

# III Dr. C. Ross Crapo & Associates

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A "Dental" article for you this month...

## 7

# Foods That Can Cause Irreversible Damage to Your Teeth

### Number 1 - Sweets

Although this one's a no-brainer, most people don't know that sugar triggers the mouth to become more acidic which breaks down your tooth's enamel. When the enamel is weakened by candy, chocolate and sticky snacks, your teeth become susceptible to cavities. If you can't go without your sweets, be sure to rinse with water after eating.

### Number 2 - Acidic Foods and Drinks

Most of us love adding lemon, lime and oranges to our drinks or putting lots of vinegar in our salad dressings but don't realize the acid wears away the enamel of the tooth and causes stains. The high pH levels in these foods pose a significant danger to your teeth - try to stick to only a few acidic foods with a lower pH such as broccoli, mangos or celery.

### Number 3 - Wine

For some people, a glass of wine after a long day is the perfect addition to their dinner - and popular medical shows and doctors are now encouraging a glass of red wine a day for its heart and health benefits. However, red and white wines have a highly acidic and are known to erode the enamel, and cause staining. According to research, a rich red wine like Pinot Noir is the most gentle on the teeth.

### Number 4 - Caffeine

A cup of coffee or tea is acidic, but the sugar is where the big problem lies. And another fact to beware of: the darker the drink, the darker the stains on your teeth. And we're not even going to get started on energy drinks. Stick to a light herbal tea or black coffee to keep the wear of your teeth down to a minimum.

### Number 5 - Ice

There's nothing quite like a cold drink poured over ice - but make sure the ice stays in the glass! Chewing ice causes fractures of teeth, particularly if you have existing fillings.

### Number 6 - Pop

Pop is a whole category of its own when it comes to damaging your teeth. Tooth erosion, cavities and staining are only some of the main issues when it comes to pop drinking - and diet pop is a contributor as well! If you don't believe us, look up the Coca Cola experiment where a human tooth is dissolved overnight. Stick to water and your teeth and health will thank you for it!

### Number 7 - Sticky Foods

There's nothing quite like a nice treat of taffy, caramel, or dried fruit - but beware, these are your mouth's worst enemy. Sticky foods tend to stick to the teeth for prolonged time periods compared to other foods - and this leads to the breakdown of your teeth and inflammation of the gums.

**Here's a bonus tip for reading to the end** - with any acidic drink, be sure to wait 30 minutes and then brush your teeth. Why? Right after you consume an acidic liquid, the enamel is softer temporarily - if you brush right away, it will actually promote erosion. Waiting 30 minutes allows the natural buffering effect of saliva to firm up the enamel again so your brushing won't cause additional damage.

So that's all 7 tips...I hope you found this information helpful. Have a great month.

I'll See you soon.



Dr. C. Ross Crapo

# Tips, Tricks, and Trends

## 3 reasons to thank your mother

Mother's Day is the perfect time to think about all the ways your mom has been there for you. It is important to let her know all the things you are grateful for, so check out this list to jog your memory of ways she has shown you her love:

### Encouraging you.

Even when moms give tough love, they are there to urge us to be our best and brightest. When life feels too rough, they never doubt us. Think about a time your mom encouraged you to achieve your dreams when no one else did and let her know how much it meant to you.

### Making sacrifices.

Part of parenting is making sacrifices for your kids so that they can have the best life possible. You probably don't even know all the ways that your mom has made sacrifices for you, and you don't need to. Just thank her for the life that she has given you and for all the hard work she put into raising you.

