

# ORAL HEALTH

(WHICH IS NOT JUST ABOUT TEETH)

## ORAL HEALTH IS NOT JUST ABOUT YOUR TEETH.

I'll be honest. I have a strong aversion to the dentist. There is some deep rooted trauma there for me. After 12 years of orthodontic work (9 of which were spent in braces) on top of being a chronic mouth breather, the trauma is warranted. The mouth and our oral health can tell us a lot about what is happening within our own bodies...if we listen.

The older I get (ew) the more I am realizing that a lot of my issues have been tied to my mouth. Specifically, mouth breathing...not just how I care for my teeth. Now, do I have bad teeth? Not at all. Should 12 years of orthodontics be normalized? Absolutely not. So, I have learned and I want to share some interesting things I have learned along the way! ORAL HEALTH IS NOT JUST HOW YOU CARE FOR YOUR TEETH! The amount I have learned in regards to oral health in terms of airway, resting tongue posture is astonishing. Had I known this earlier a lot of things could have went differently.

## HOW TO FIND A FUNCTIONAL DENTIST

You are going to want to find a dentist that works WITH you. A good dentist doesn't just "drill and fill." A biological / functional dentist will understand the mouth-body connection. They will also understand the importance of airway assessment! You can also google "biological dentist" in your area.

Functional dentists examine the eating and lifestyle habits of their patients to uncover the root cause of any issues and to determine the best solution. A traditional dentist is less likely to inform you that dental treatments like root canals and amalgam fillings have been linked to chronic illnesses.

Cavities, bad breath, bleeding gums...there is a cause there. The mouth is connected to the entire body. What is happening in the mouth is happening within the body.

[FUNCTIONAL DENTIST DIRECTORY](#)

[IAOMT.ORG](http://IAOMT.ORG)



**PLEASE CLICK AND SCROLL THROUGH ALL THE SLIDES! THIS POST IS VERY HELPFUL IN REGARDS TO FINDING ORAL HEALTH PROVIDERS IN YOUR AREA!**

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# A FEW HELPFUL ACCOUNTS

Here are a few helpful accounts regarding oral health. Click each image to visit their profile.



**PLEASE CONSIDER TAKING A DEEP DIVE INTO EACH ACCOUNT!**

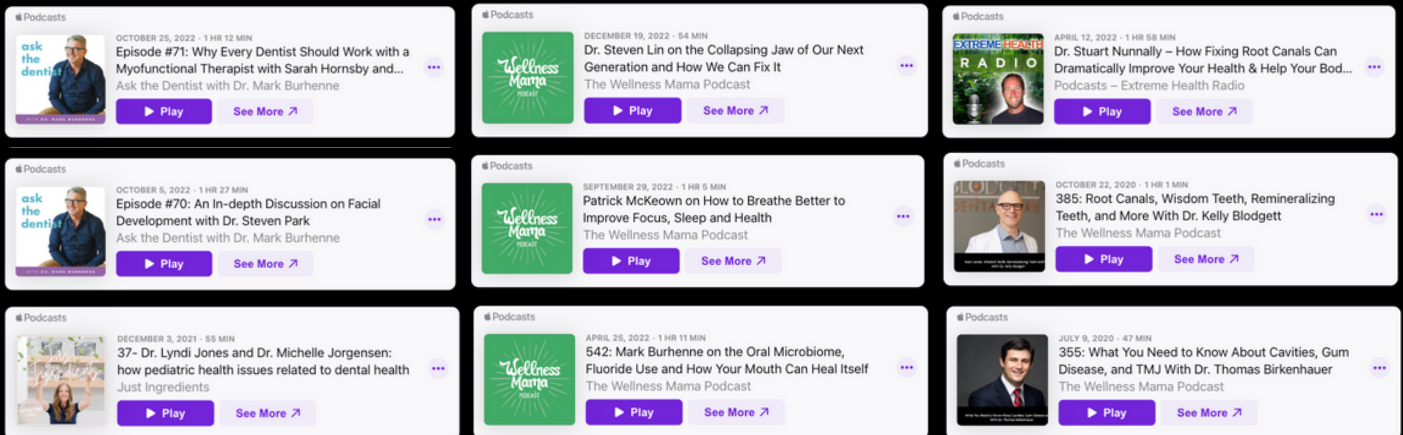
## PARENTS: HELPFUL ARTICLES I WANT TO SHARE

**MOUCH BREATHING: WHAT EVERY PARENT SHOULD KNOW**

**WHAT YOU SHOULD KNOW IF YOUR CHILD SNORES**

## LISTEN TO LEARN: PODCAST RECCOMENDATIONS

Click to open & listen.



