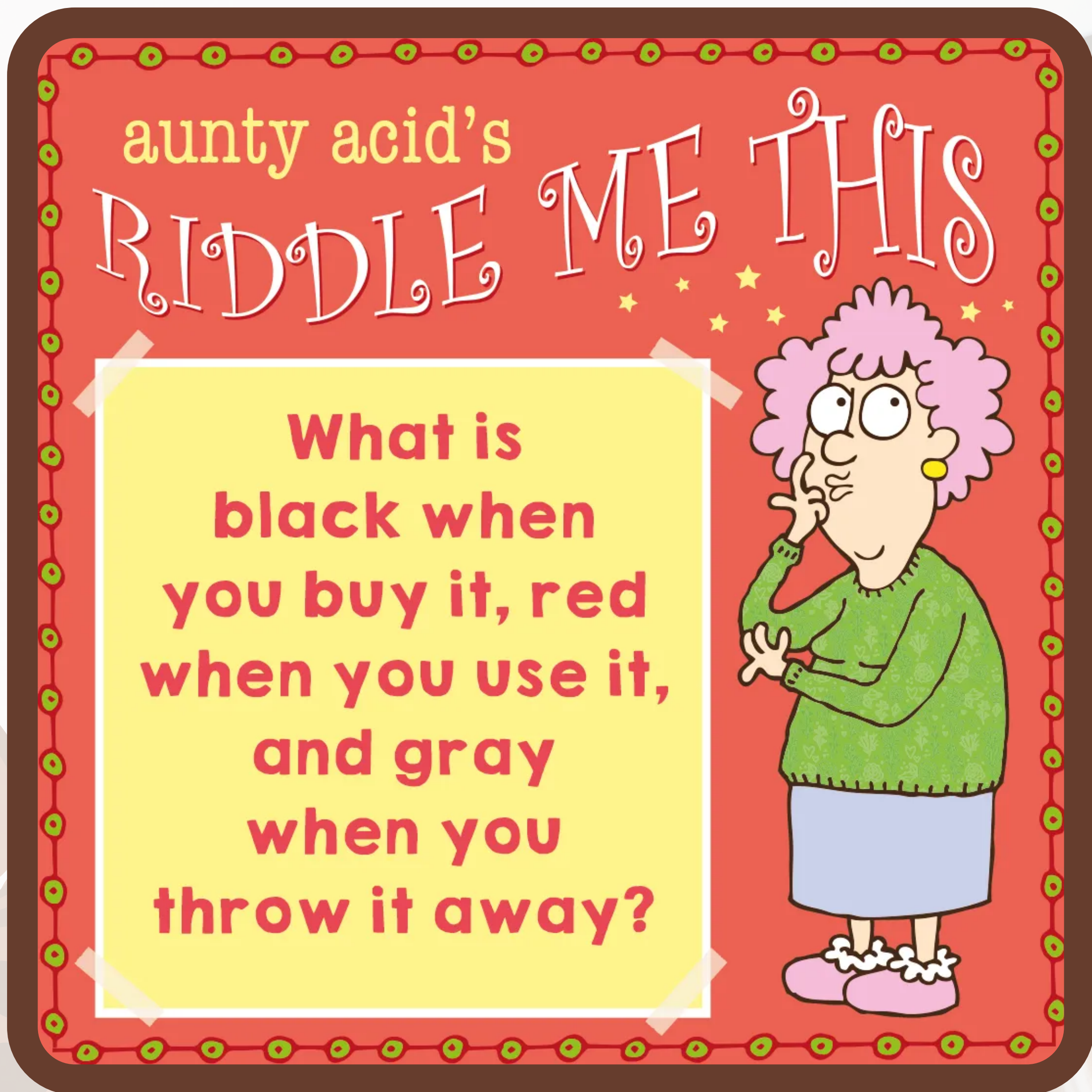


July 2021

Zero Cavity Club

Newsletter by Dr. Shruti Iyer



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EAT HEALTHY,
SMILE HEALTHY

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HAPPY PATIENTS



EAT HEALTHY, SMILE HEALTHY

**You've probably heard the saying,
"You are what you eat"
Well that's particularly true for
your teeth and gums.**

**Being mindful of what you eat actually
helps improve your oral health.**

**Avoiding on sticky sugary foods, and
consuming high fiber foods with a good
nutrient value helps our teeth stay cavity-
free and gums disease-free.**

TOP FOODS FOR HEALTHY TEETH



Green tea

Unsweetened black and green teas provide plaque-fighting ingredients.



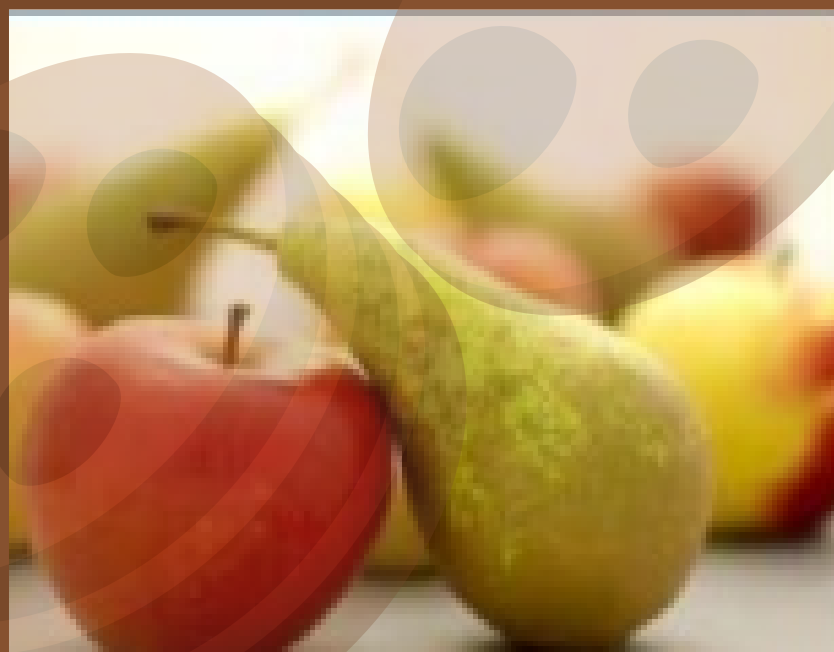
Carrots and celery

Loaded with fibrous strands, celery is basically “nature’s floss.” Crunchy carrots are natural tooth-scrubbers!



Leafy veggies

Helps you produce more saliva and keeps enamel healthy.



Apples & Pears

Hard and fibrous, thus cleanses your teeth and increases salivation.



Cheese & Yogurt

Contains enamel strengthening calcium and minerals.



Oranges

A great source of Vitamin C, thus strengthens your gums.



Water

Drinking plenty of water helps flush out sugar and acids from your teeth.



DID YOU KNOW?

Spinach helps in minimizing tooth sensitivity



THEY SAY IT WE LOVE IT!



**I had an extremely pleasant experience.
The dental work was turned around quickly
and the crowning process was completely
done up just in two sittings.
The doctor and the staff are very friendly
and aimed at total satisfaction. I am highly
impressed and would surely recommend all
my friends and family too.
Thank You Dr. Dhruti and Dr. Sayali and all
the staff.**

-MR. SNEHAL SHAH

zerO cavity

The complete DENTAL Care Center