



Super Smile Diet- Jumpstart Your Fitness

Plano, TX- It's like clock work - the days get longer, the temperature rises, and suddenly body image is front and center. We examine our body, pull out our favorite diet book, and embark on another new fitness plan. Stop. Take a breath and smile. A super smile diet may be instrumental in your transformation.



"Many folks just don't know that teeth alone can affect how they are perceived by others", notes Plano Dentist Dr. Ritchie Beougher.

"According to research conducted by Beall Research & Training of Chicago, a radiant, natural looking smile will make you appear more intelligent, interesting, successful and wealthy."

Dr. Beougher says you can eat your way to good oral health. He points out particular foods that are proven to have a positive impact on your smile.

- **FRUITS & VEGGIES-** Foods such as apples, pears, celery, carrots, cauliflower, and cucumbers produce saliva which combines with the foods' natural fibers to naturally clean teeth and remove bacteria. Also, strawberries and lemons naturally whiten your teeth.
- **WHOLE GRAINS-** You can lower your risk of developing periodontal disease by eating three or four servings of whole grains a day. Researchers have established that diabetes and high levels of blood sugar increase the risk and severity of periodontal disease. Whole grain intake improves glucose metabolism, resulting in lower levels of blood glucose.
- **MILK-** Doctors have always promoted drinking milk to help build strong bones and teeth. However, milk has other oral health benefits. According to the University of California at Los Angeles School of Dentistry, milk also contains

proteins essential for good oral health by preventing cavity-causing bacteria from sticking to tooth surfaces.

- RAISINS - Research at the University of Illinois at Chicago has shown that raisins contain phytochemicals that suppress growth of oral bacteria associated with cavities and gum disease and can inhibit the ability of plaque-forming bacteria to adhere to teeth.

“Medical advisories are now linking oral health to heart disease, diabetes, and even pancreatic cancer”, explains Dr. Beougher. “By adjusting your diet to include more smile-wise foods like whole grains, fruits, and vegetables you are also lowering your risk for other serious medical conditions.”

In addition to a healthy smile diet, Dr. Beougher encourages everyone to brush and floss daily, visit your dentist regularly, and replace sugary soft drinks with milk or water as often as possible. Dr. Beougher also recommends you discuss diet changes with your doctor or a nutrition expert.

Celebrating 20 years, Dr. Beougher and Willow Bend Dental offers three dental practices in one – general, cosmetic, and children’s dentistry- at 3001 N. Dallas Parkway in Plano.

Dr. Ritchie Beougher is among an elite group of cosmetic dentists who personally sculpt patients’ new smiles. His “SmileLift” technique is recognized across the country and he has taught the procedure at New York University and Palm Beach College.

For more information about Dr Ritchie Beougher and Willow Bend Dental call 972-964-5686 or visit www.WillowBendDental.com.

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