



Bite

Word of mouth

64

Featured

Four ways water improves your oral health

We all know that water is vital to our general health and well-being. Not surprisingly good hydration has a positive effect on your oral health too. This month, just in time for summer, we are raising awareness about the benefits of drinking plenty of water.

Good saliva flow

Have you ever experienced that unpleasant sensation on a hot day or after exercise where your mouth feels like it is full of cotton and everything just sticks? It is due to insufficient saliva flow which is commonly caused by dehydration as well as some medications. Saliva has several important functions in the mouth—it lubricates your mouth, aids digestion, supplies teeth with minerals, buffers acids and has anti-microbial agents. Staying properly hydrated is the key to producing a good amount of saliva that will help to keep your whole mouth healthy.

Fresh breath

Bad breath often comes from bacteria on your teeth and food particles that are stuck in your mouth. By drinking water you will help to combat it in two ways,

firstly by washing away food particles and bacteria, as well as ensuring that you have a good saliva flow to have an anti-microbial effect on those germs.

Prevents cavities and erosion

Drinking a glass of water after each meal will help to neutralise and wash away harmful sugars and acids that are often added or naturally present in food. Furthermore, tap water in Brisbane contains small amounts of added fluoride that has been shown to strengthen the enamel and prevent cavities.

Keeps mouth clean

Want to quickly wash away coffee from your mouth to avoid staining and coffee breath? Have a big glass of water afterward. Even swishing water around the mouth will help to dislodge some plaque and food debris.



[Read more >](#)

- 1** **Featured**
Water improves oral health
- 2** **Healthy Hygiene Hints**
Keeping enamel strong
- 3** **Community**
TicTockTrack special offer

This month...

Would you like a drink that's great for your teeth? Chances are you already drink it everyday—though probably not enough!

Water is a hero for keeping your whole body healthy, though some of its benefits aren't always obvious. This month's feature article reveals why topping up your glass of aqua could be a boost for keeping that smile shining.

On other tips, do you know how to strengthen your enamel? If not, be sure to read Kat's Hygiene Hint for some the latest take on tough teeth!

In community news we give a shout out to a community member's business that is all for keeping our kids safe.

Dr Simon Franks

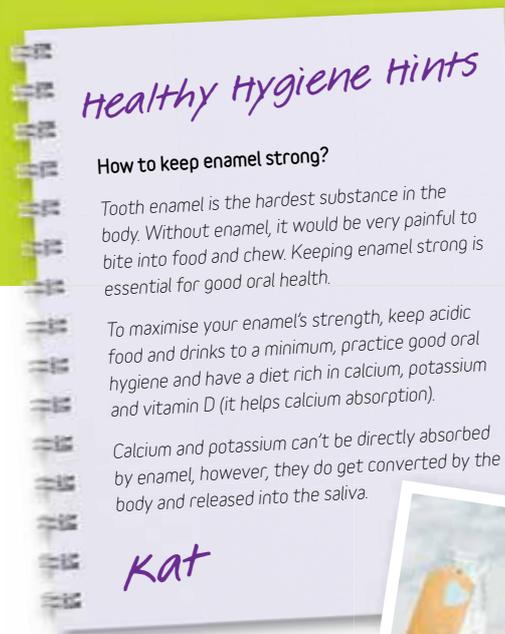




How can you incorporate more water into your daily routine?

For some people, it can be challenging to drink enough water due to work commitments, daily routine or the lack of perceived need. Often when we are thirsty we are already dehydrated and it is a way for your bodies to demand that we drink more water. To overcome dehydration it is recommended that average adult drinks two litres of water per day. This may sound like a lot, however, if you spread that amount throughout the day you'll notice that it's not that hard. Have a glass of water with each meal and keep a bottle on your desk to sip on throughout the day.

Make sure you have more water than average on a hot day or if you exercise. Add one additional glass of water per cup of tea or coffee that you drink. This is because they are caffeinated, which acts as a diuretic. Here at Bite Dental Studios, we're happy to discuss your water intake and check your saliva flow.



\$10 off

<https://www.tictotrack.com.au/>

enter code:
'BiteDental'



Community News

TicTocTrack special offer!

Keep in touch and monitor your loved ones with the TicTocTrack 3G Safety Watch.

We would like to spread the word on behalf of Adam Green who has a special Christmas offer for Bite Clients. Adam represents a company called TicTocTrack that offers a range of Safety Watches which have enabled GPS tracking and can even make phone calls and send SMS to select numbers.

The 3G Safety Watch from TicTocTrack retails for \$199.95 with ongoing monthly SIM plans starting at only \$12 a month.

Celebrate everyday heros. Let us know if you have a cause you'd like us to shout about.

