

Dr. Kelsey's Tooth Treats



PROTECT YOUR DNA

Eat foods that are all colors of the rainbow jammed packed with nutrients to fuel their super powers. **Try eating these foods instead of:**

Fruit Roll Ups- try fresh fruit, orange slices, or fruit smoothies made with low fat milk or yougurt

Alphabet Cookies- choose 100% Whole Grain Crackers

Veggie Chips- Choose celery or carrot sticks with all natural peanut butter or cream cheese

Squeezable Yogurts- Yogurt mixed with fresh fruit is a better option

Remember to eat more fruits, vegetables, beans, whole grains and healthy snacks to protect your DNA. As we get older each year your DNA doesn't work as well. DNA is a list of instructions that we store in our body that tells our body what to do. Damage to our DNA piles up and can lead to changes in our genes. These changes lead to heart disease, cancer, wrinkles, and other damage to our bodies. Protect your DNA to feel and look good!

Water

~75% of Americans are chronically dehydrated.

~In 37% of all Americans, the thirst mechanism is so weak that it is often mistaken for hunger

~Even MILD dehydration will slow down one's metabolism as much as 3%.

~One glass of water will shut down midnight hunger pangs for almost 100% of dieters studied at the University of Washington.

~Lack of water is the #1 trigger of daytime fatigue.

~Preliminary research indicates that 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers.

~A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen or a printed page.

~ Drinking 5 glasses of water daily decreases the risk of colon cancer by 45%, slash the risk of breast cancer by 79%, and make a person 50%less likely to develop bladder cancer.

Bisphenol A (BPA) is not present in sealants or composites. They do have monomers that are derived from BPA (bisGMA and bisDMG). You can find some BPA in saliva afterwards, but none in the blood.