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# KNOWLEDGE IS POWER

I could talk to you for hours and write pages of pages of information, however I will not do that. I will simply link a VERY informative site that is FULL of VERY helpful information when it comes to oral health from a functional dentistry point of view.

**"ASK THE DENTIST"**



HERE ARE JUST A FEW POSTS I WANTED TO SHARE WITH YOU!

PLEASE DOUBLE CLICK EACH POST TO EXPAND AND READ THROUGH EVERY SLIDE.



## MYO MUNCHEE

**WHAT IS A MYO MUNCHEE?** The Myo Munchee is a small chewing device made of soft, medical grade silicone. Shaped like a mouthguard, with a handle attached, the mouthpiece is soft, but durable, with lots of silicone prongs, which massage the teeth and gums - it is the perfect device for your little one to activate their chewing reflex!

### WHY USE A MYO MUNCHEE?

The various benefits of chewing the Myo Munchee include: Correcting the orofacial muscular functions. Widening the growing jaws. Helping children to eliminate thumb and/or dummy (pacifier) sucking habits.

**CHECK OUT THEIR SITE FOR MORE INFO**

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# FLOURIDE VS. HYDROXYAPATITE

## What is Hydroxyapatite?

Hydroxyapatite is a natural ingredient that can help remineralize teeth by replacing minerals that have been lost from the teeth. This can help strengthen enamel and help with sensitivity!

[BLOG POST COMPARING HYDROXYAPATITE TO FLOURIDE](#)



## HYDROXYAPATITE TOOTHPASTE

If you have been following me for any length of time you know I LOVE RiseWell Toothpaste for both myself and Harlow!

"It's different because it works: Our toothpaste is made with naturally-derived hydroxyapatite, a mineral that makes up 90% of our tooth enamel and has been proven to strengthen and protect your teeth without fluoride."

CODE: SOUTHARD10

[LINKED HERE](#)



## HYDROXYAPATITE OIL PULLING

An Ayurvedic practice of gently swishing oil in the mouth and pulling through your teeth to optimize your oral and gut microbiomes. Instead of drying alcohol, think mouth rinse supercharged with science-backed nano-Hydroxyapatite, a prebiotic, antioxidants, and high-quality botanicals to strengthen tooth enamel, repair sensitive teeth and improve overall gum health. I use this twice a day for 3-5 minutes (after I brush) and spit into a trash can, NOT the sink!

CODE: SOUTHARDLIVING15



[LINKED HERE](#)



## TONGUE SCRAPING

I scrap my tongue every morning (first thing) and night! Tongue scraping removes dead cells, mucus, bacteria

Key benefits:

- Reduces bad breath, enhances tastebuds, and improves overall oral hygiene
- Improves digestion and activates organs
- Boost immunity and restores the natural color of the tongue
- Made in stainless steel with a comfortable plastic-free grip for an easy swipe

[KID VERSION](#)

[ADULT VERSION](#)

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## WATER PICK

Instead of traditional flossing, I use a water flosser! It removes plaque and food particles between the teeth. The American Dental Hygienists' Association recommends water flossing over string dental flossing. It cites studies showing water flossers are effective at removing plaque and reducing gingival bleeding more than string flossing does.

[LINKED HERE](#)



## MOUTH TAPING

Mouth taping promotes a lip seal, nasal breathing, and proper tongue placement at rest. Benefits include:

- more oxygen absorption
- higher quality rest
- more energy
- proper facial development
- less dehydration
- less allergies
- better dental health

[LINKED HERE](#)



## REMINERALIZING POWDER

Our teeth lose minerals overtime. Remineralizing the teeth can help slow down this process and prevent tooth decay. One of my favorite remineralizing products is the Remineralizing Powder from Just Ingredients! This tooth powder is powered with Hydroxyapatite! Hydroxyapatite is a naturally occurring mineral that makes up our bones and teeth. It makes up over 90% of the foundation of your tooth's enamel.

CODE: JESSIE



[LINKED HERE](#)



## MOUTH WASH

If you feel as if you need a little mouth wash, this is the kind I prefer! However, I do not use this often as I believe the overuse of mouthwash disrupts the oral microbiome and good bacteria in our mouth. Balancing our oral microbiome balances our gut microbiome which is directly tied to our brains.

CODE: SOUTHARD10

[LINKED HERE](#)