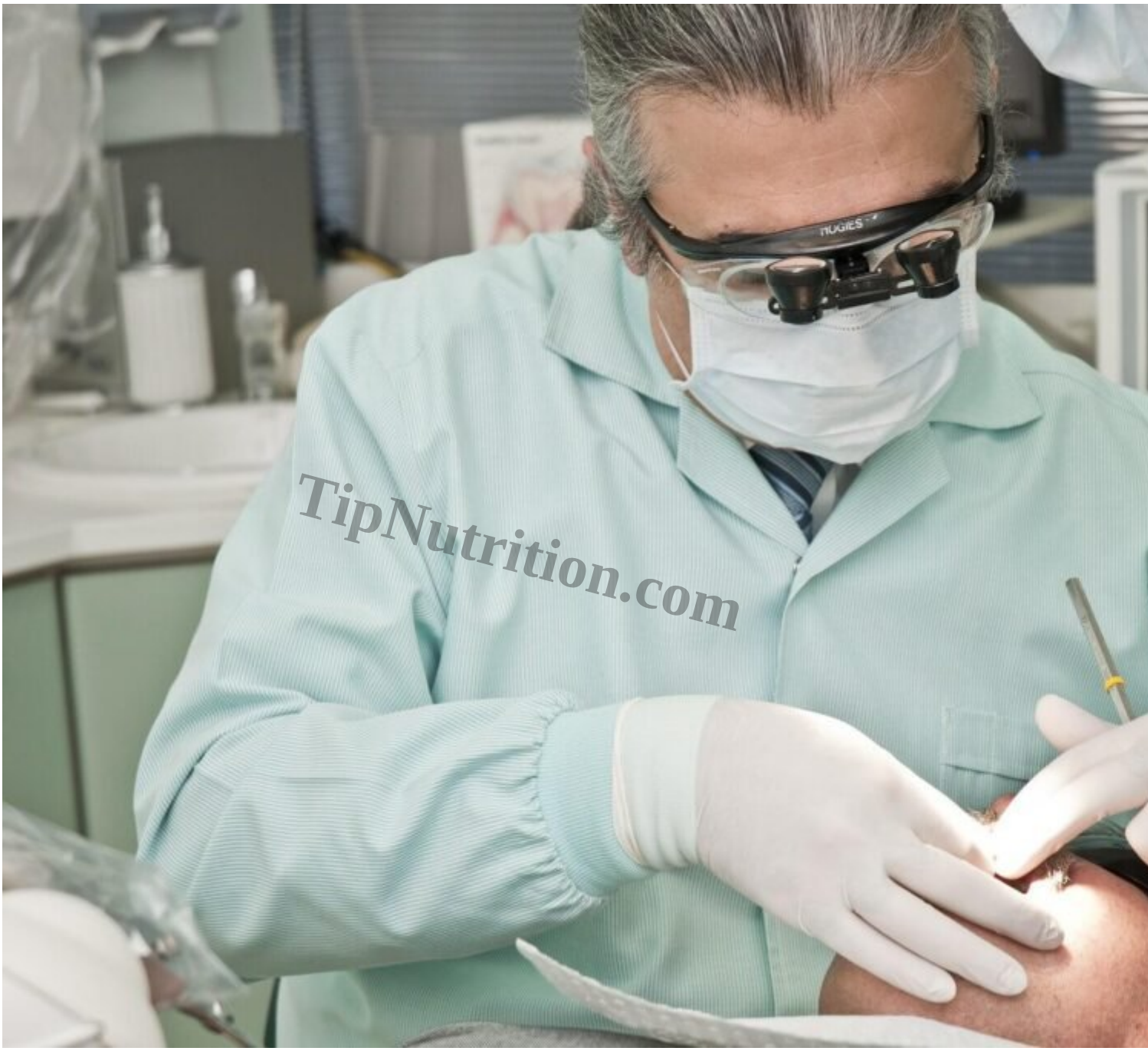
Many people take dental health lightly, despite clear scientific evidence showing that it can lead to severe health problems. According to the Centers for Disease Control and Prevention, poor teeth and gum health can cause chronic diseases such as arthritis, heart disease, stroke, emphysema (lung damage), diabetes, hepatitis C, and liver conditions. If you are not taking your dental health seriously, you are increasing your risk of suffering from severe consequences.

What Can You Do To Maintain Your Oral Health?

Teeth cleaning and why it is important

Proper teeth cleaning and flossing is important because it prevents formation of dental plaque, gum disease, tooth infection, oral ulcers, and other dental health issues. Better yet, doctors agree that taking good care of your teeth and gums will reduce your chances of developing deadly ailments such as heart attack and stroke. You have absolutely **every reason** to make sure that you are doing whatever it takes to maintain perfect dental health.

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What is gum disease?

