

# Abedulce®

*Birch Sugar*



*100% Birchsugar lozenges*

## Say goodbye to caries

Caries is by far the most widespread infectious disease of teeth. Affected teeth rot and, in the case of heavy caries infection, secondary ailments may break out that can severely injure the body. Bacteria that cause caries dwell in, and nourish in, an acidic environment. It means that the foods that cause the hyperacidity in both the oral and the whole organism, promote the emergence and dissemination of the caries-causing germs. This group of products includes, in particular, sugar and white flour products, but also milk, eggs, meat, and many other products of our daily lives.

In the case of hyperacidity, the organism tries to neutralize the pH value with minerals by extracting these from the bones. This could lead to a weakening of the bones and, in severe cases, to osteoporosis and other deficiency diseases. In today's nourishment, which mainly consists of industrially processed and refined raw materials, our body receives an amount of minerals that is insufficient to balance this hyperacidity. The body is therefore lead to take additional measures in order to support it in its struggle against the caries agents.

This is why the provision of effective dental care, from the very beginning, is important in order to remain healthy.

## Correct dental care

Healthy dental care indicates that we should brush our teeth a minimum of twice a day to remove food caught in the spaces between the teeth.

For this purpose, it is recommended that dental floss should be used as it reaches the food caught between the teeth.

While brushing your teeth it is important to remember not to press too hard as the gums are very sensitive and prone to inflammation. This happens quite often, especially among adults and the elderly, and can cause gum regression and, finally, the loss of teeth. Toothbrushes with soft bristles must be used, and you should brush your teeth carefully. Finally, the mouth must be rinsed thoroughly with water.

But, even after you have brushed your teeth correctly, the caries germs can remain in the oral area, and multiply if the oral cavity is acidic (pH value below 7). Consequently, the body fails to mineralize the gums and the teeth effectively. For this reason, nourishment plays a relevant role in the health of teeth, alongside with the correct dental care.