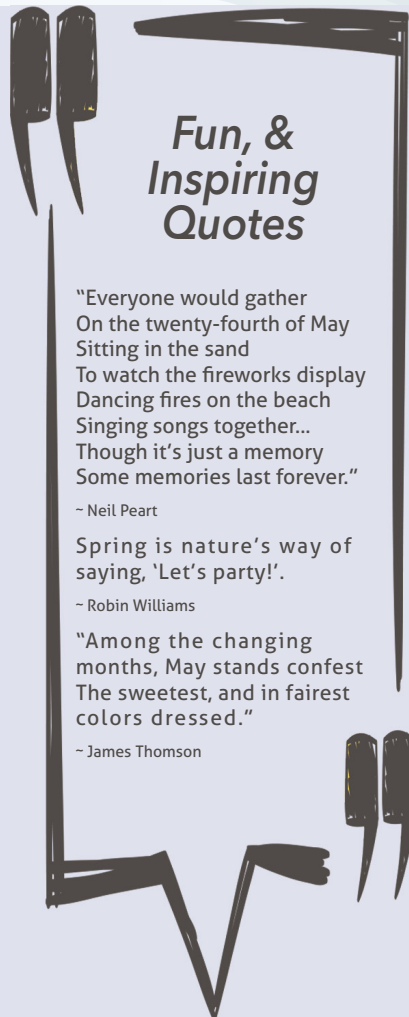
### Teaching you how to be an adult.

You may not realize all the invaluable life skills your mother taught you over the years. From treasured family recipes to cleaning hacks to tips on how to interact with your boss, your mom prepared you for the real world. Moms are often the leaders and teachers of communities.

## Fun Facts

### That'll Astound Your Friends

- Mother's Day sees around **one quarter of all flowers purchased** throughout the year falling on this holiday.
- Mother's Day is the **third most popular holiday in the world**, second to only Christmas and Easter.
- **Show me the money!** If you paid mothers for the tasks they do at home, their annual salary would be \$62,985. She does it all for free so make sure to show all the moms you know the appreciation she deserves! (source: Insure.com)



### Fun, & Inspiring Quotes

"Everyone would gather  
On the twenty-fourth of May  
Sitting in the sand  
To watch the fireworks display  
Dancing fires on the beach  
Singing songs together...  
Though it's just a memory  
Some memories last forever."  
- Neil Peart

Spring is nature's way of  
saying, 'Let's party!'  
- Robin Williams

"Among the changing  
months, May stands confest  
The sweetest, and in fairest  
colors dressed."  
- James Thomson

## Life Hacks: Better, Faster, Easier Solutions To Life's Little, Everyday Problems >>>

# Why You Should Be Drinking Lemon Water All The Time

If you could improve your overall health with one simple trick, would you take advantage of it? By drinking lemon water every day, you can benefit your entire body. Start drinking lemon water today, if you aren't already, reaping its benefits.

### Improves Digestion:

If you suffer from bloating, indigestion, or heartburn, then lemon water is for you. The acid in lemons is similar to the juices produced by the stomach. By consuming lemon water, you can help keep your digestive system functioning in tip-top shape.

### It Detoxifies the Liver:

Your liver is like the body's cleaning service. Drinking lemon water increases bile production, which is essential for digestion and it controls the flow of excess bile so as not to damage the digestive tract or lead to stomach ulcers. By drinking lemon water, you get to cleanse the liver and improve your digestive system at the same time.

### Improves The Body's pH Balance:

A lot of people think that drinking something that is highly acidic doesn't balance the body's pH balance. Most people don't realize that lemons have amazing alkalizing properties. Increasing your alkalinity is always beneficial to your health, so start drinking lemon water.

### Keeps Your Skin Healthy:

Lemons contain powerful antioxidants, which help to flush toxins and free radicals out of the body. Because lemon water helps to naturally detox the body, your cells can regenerate faster and make your skin look healthier and younger. Skin elasticity can decline after age 40, so drinking at least one glass of lemon water every day can keep your skin looking fresh.

### These are the ingredients that you need for a glass of lemon water:

- 8oz of water
- Juice of half a lemon (freshly squeezed)



# 1-Minute Daily Tips for Healthy Teeth

You already know that you should brush your teeth at least twice a day for 2 minutes each time, floss at least once a day, and see your dentist on a regular basis — “The proven formula for success when it comes to keeping your teeth healthy,” says Kimberly Harms, DDS, a Farmington, Minnesota dentist and a spokeswoman for the American Dental Association (ADA). But there are lots of other things you can do throughout the day to improve your oral health, too — and they only take a minute.

