

# SALIVA AND ORAL HEALTH 4TH EDITION

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**What makes saliva?** Your salivary glands produce saliva (spit) and empty it into your mouth through ducts, or small openings. They lubricate your mouth and throat, aid in swallowing and digestion, and help shield your teeth from cavity-causing bacteria.

**What is the role of saliva in oral health?** Saliva neutralizes acids in the mouth that break down tooth enamel by washing away acidic residue from eating. When acid damages enamel, saliva repairs the tooth's protective surface in a process called remineralization.

**What are the 4 components of saliva?** saliva, a thick, colourless, opalescent fluid that is constantly present in the mouth of humans and other vertebrates. It is composed of water, mucus, proteins, mineral salts, and amylase. As saliva circulates in the mouth cavity it picks up food debris, bacterial cells, and white blood cells.

**What stimulates salivary glands to secrete saliva?** The mechanism of salivary gland secretion involves primarily cholinergic signaling by the parasympathetic nerves and signaling by neuropeptides like substance P, but also adrenergic signaling by sympathetic nerves.

**What produces saliva naturally?** Sugarless Candy, Lozenges or Gum Having something in the mouth can trigger natural saliva production.

**What builds saliva?** You make saliva when you chew. The harder you chew, the more saliva you make. Sucking on a hard candy or cough drop helps you make saliva, too. The glands that make saliva are called salivary glands.

**What causes too much saliva in the mouth?** Certain foods and beverages can lead to excessive saliva production. This includes foods with high acid content like citrus fruit. High saliva production has also been linked to sugary foods.

**What is the pH of our saliva?** Saliva has a pH normal range of 6.2-7.6 with 6.7 being the average pH. Resting pH of mouth does not fall below 6.3. In the oral cavity, the pH is maintained near neutrality (6.7-7.3) by saliva. The saliva contributes to maintenance of the pH by two mechanisms.

**What are the three functions of saliva?** Saliva lubricates the food for aiding swallowing. Enzyme ptyalin involve in the conversion of starch into maltose. Saliva aids the formation of bolus(ball-like mixture of food that is mixed in the mouth with saliva). Saliva also lubricates and moistens the inner lining of the oral cavity with the surface of the tongue.

**Which enzyme is found in saliva?** Saliva contains the enzyme amylase, also called ptyalin, which is capable of breaking down starch into simpler sugars such as maltose and dextrin that can be further broken down in the small intestine. About 30% of starch digestion takes place in the mouth cavity.

**What are the secret healing powers of saliva?** It turns out that oral wounds heal faster than wounds to the skin, and scientists are exploring why. One reason is the presence of saliva. Saliva causes the mouth to be very humid, helping inflammatory cells patch up injuries. It also speeds up blood clotting.

**What happens if saliva is not secreted in the mouth?** If the salivary glands are damaged or aren't producing enough saliva, it can affect taste, make chewing and swallowing more difficult, and increase the risk for cavities, tooth loss, and infections in the mouth.

**How can I unclog my saliva glands?**

**What vitamins increase saliva production?** Vitamin A. Vitamin A is a fat-soluble vitamin essential for maintaining healthy skin, eyes, and immune systems and helps keep teeth healthy by increasing your saliva production.

**Which foods increase saliva?** In particular, the extra chewing forces involved with eating crunchy vegetables and fruits will trigger saliva production. These foods include carrots, celery, broccoli, cauliflower, cucumber, apples, and pears. Sucking on sugarless candy or chewing sugarless gum will also increase saliva production.

**What can cause salivation?**

**What food or drink makes you salivate?** It is well known that sour and/or carbonated foods and drinks increase saliva secretion and trigger the swallowing reflex.

**What makes saliva watery?** Most times, a watery mouth is caused by nausea and not by a separate condition. Other times, a watery mouth is caused by an underlying neurological condition or physical condition affecting the mouth.

**Where does most saliva come from?** The major salivary glands are the largest and most important salivary glands. They produce most of the saliva in your mouth. There are three pairs of major salivary glands: the parotid glands, the submandibular glands, and the sublingual glands.

## **Sue W. Chapman and Michael Rupured: Experts in Time Management**

### **Introduction**

Sue W. Chapman and Michael Rupured are renowned experts in the field of time management. They have co-authored numerous books and articles on the subject, and they frequently conduct workshops and seminars for organizations seeking to improve their time management practices.

### **What is time management?**

Time management is the process of planning and controlling how you spend your time to achieve your goals. It involves setting priorities, organizing your tasks, and allocating your time effectively so that you can accomplish what needs to be done while minimizing stress and maximizing productivity.

