

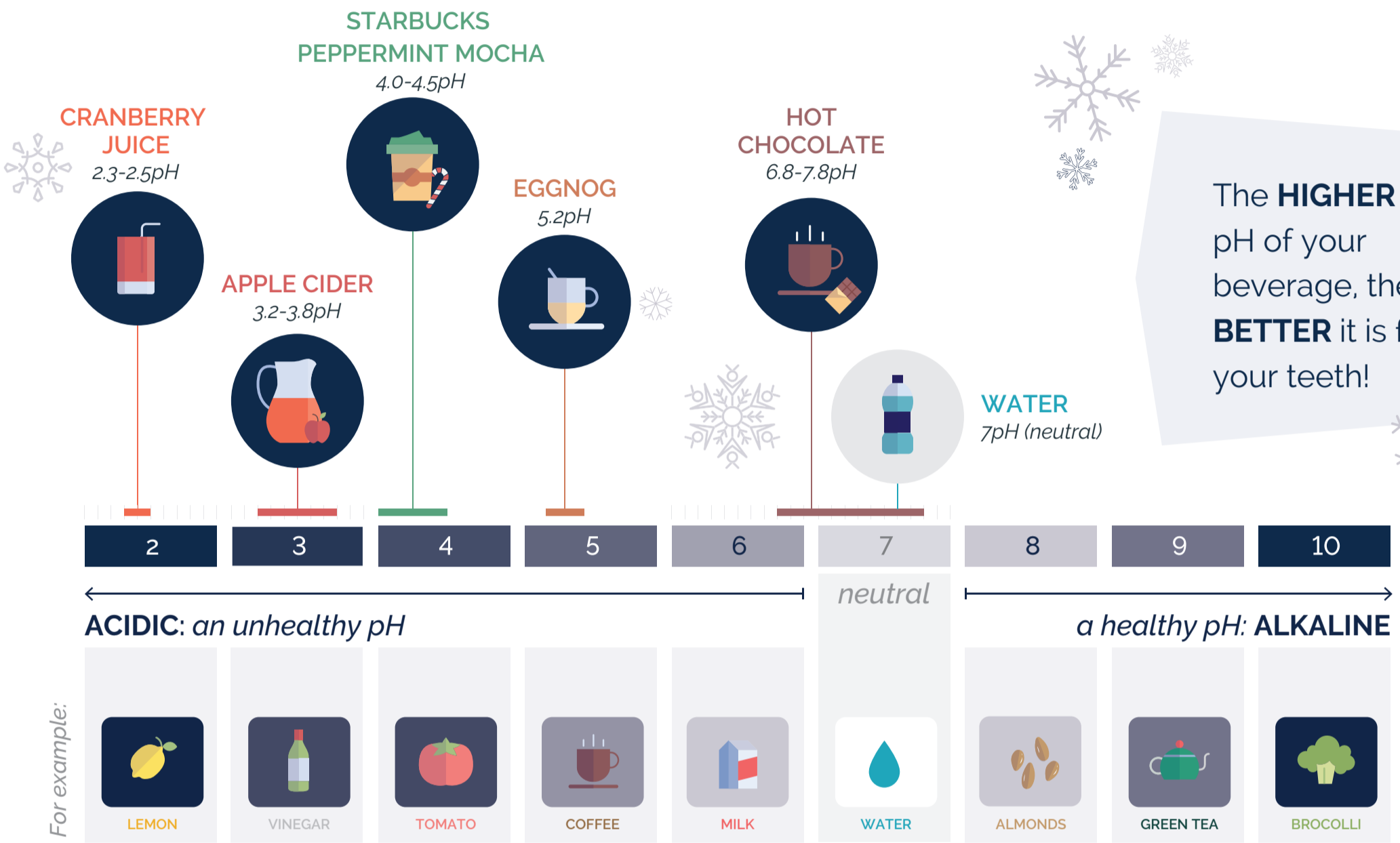


EDWARDS RANCH  
DENTAL

pH Levels of Our Favorite

# Holiday Beverages

The Holiday Season is a great time to indulge in your favorite sweet drinks!  
*But be careful, as the acidic effect can cause long-lasting damage to your oral health.*



## OUR TIPS TO KEEP YOUR TEETH HEALTHY AND STRONG



### 1. DRINK PLENTY OF WATER

Water's neutral pH will balance the acid in your mouth.



### 2. ENJOY THESE DRINKS WITH A MEAL

Your mouth produces the most saliva with a meal. A healthy level of saliva will help rinse away the sugars that sit on your teeth.



### 3. BRUSH & FLOSS OFTEN

With so many sugary treats around, you may find yourself snacking more often than usual. Sugars feed the bacteria that cause cavities and gum disease. Keep the sugar off your teeth by brushing at least twice a day.

WANT TO KNOW MORE? GET IN TOUCH!  
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