

## Quench your thirst with healthy choice

Dr. Nasrin Saba DDS

I recently came across an interesting article which was published in the latest issue of "Your Oral Health" magazine by the Ontario Dental Association. The article is written by Julia Aitken a well-known food writer who interviewed Cathy Pearson a dietician along with Ontario Dental Association (ODA) member dentists. The article looks into healthy drink choices from a dental point of view. As your community dentist I would like to share with you a concise version of the article and hope that you will find it interesting and useful.

Thirsty, but want a healthier choice than pop? You reach for fruit juice, right? Truth is, while fruit juices provide healthy vitamin C, their sugar and acid content strikes a double whammy to your dental health. Fruit juice bathes the teeth in acid which softens their structure, then the sugar feeds the bacteria in your mouth which, in turn, produce even more acid. If you must drink fruit juice, it's best enjoyed as part of

a meal because food buffers some of the

acids in the juice and those acids will work on the food rather than your teeth.

Drinking juice quickly rather than sipping it is better, too, so you reduce your teeth's exposure. For the same reason, when giving juice to a child, always provide a straw and avoid putting fruit juice in a young child's sippy cup. A bottle or sippy cup encourages children to sip rather than drink which means smaller amounts over longer periods of time. This increases the time that the acid and sugar is on the young child's teeth which in turn increases the likelihood of cavities in the baby teeth. If they are going to have fruit juice it is better to decrease the contact time on the teeth.

Vegetable juices may be a better choice as they contain less sugar, but avoid acidic vegetable juices, such as tomato and V8, and check the label as some vegetable juices can be high in sodium.

Alas, juice is no substitute for fresh fruits and vegetables, Fresh

fruits and vegetables are always a better option. Juice doesn't contain fiber and is a significant source of calories. The fact is the action of chewing fresh fruits and vegetables produces saliva which helps protect the teeth from the natural sugars and acids they contain.

The best tooth-friendly thirst quencher for all ages is good old water. Bottled and tap, they're both good, but head for the tap if your municipality fluoridates the water as it can protect your teeth from potential decay.

**Fruit Juice Primer**

If you want to give your child fruit juice here are dentists' tips on how to lessen the potential damage to her teeth:

Give your child a straw so the juice doesn't come in direct contact with her teeth.

Make sure the juice is consumed as part of a meal because food buffers the teeth against some of the acids in the juice.

Wait for about one hour before brushing your child's teeth after she's had juice because saliva is very

protective and it will actually help to reconstitute the tooth structure.

Next time when you are thirsty pick one of these tooth friendly thirst-quenchers:

Water (without a doubt, water is the best choice: It's calorie free, and it's as easy to find as the nearest tap)

Milk

Drinkable yogurt

Unsweetened soy beverage

Low-sodium vegetable juice

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Water is best to quench you.

## Anna Belanger Cares for Women in Old Ottawa South

By Lara Wellman

As you step inside the door at 1097 Bank Street the first thing you notice are the beautiful images of women and babies, the casts of women's bodies and the inspirational quotes, all designed to honour women. Anna Belanger & Associates is a massage therapy clinic dedicated to women of all ages and stages of life and the relaxing atmosphere they've created is immediately calming.

Anna, a mother of four, a registered massage therapist, a birth and post-natal doula, a teacher in the massage therapy program at Algonquin and a childbirth educator has dedicated herself to creating a space especially for women. Her passion for making women feel special, beautiful and well cared for has made her well-loved by her clients and an amazing mentor to the therapists

that work with her.

"We understand women," says Anna.

"Whether during pregnancy or menopause or other life challenges, we are here to create a warm and welcoming space and to help with the physical and emotional effects women's bodies go through."

Anna's dedication was honoured this Fall when she was named one of the top four finalists of the Dove Celebrate Mom Role Models in Canada. <https://secure.celebratemom.ca/pages/default.aspx>

"Anna's ability to understand what I needed made my first massage in her clinic by far the most relaxing one I'd ever had," says client and friend Lara Wellman. "Her ability to put women at ease and to make them feel comfortable

and beautiful is a talent few possess. It is one of the many reasons I nominated her for the Dove award."

As a practice devoted to women, the therapists at Anna Belanger & Associates understand women, and understand that a massage experience needs to be different for everyone. Treat yourselves and book an appointment to visit one of the five amazing therapists in the clinic. Appointments can be booked by telephone at (613) 986-4768 or online at [www.annabelanger.com](http://www.annabelanger.com).

[www.BankDentistry.com](http://www.BankDentistry.com) 613.241.1010




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