Gum disease â?? commonly referred to as periodontal disease by dentists â?? is a serious infection that damages the soft tissue of the gum. This is caused by a thin film of bacteria overgrowth that is known as plaque. Signs of gum disease include bright red gums, inflammation, bad breath, gum bleeding, painful chewing, and spitting out blood when flossing or brushing. When untreated, gum



her organs of the body â?? leading to life-threatening health

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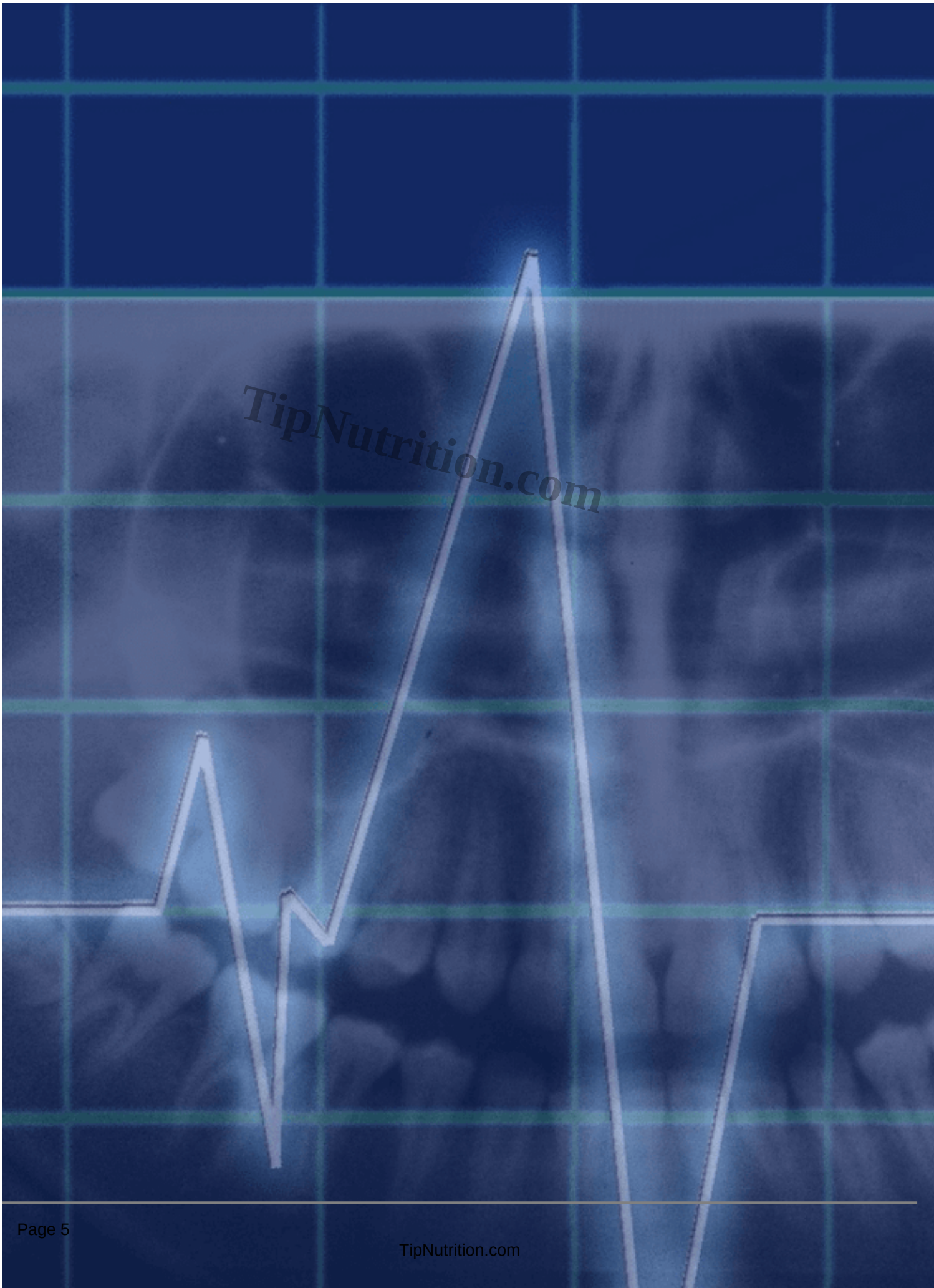
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Can bacterial affect the heart?

Having poor oral health puts you at a higher risk for heart disease. Excessive bacteria in the mouth can lead to inflammation of the gums (periodontal disease). If left unchecked, these bacteria can get into the bloodstream and trigger hardening and buildup of plaque in the arteries. This condition is medically referred to as atherosclerosis and causes blood flow problems, increasing your risk of a heart attack. This damaging impact of mouth bacteria on the cardiovascular system can increase your of suffering from disabling strokes.


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Why healthy gums are important for your overall wellbeing

According to Colgate Palmolive, the second-largest toothpaste producer, good oral health is good for your overall health. A simple swab of your saliva can tell doctors volumes about your overall health. Making the daily effort of taking good care of your teeth can lead to a wealth of benefits. It prevents different types of oral diseases and other health conditions. You have no reason not to use your toothbrush, mouthwash, and other dental health accessories as required!

Perfect dental health in 60 seconds?

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While many of us already know the IMPORTANCE of taking excellent care of our teeth, life often gets in the way. Sometimes you are unable to brush for as long as required (at least 2 minutes) because you are in a rush to get to work. Other times you simply forget to floss. These simple misses can build up over time and lead to life-threatening losses. This is why there is so much hope in ProDentim. Created in an FDA-quality facility and featuring all-natural ingredients, this magic Candy can fill in the gaps and complete the picture for excellent dental health. ProDentim is available in the form of candy and features Berberine, turmeric, beetroot, zinc, jujube seeds, alfalfa and other scientifically proved plant ingredients. You only need to take 1 or 2 capsules each day before bed with a glass of water. This awesome product makes dental health an inside job. In less than 60 seconds each day, you can save hundreds of dollars in dentist treatment fees, and prevent awful illnesses. LEARN MORE ABOUT PRODENTIM



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