

# Heal & Prevent Cavities For Life!

10 EASY STEPS



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w/ Dr. Stephanie Vera DDS*



Welcome, friend! I'm so glad you're here. I created this guide for you with love to help you & your family live free from the bondage of cavities.

When your smile suffers, your whole life suffers. You can't thrive when you have dental problems weighing you down, stealing your confidence, health, money, and time.

At Thrive, our mission is to set families free from dental disease. We're here to show that you CAN have the healthy, radiant smile you deserve!

We're here to **empower** you to take control of your dental health and live free from dental problems for life! So you can **THRIVE**!

Now, let's get this party started!



*Dr. Christine Coughlin*



## 1. *Get Regular Check-ups & Cleanings*

Bring the family in every 3-6 months to detect any issues before they turn into BIG (and expensive) problems.

It's also essential that we professionally remove all tartar and plaque buildup that adults and children can't remove themselves with only brushing & flossing at home.



## 2. *Use an Electric Toothbrush*

The electric toothbrush gives you many advantages over a manual toothbrush since it does most of the work for you.

Here are some of the benefits:

- extra cleaning power for Superior plaque removal and gum cleaning.
- Easy to use, and helps adults and kids brush more effectively.
- Removal of external stains for whiter teeth (yes, please!)
- Builds better brushing habits with features like a 2-minute timer (and let's be honest, our version of 2 minutes is very different from an actual 2 minutes).





### 3. *Floss Like a Boss*

*You don't have to floss all your teeth...  
Just the ones you want to keep!*

Most people, kids, and adults alike hate to floss (not the silly dance move 'cause everyone loves that one).

But NOT flossing is NOT an option - it's the **ONLY** way to remove the harmful daily buildup of plaque, bacteria, and food from between the teeth and under the gums (where a toothbrush can't reach).



If you're unable to floss, a floss pick is a second-best option.

If your kids have difficulty flossing, a children's floss pick is the second-best option - they're the perfect size for cleaning between little teeth in a tiny mouth.





#### *4. Use Hydroxyapatite Toothpaste*

If you want to avoid fluoride and find a safer, non-toxic option to prevent cavities, Hydroxyapatite (HAp) toothpaste is for you!

HAp is a form of calcium that makes up the majority of your tooth structure. It's what makes your teeth strong and hard.

##### *HAp Toothpaste For Tooth Remineralization:*

Tooth decay and damage occurs when the demineralization (the breakdown of teeth) outweighs remineralization (building up of teeth).

These processes are happening **all the time** in your mouth and are impacted by your diet, oral hygiene, oral habits, lifestyle, and in the end, your oral microbiome.

*You can reverse and prevent cavities by remineralizing your teeth. HAp is a powerful and completely non-toxic way to do that.*



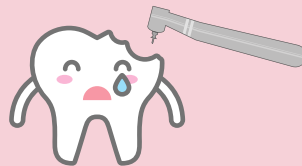




## *The Benefits of Hydroxyapatite Toothpaste*

- helps rebuild tooth structure without any known side effects.

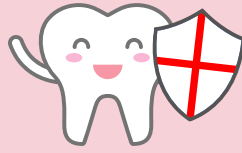
*Note: You can only reverse tiny, incipient cavities in the early stage of decay. More developed cavities will require dental treatment.*



- replaces the minerals your teeth lose when demineralized, and fills in the tiny fissures in your teeth that bacteria would otherwise attack.
- HAp is **biocompatible** with your teeth since it's the same material as most of your tooth structure.
- It's **biomimetic** (your body recognizes it as a natural part of it).
- Plus, it makes your teeth more resistant to plaque buildup and enamel erosion (aka acid attacks) that lead to tooth decay.
- **BONUS:** Because of how your teeth react to HAp toothpaste, it can make your teeth look whiter and "glossier" (and who doesn't want that?!).



**Tip:** Don't rinse your mouth after brushing with HAp toothpaste to allow it to remain on your teeth to do its work: preventing and reversing cavities.



## *5. Up Your Defense with Fluoride (But Use with Caution)*

Fluoride is extremely effective in strengthening tooth enamel to be resistant to decay and is generally considered safe when used in the **correct amount**.

Much of the controversy over fluoride revolves around ingesting it in drinking water.

*Note: When using fluoride, it is crucial to use it with caution since it is toxic in large doses.*

Fluoride products **should not be swallowed**, so make sure to supervise your child when brushing with fluoride toothpaste. Fluoridated mouth-rinses are not safe for children under age six.

