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Hot Topic! WHEN to Brush ** Before or After Breakfast

While some people think brushing after breakfast is best, you may want to change that. Brushing your teeth before breakfast may be a better option for you.

If you have Orange juice, other fruits, or even coffee, you should wait 30 minutes before brushing your teeth because brushing sooner causes your brush to spread around the enamel-eating acids in those foods.

If you have a problem with the leftover taste in your mouth, consider chewing gum instead of brushing. Gum with Xylitol is a safe and effective agent in decay fighting.

Is an Electric Toothbrush a Good Choice for You?

Since you were a little child, you were taught to brush your teeth twice daily. Of course, your parents took part in this ritual, and the friendly little dinosaur on the toothbrush handle made it all worthwhile.

Since that time, you may have received an electric toothbrush. However, has anyone ever taught you how to use it?

The electric toothbrush removes 21% more plaque than a manual one if used properly. Remember that the brush is doing the work for you. All you have to do is put the brush on the tooth.

Hold the handle of your electric toothbrush with just your fingertips. This action may feel strange at first, but the lack of tension in your hand will actually help to prevent scrubbing and the application of too much pressure while you brush. Some toothbrushes have a sensor that will tell you if you are pressing too hard. Most have a built-in timer that calculates the seconds in each quadrant of your mouth so that the appropriate amount of time is spent in each quadrant of the mouth. Ideally, your brushing efforts should last 2 minutes in the morning and at bedtime. In addition, we recommend that you floss at least once a day.



Thanks for information provided by Oral-B and Sonicare



No Insurance ? No Problem!

This "in office" benefit plan is perfect for those who have terrible insurance or non at all.

The plan covers diagnostic and preventive at 100% and other procedures are discounted by 20%.

There is no deductible, no missing tooth clause, no plan limitations and no yearly maximums.

Contact us for more information at 770-971-5119 or visit our website at smilesbydrbob.com

Spinach-Strawberry Salad with Feta & Walnuts and balsamic vinaigrette



Sweet strawberries, salty feta, and crunchy walnuts jazz up a simple spinach salad. The balsamic vinaigrette is incredibly easy; fresh shallots add more zip

than you'll find in any commercial dressing.

Carolyn Casner, Chef

Ingredients

- 1 ½ tablespoons extra-virgin olive oil
- 1 tablespoon best-quality balsamic vinegar
- 2 teaspoons finely chopped shallot
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 6 cups baby spinach
- 1 cup sliced strawberries
- ¼ cup crumbled feta cheese
- ¼ cup toasted chopped walnuts

Directions:

—Whisk oil, vinegar, shallots, salt, and pepper in a large bowl. Let stand for 5 to 10 minutes to allow shallots to soften and mellow a bit.

—Add spinach, strawberries, feta, and walnuts to the bowl and toss to coat with the dressing.

Makes 1 1/4 cups

Serving size : 4

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There are 1440 minutes in a day ...



Your Teeth and Gums only need 4 of them.

Here is a Tutorial from Oral-B Regarding Electric Toothbrush Technique

Step 1:

Make sure your toothbrush is charged. Many electric toothbrushes have charge level indicator lights, so you can actually see when the toothbrush is charged.

Step 2:

Start with the outside surfaces of the teeth. Guide the brush head slowly from tooth to tooth, holding the brush head in place for a few seconds against each tooth before moving on to the next one. Follow along with the shape of each tooth and the curve of the gums.

Step 3:

Repeat Step 2 on the inside surfaces of the teeth.

Step 4:

Repeat Step 2 on the chewing surfaces of the teeth as well as behind the back teeth.

Step 5:

Direct the brush head along the gum line and upon the gums. Again, do not press hard or scrub.

Step 6:

Try grazing the brush head along your tongue back to front to help freshen your breath.

Step 7:

Rinse with water or fluoride

Angling the brush 45-degrees into the gumline and slowly moving from one tooth to the other makes it easier to focus on cleaning the entire mouth.

Whether you use a soft manual or an electric toothbrush is a personal choice. Following the systematic method above, and allocating the time needed for the task will give you the plaque-free mouth we all want.

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