



# **46 Cavity Preventing Meal Recipes: Strengthen Your Teeth and Your Oral Health by Eating Nutrient Packed Foods**

*Joe Correa*

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By Joe Correa CSN

A beautiful, healthy, and confident smile is one of the first things we notice in people. We feel strongly drawn and attracted to these bodily characteristics. Shiny bright teeth are simply a must.

Most doctors agree that teeth are extremely important for your overall health and are connected with the rest of our body in such way that they really can do lots of damage if they are left in bad shape.

Tooth decay is the worst enemy of all when it comes to teeth. It is a reaction of natural bacterias that are living in our mouth. These bacterias came with the food we ate. The best and healthiest way to prevent these bacterias to harm you is to change your diet habits.

Having a proper dental hygiene is important for your teeth, but bad lifestyle habits and bad food are even more important. Food plays an important role in the prevention of tooth decay and overall health.

In this book, I have prepared some delicious recipes that will prevent you from having cavities.

Dairy products, cheese, and milk are rich in Calcium, which is an important element that our body needs. That's why I have chosen to include them in so many of these delicious meal recipes.

Fruits and vegetables, on the other heand, are rich in fiber, which will help in mineral defence against tooth decay. In this book, you will find some excellent options to choose from in your daily diet.

If you want to forget about cavities, crowns, root canals, and other dental related problems, try the old fashioned way! Eat delicious and natural foods that were meant to help you keep your teeth healthy every day.

Change always comes from the inside. Grab this book and prevent going to the dentist for a while!

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