### **Why is time management important?**

Time management is important for several reasons. First, it helps you to prioritize your tasks and focus on the most important ones. This can lead to increased productivity and efficiency, as you are less likely to waste time on tasks that are not as important. Second, time management can help you to reduce stress and anxiety. When you have a plan for how you are going to spend your time, you are less likely to feel overwhelmed and stressed about meeting deadlines. Third, time management can help you to achieve your goals. By setting priorities and allocating your time effectively, you can make sure that you are spending your time on the activities that are most likely to help you achieve your goals.

### **What are some tips for effective time management?**

There are many different tips for effective time management, but some of the most common include:

- Set clear goals and objectives.
- Prioritize your tasks.
- Create a schedule and stick to it.
- Delegate tasks when possible.
- Take breaks throughout the day.
- Avoid distractions.

### **Conclusion**

Time management is an essential skill for anyone who wants to be successful. By following the tips outlined in this article, you can improve your time management skills and achieve your goals more efficiently.

## **The Story Factor: Inspiration, Influence, and Persuasion Through the Art of Storytelling**

### **What is the Story Factor?**

The Story Factor is the power of storytelling to captivate, inspire, and persuade audiences. By harnessing the power of narrative, storytellers can effectively convey messages, build relationships, and influence behavior.

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## **How Does Storytelling Inspire and Influence?**

Stories have an innate ability to connect with human emotions. By creating relatable characters and compelling plots, storytellers can elicit a wide range of emotions, from empathy to awe. These emotions can motivate audiences to take action or change their perspectives.

## **Why is Storytelling Effective in Persuasion?**

Stories bypass logical reasoning and appeal directly to the subconscious. They create a sense of urgency and provide a framework for listeners to make decisions. When stories are authentic and resonate with listeners, they become more persuasive than mere facts or data.

## **How Can Storytelling Enhance Your Communication?**

Integrating storytelling into your communication strategies can significantly increase impact. By incorporating personal anecdotes, metaphors, and compelling narratives, speakers and writers can make their messages more memorable, engaging, and persuasive.

## **Annette Simmons' Expertise in Storytelling**

Annette Simmons is an award-winning author and storytelling expert. Her work focuses on the power of storytelling in business, marketing, and personal development. She has authored several books, including "The Story Factor," which explores the influence and persuasion through the art of storytelling.

## **The Israelite Samaritan Version of the Torah: A Comparison with the Masoretic Version**

The Samaritan Pentateuch, also known as the Samaritan Torah, is a unique version of the first five books of the Hebrew Bible (Genesis, Exodus, Leviticus, Numbers, and Deuteronomy) used by the Samaritan community. This version differs from the Masoretic Text, which is the standard text of the Hebrew Bible used by Jews today.

### **1. What are the key differences between the Israelite Samaritan and Masoretic versions of the Torah?**

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The two versions differ in several ways, including:

- **Length:** The Samaritan Pentateuch is approximately 1,500 words longer than the Masoretic Text.
- **Divisions:** The Samaritan Pentateuch is divided into 6,000 verses, while the Masoretic Text has 5,845 verses.
- **Language:** The Samaritan Pentateuch is written in Samaritan Hebrew, which is similar to but distinct from Biblical Hebrew.
- **Spelling:** The Samaritan Pentateuch uses a different spelling system than the Masoretic Text.
- **Content:** There are minor differences in the content of the two versions, including variations in the order of certain verses and the omission of certain passages in the Samaritan Pentateuch.

## **2. When and how did the Samaritan Pentateuch originate?**

The exact origin of the Samaritan Pentateuch is unknown, but it is believed to have emerged around the 4th century BCE. The Samaritans claim that their version is the original Torah given to Moses, while the Masoretic Text is a later revision.

## **3. What are some of the theological implications of the differences between the two versions?**

The differences between the Samaritan Pentateuch and Masoretic Text have theological implications for both Samaritanism and Judaism. Samaritans believe that their version is more accurate and that it supports their claim to be the true descendants of the Israelites. Jews, on the other hand, view the Masoretic Text as the authoritative version and believe that the Samaritan Pentateuch contains errors.

## **4. What is the significance of the first English translation of the Israelite Samaritan version of the Torah?**

The first English translation of the Israelite Samaritan version of the Torah was published in 1911. This translation made the text more accessible to scholars and the general public, and it has played a significant role in the study of the Samaritan version and its relationship to the Masoretic Text.

## 5. What are the ongoing debates and controversies surrounding the Israelite Samaritan version of the Torah?

There are ongoing debates and controversies surrounding the Israelite Samaritan version of the Torah. Some scholars believe that it is closer to the original Torah than the Masoretic Text, while others argue that it is a later revision. The authenticity and authority of the Samaritan Pentateuch continue to be debated among scholars and religious communities.

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