

Try these tips for a Healthy Body



Get enough sleep



Move more



Drink less alcohol



Eat a healthy, balanced diet



Reduce stress



Brush your teeth twice a day, once before bed and at one other time



Keep your teeth strong by using a fluoride toothpaste



Cut down on sugary foods and drinks as they can cause tooth decay



Stress can cause problems with your teeth and gums
Visit your dentist regularly

Did you know that poor oral health can lead to gum disease which can cause:

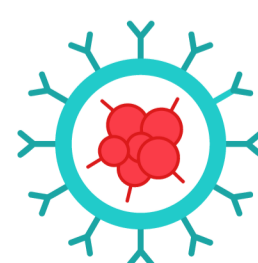
heart disease



stroke



cancer



diabetes

