



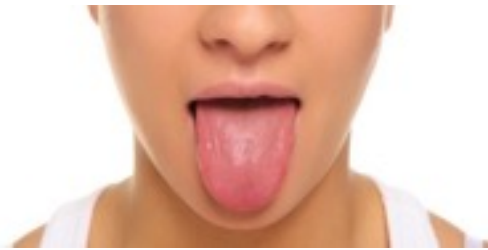
DANA POINT DENTAL NEWSLETTER SPRING 2015



We can't believe its April! This year is flying by! We hope everyone is enjoying the spring and all that our beautiful community has to offer.

If we see a referred friend before June 1st, you will be entered to win the 49" LG LED HDTV! Continue referring your friends, family and neighbors to our office!

HEALTH TIP



What is Tongue Scraping? When we sleep, our digestive system remains awake, removing toxins from our body by depositing them onto the surface of our tongue. If we don't scrape away these toxins, they get reabsorbed by the body and can lead to respiratory difficulties, digestive problems, and a compromised immune system. Dental [research](#) has concluded that a tongue scraper is more effective at removing toxins and bacteria from the tongue than a toothbrush. Although brushing and flossing will loosen and move debris around, they do not actually remove the bacteria. Almost half of our oral bacteria live on and in the deep crevices of our tongue; the scraping action of a tongue scraper collects these toxic tongue coatings (which can range in color from clear, white, yellow, or green) and removes them from the body.

Where to buy a tongue scraper?

Tongue scrapers are inexpensive, and can be found at most health food stores as well as online.

Smile of the month



**HEALTH AND HAPPINESS,
YOUR DANA POINT DENTAL
TEAM**

Congratulations Judy!