



Gappy Grin Gifts Inc

www.gappygringifts.com

125a - 1030 denman street ★ vancouver ★ bc ★ v6g 2m6 ★ canada



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★ Fluoride: Our Fantastic Friend!

Fluoride has proven to be one of the best ways to help prevent tooth decay. This naturally occurring mineral combines with the tooth's enamel to strengthen it. Small cavities can be stopped, even reversed, by the remineralization process enhanced by fluoride.



★ We take fluoride in two ways: topically, with direct contact on teeth, or systemically, where our friend enters the blood stream. Newborns, to kids

age 14, benefit most from systemic fluoride. Fluoride circulates through the bloodstream and into developing teeth, combining with the enamel structure, making teeth more resistant to acids. Systemic fluoride can be derived from a food source, water source, or dietary supplements. Many municipal water suppliers now add the right amount of fluoride for proper tooth development. Topical fluorides, such as toothpaste and mouthwash, applied directly to the tooth structure, delay or slow down tooth decay, but require careful supervision. Too much fluoride may cause fluorosis (white or brown specks on teeth). Make fluoride your child's friend, and strengthen their teeth for a lifetime to come.

To find out whether your water contains fluoride, and how much, call your local water district. If your

Tip of my tooth!

Remember, too much of a good thing is TOO MUCH! Healthy fluoride amounts include:

- ★ 0.7 parts per million (ppm) in drinking water.
- ★ Pea size amount of toothpaste used twice daily without swallowing.

water supply does not contain enough fluoride, your child's pediatrician or dentist may suggest using fluoride drops in addition to fluoride toothpaste.

★ Say, say... I lost a tooth today! ★ (Tooth traditions around the world)

In the kingdom of Cambodia in South East Asia, children celebrate growing up and losing baby teeth by tossing their lower teeth on the roof of the house and burying their

upper teeth in the ground. Parents hope that the new teeth will grow towards the old teeth; straight, healthy and perfect for smiling.

On the Horizon

★ Turn your frown upside-down!

Be sure to get the next issue!

If you would like to be added, or removed from our newsletter, please email us at letters@gappygringifts.com With 'add' or 'remove' in the title.

Join Gappy Grin Gifts and celebrate fathers and grand fathers every day!

When I was a little girl my dad was the world's greatest superhero. He knew everything and was stronger than any fear I would ever have to face. Today, I am a little older, a little wiser, and afraid of many things, but I still believe my dad when he tells me I can do whatever I put my mind to. - Iris Coetzee (editor)

FUN, FUN, FUN (FOR KIDS!)



The Power of fluoride - an experiment!

This experiment shows the protection power of fluoride. Share this experiment with mom, dad, or another grown-up. A good idea for rainy days...

What you'll need:

- ★ 1 bottle of fluoride rinse solution (available at most drug stores)
- ★ 2 eggs in shells
- ★ 1 bottle of white vinegar
- ★ 3 containers

What to do:

- ★ Pour four inches of fluoride rinse solution into one of the containers.
- ★ Place one egg in the solution. Let it sit for five minutes. Remove the egg.
- ★ Pour four inches of vinegar into each of the remaining two containers.
- ★ Put the egg that has been treated with the fluoride into one container of vinegar and the untreated egg in the other container of vinegar.

What will happen?

- ★ One egg will start to bubble as the vinegar (an acid) starts to attack the minerals in the egg shell. Just like it does with your teeth! Which egg do you think will start to bubble?

Fluoride made the egg shell more resistant to the acid attack. Fluoride will also strengthen your tooth enamel and make it more resistant to tooth decay and cavities.

...Be sure to throw away the eggs after you're done.