

How to Maintain Healthy Teeth and Gums

Daily Oral Care

1. Brush twice a day (2 minutes each)
2. Floss once a day: Try [CocoFloss](#) or [Oral-B Glide Pro-Health](#).
3. Mouthwash (optional): An alcohol-free rinse like [Crest Pro-Health Multi-Protection](#), [Listerine Gum Therapy](#) fights bacteria and strengthens enamel without causing dryness.
4. Best all-around: [Sensodyne Sensitivity & Gum Whitening](#)
5. Best for gum repair: Crest Pro-Health Advanced Gum Restore / Parodontax Active Gum Repair
6. Best deep clean: Crest Gum Detoxify Deep Clean
7. Best natural: Tom's of Maine Antiplaque & Whitening
8. Best for everyday strength: Colgate Total SF

Nutrition for Teeth & Gums

1. Calcium & Vitamin D: Strengthen enamel.
2. Vitamin C: Boosts gum healing (citrus, peppers, strawberries).
3. Limit sugar & acidic drinks
4. Stay hydrated with water: Filtered water with fluoride is ideal (best natural enamel protector).

Lifestyle Habits

1. Don't smoke or vape: Top risk for gum disease and oral cancer.
2. Chew sugar-free gum: Orbit or Trident (xylitol-based) stimulate saliva, neutralize acids, and protect enamel.
3. Replace toothbrushes/brush heads every 3 months: If you prefer electric, the Oral-B iO or Philips Sonicare ProtectiveClean have pressure sensors to protect gums.
4. Use fluoride products: (like in Colgate Total SF or Crest Gum Detoxify).

Bonus Natural Boosters

1. Green tea: Antioxidants help reduce gum inflammation.
2. Coconut oil pulling

