

## When It Comes To Teeth, Nature Has Not Given Us The Best Design

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When it comes to teeth, I do not think it is an easy job to clean and maintain healthy teeth, considering the shape, accessibility of teeth or its surfaces, joints and spaces between the teeth. You would think brushing or flossing should do the job!

What about the sticky deposits? What about the cleaning the joint between the teeth and gum?

There are few issues in teeth cleaning process:

1. Remove food particles from teeth, in between teeth and tongue.
2. Removing plaque or sticky film from your teeth. Imagine magnetic iron powder attached to a metal tooth. Do you think you can brush all iron powder from the metal tooth? No, you have to un-magnetize it or shake them off.
3. Removing bad bacteria.

My six-step process of cleaning teeth and mouth is as below:

Step 1: Initial Brushing - Brush with a regular soft brush using a tooth paste. I have built an arsenal of various brushes (regular, interdental, ionic, sonic, etc.)

Step 2: Flossing in between the teeth.

Step 3: Lining the joints between teeth and gum with a rubber tip, if need be redoing with a thin pointed rubber tip.

Step 4: Shake off the rest of the deposit with Sonic Electrical brush (or ionic brush or simple electric brush) without the tooth paste.

Step 5: Rinse with salty water/mouthwash for any debris or bacteria still left in the mouth.

Step 6: Gently massage your gums with index finger.

I do this program religiously after every meal, not necessary doing all the steps all the time.

I do not want to bore you with right or wrong procedure to do the job (get your dentist/hygienist to show you) or see a short video:

<http://www.videojug.com/film/how-to-brush-your-teeth>

Oh, I forgot to tell you, I do not take sugar in my tea and have a healthy diet with infrequent supplements of Calcium or Glucosamine with Chondroitin

Now you would think, I will have the healthiest teeth but you will be surprised that every few months there is a mishap which brings me back to my dentist to take care of it. Some time I will crack the tooth, chip the tooth/filling or will get simple toothache.

There is no part in the body, which can not be cleaned or maintained. But as far as teeth are concerned, I think Dentist have conspired with the nature.

Until then I will believe in my theory: We do not have the best design when it comes to teeth!

## About the Author



**Max Haroon** is the founding president of the Society of Internet Professionals. He has been involved in the Information Technology (IT) industry in various sectors, including the Internet and IT Training for over 35 years. He has completed many consulting assignments, forging alliances, as well as initiating various entrepreneurial enterprises. His work has spanned many countries in three continents. He provides consulting services in e-Marketing, event management and search engine marketing & optimization.

After spending a life time in technology, he is now shifting his passion to empowered living by establishing study groups to fulfill Holistic Healthy Living and Inspired living.

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