

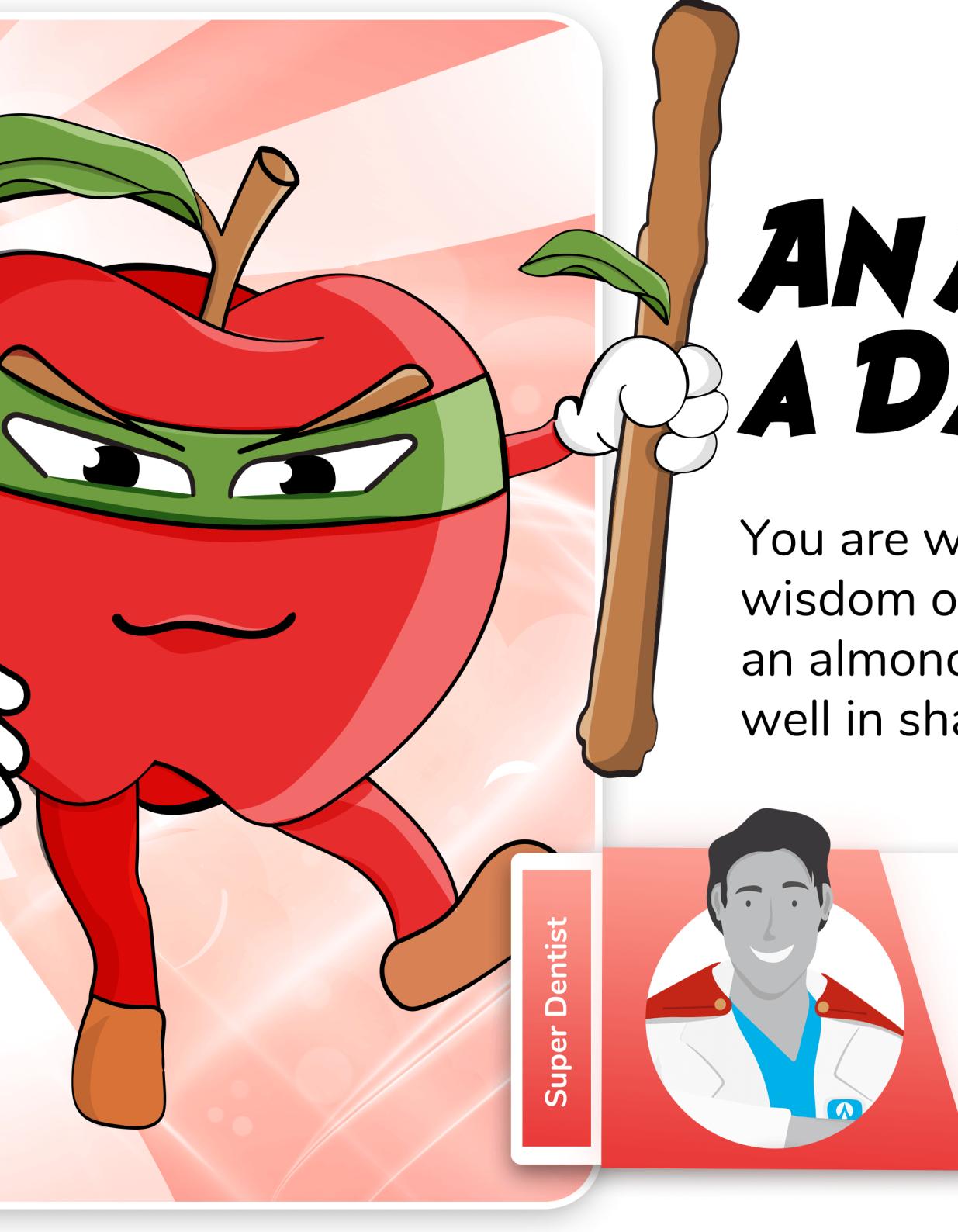


Timeless Dental Health Advice

+ Super Dentist's Tips

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AN APPLE A DAY

You are what you eat, so goes the wisdom of your teeth. Treat them with an almond, celery, or milk to keep them well in shape.



Food high in calcium and fiber is as good for teeth as it is for the entire body.

Super Dentist



SUGAR, ICE & EVERYTHING NICE

Indulging in the sugary treats is surely a pleasure, but the sticky, the starchy, and the frozen are the mortal enemies of healthy teeth.



To satisfy your munchies, forget the sweets and grab some nuts or fruit instead.

Super Dentist



CHEW, OPEN, GRIND

Your teeth have feelings too!
Let your hands do the heavy-lifting,
for it is you who will be crying if you
do it with the teeth instead.

Biting into hard objects
is a recipe for broken teeth.
Chew food rather than pens.



TASTY TEETH TO EAT

Being your teeth is not a simple task.
Brush them twice a day to prevent them
from becoming a lurking disease's easy
yummy snack.



**A consistent routine is
more than half the battle.
Treatment is the last resort.**



A FRIEND IN NEED

When your mouth is in trouble - you know who to call. But do you know that a regular checkup is a dentist's greatest healing trick?

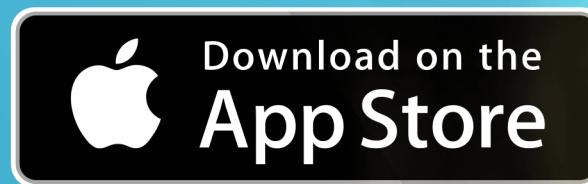


Having regular checkups is how you can avoid worse toothaches in the future.

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***BRUSH YOUR WAY
TO VICTORY***



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