## Habit #1: Sip on Tap Water

Unlike most bottled waters, tap water from public systems usually contains fluoride, a key mineral that can help strengthen the enamel in your teeth. In fact, putting fluoride in the community water supply is “the single most effective public health measure to prevent dental decay,” according to the ADA. Plus, drinking water can help rinse away the cavity-causing bacteria from food that might be lingering on your teeth, Dr. Harms says.

## Habit #2: Snack Smarter

Limit the number of times you have sugary snacks throughout the day. “It’s not the amount of sugar you eat that’s harmful to your teeth, but how often you eat it,” Harms says.

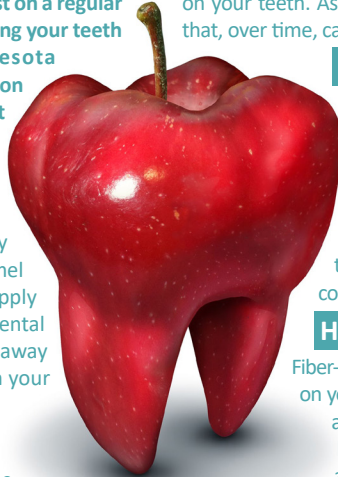
That’s because the bacteria that live in your mouth feast on food particles left behind on your teeth. As the bacteria digest sugars in those particles, acids are produced that, over time, can contribute to enamel erosion and cavities

## Habit #3: Grab a Straw

You might use a straw when you’re drinking at a restaurant, but you should use one at home, too. That’s because straws draw sugary and acidic liquids away from your teeth, according to the Indiana Dental Association. Every time you drink something sweet, it sets off bacteria that can attack your teeth. The attack restarts with every sip and can last for 20 minutes or so, according to the Wisconsin Dental Association. Keeping sugar away from contact with your teeth can help.

## Habit #4: Eat an Apple

Fiber-rich flesh present in an apple is mostly responsible for acting as a scrub on your tongue, teeth and gums. But this is not the only way that apples are good for your teeth. These fruits are mildly acidic in nature and have a astringent quality which helps get rid of plaque and also works as to get rid of any pathogenic microbes in your mouth. It’s best to eat the apples with their skin on to get the maximum benefit. The skin of the apple is rich in natural fiber and it helps scrub your teeth minutely.



## Ask The Dentist



Free dental advice doesn’t come along every day, but Dr. Crapo has been providing just that for many years in his column for the Sunday Edition of the Times Colonist, a Victoria newspaper.

Many patients have expressed gratitude for his insightful writing. Now, thanks to the web, his “Ask the Dentist” column is available to a wider audience. You can visit here:

<https://www.drcripo.com/blog/ask-the-dentist>

## Easy Greek Salad

Prep Time: 0:15 Total Time: 0:15

### Ingredients:

#### For the salad:

- 1 pt. grape or cherry tomatoes, halved
- 1 cucumber, thinly sliced into half moons
- 1 c. halved kalamata olives
- 1/2 red onion, thinly sliced
- 3/4 c. crumbled feta

#### For the dressing:

- 2 tbsp. red wine vinegar
- Juice of 1/2 a lemon
- 1 tsp. dried oregano
- kosher salt
- Freshly ground black pepper
- 1/4 c. extra-virgin olive oil

### Directions:

1. In a large bowl, stir together tomatoes, cucumber, olives, and red onion. Gently fold in feta.
2. In a small bowl, make dressing: Combine vinegar, lemon juice, and oregano and season with salt and pepper. Slowly add olive oil, whisking to combine.
3. Drizzle dressing over salad.

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### Can You Handle the Truth???

**Pass me a pop:** Canada is the only country in the world to celebrate Victoria Day, and the 'May Two-Four' long weekend is as distinctively Canadian as the two-four - a case of 24 bottles of beer - with which it is often celebrated.

### JOKE of the Month

Why did the king go to the dentist?  
To get his teeth crowned

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## Free Report Reveals: How To Get The Dental Work You Need Without Anxiety!

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