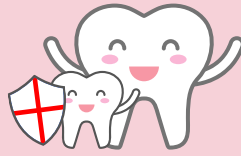
### *How Much Toothpaste is the Right Amount For Your Child?*

0-3 years: size of a grain of rice

3 + years: size of a pea

\*Switch to a pea-sized amount of toothpaste when your child can spit out excess toothpaste.





## 6. *Get Sealants for Your Kids*

Sealants cover and protect the deep grooves and pits of the chewing surface of permanent teeth, helping prevent cavities where kids may struggle to brush.

Sealants are covered by most dental insurances. Ask if your child would benefit from sealants at their next visit!



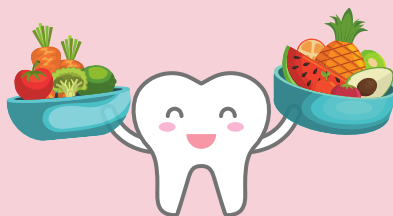
### *Bonus Tip: Check the Fluoride Levels in Your Water*

Go to [nccd.cdc.gov](https://nccd.cdc.gov) of the CDC to check your city's fluoride levels in drinking water. If the fluoride levels are too high, it can cause Fluorosis and tooth discoloration.

Tip: If you want to avoid fluoride, I recommend reverse osmosis water. Reverse osmosis is the most effective purification method that removes contaminants and toxic compounds such as lead and iron from tap water. It also removes 85-92% of fluoride.







## 7. *Make Smart Food Choices*

Not all foods and drinks are created equal when it comes to tooth decay. Limit chewy, sticky foods, and processed sugary treats that lead to tooth decay.



Instead, eat natural sugars, like those found in fruit and plant milk, with protein to reduce the risk of cavities.

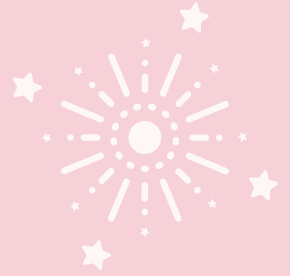
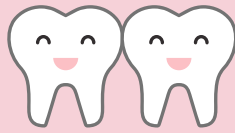
Your diet should largely consist of real, nutritious, and whole foods like fruits, vegetables; healthy fats like avocados, nuts, and seeds; quality protein like pasture raised meats, eggs, and wild-caught fish.



## *Drink Lots of Water*

Water is always the best option to drink. It naturally cleanses food and bacteria from your mouth, and it keeps your body hydrated and functioning at its optimum.

Teach your kids from an early age to enjoy eating real, whole foods for a lifetime of excellent health and beautiful smiles!



## 8. *Get Your Teeth Straightened*

Braces aren't just for looks.

Aligning your teeth not only improves your appearance and confidence, but it reduces your risk for cavities.

When your teeth are crooked and crowded, it's more challenging to brush and floss between your teeth to keep them clean from the harmful buildup of food, plaque, bacteria, and stains that lead to decay.



That's why it's no surprise that people with crooked teeth have higher incidences of tooth decay and gum disease.

## 9. *Mind Your Mouth*

Did you know that cavity-causing bacteria is contagious?

Parents with untreated cavities can put their kids at risk for tooth decay and gum disease.

Do not share spoons, straws, etc., with your baby, and do not use your mouth to clean your baby's pacifier.





## 10. *Lead by Example & Supervise*

Kids learn by example from their parents.  
Show them great oral hygiene habits to encourage them to do the same!

Make sure to supervise your kids to ensure they brush properly for the right amount of time (2 minutes, twice a day - once in the morning and once at bedtime).

Kids can brush without assistance around age 6 when they have the dexterity to tie their own shoes.

### *Bonus: Make it Fun!*

Kids need positive reinforcement to motivate them to practice good oral hygiene. They want to make their parents proud.

So, praising and rewarding your kids when they floss and brush their teeth is a powerful way to motivate them to do this more!





So there you have it! 10 Easy Steps to Heal & Prevent Cavities for Life!

I know you've got this, friend! I created this guide to **empower** you & your family to live the life you were created for - free from preventable dental disease so you can **THRIVE!**

You deserve to have a smile that lets you shine. Because **YOU ARE WORTHY** and this world needs your light to shine in it!

For more helpful dental tips to help you thrive, check out [Thrivedentist.com/blog.com](http://Thrivedentist.com/blog.com). And come see us in person! Book online at [Thrivedentist.com](http://Thrivedentist.com).

If you have any questions, feel free to ask me! Write your question to: [Thrivedentist@gmail.com](mailto:Thrivedentist@gmail.com) and write "Question for Dr. Christine" in the subject line.

I can't wait to meet you, friend!

With Lots of Love,

*Dr. Christine Coughlin*