

Spotlight on Holistic Dentistry: Better Foods for Your Teeth Than Sugar But Still Sweet!

We all know it: Sugar is glorious. Delicious. Addictive. And a danger to your oral health! Plenty of Americans are on sugar overload, from the consumption of sodas to pastries to processed foods. Your teeth will eventually feel the impact of excessive sugar kicks, resulting in the need for tooth fillings or other restorative dentistry procedures. If you try to eat and drink foods and beverages that are better for you, then you'll expose your body to less sugar and contribute to better oral health. Consider these healthier alternatives:

Instead of Energy Drinks, Make Your Own Beverage

Sports drinks and energy drinks that claim to refuel you make good on their declarations thanks in large part to sugar. Store-bought energy drinks are packed with sugar. But you can make your own pick-me-up by spiking your water with good stuff like lemon juice, energy-boosting green tea, and Celtic sea salt. Coconut water containing electrolytes and natural minerals, and the stevia offers that bit of sweetness that you undoubtedly still crave.

Instead of Milk Chocolate, Go for Dark Chocolate

When it comes to candy, chocolate should be your weapon of choice. Unlike hard candies or chewy candies that stick to your teeth for hours and are hard to remove, eating away at enamel by bathing your teeth in sugar, chocolate washes away more easily. Plus, come on, who doesn't love chocolate? If it's a sweet that you must have, go for the top-shelf brands that are made with less sugar and a higher cacao count, preferably 72 percent or higher. And did you know that dark chocolate contains iron and magnesium to fortify your body?

Instead of Ice Cream, Go Bananas

Ice cream is loaded with sugar. But bananas, which are known for bone-strengthening potassium as well as magnesium, not to mention vitamin C and fiber; and other fruits are loaded with natural sugars and sweetness. Enjoy a low-sugar dessert (that is also dairy free!) by freezing ripe and peeled bananas. Once frozen, blend them with other fruits like blueberries rich in vitamin K or strawberries known to be a good source of vitamin B-complex!

Well-Rounded Oral Health

It's not always your diet that affects your oral health. There are plenty of ways your mouth, teeth, and gums react that are signaling that something else is going on within your body. The goal of a holistic dentist is not just to treat what's wrong with your oral health, but to determine the cause of the problem at hand. And if it isn't excessive sugar consumption that's to blame, there are other conditions to consider, like diabetes, a sinus infection, or celiac disease. Amazingly enough, a trip to a holistic dentistry practice such as Dr. Ilona Fotek's, can provide a wealth of information about your overall health and well-being.



Dr. Ilona Fotek

Always seeking natural ways to help her patients.



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