

ORAL CARE AT HOME 居家口腔护理



A smile is always in fashion and should be your most important accessory. It is often the first thing people notice about you! A smile can light up the whole room, can instantly put a person in a good mood, and is infectious to everyone around them.

A beautiful smile starts with beautiful teeth. One of the best tips for keeping your teeth looking great is to make sure you are practising good dental care.

The secret to dental care lies with the basics: brushing teeth twice daily, flossing, regular dental visits (at least once a year) and a clean diet. In addition, here are some oral hygiene practices that can improve your dental health:

微笑是最时髦的。它应该是您最重要的配饰，也通常是人们注意到您的第一件事！一个微笑可以照亮整个房间，可以瞬间让人心情愉悦，并感染他们周围的每个人。

美丽的笑容始于美丽的牙齿。保持牙齿健康最好的方法之一就是确保您在实践良好的牙齿护理。

牙齿保健的秘诀在于基本：每天刷牙两次，使用牙线，定期看牙医（至少一年一次）和清洁饮食。此外，这里有一些可以改善牙齿健康的口腔卫生习惯：

Oil Pulling

Coconut oil pulling helps to prevent cavities and reduce plaque, bad breath and gingivitis. It is also highly recommended for detoxifying the body and improving health.

Take 1 tablespoon of **NEWLIFE™ EXTRA VIRGIN COCONUT OIL** in the mouth before breakfast. Move the oil slowly around the mouth by swishing and pulling it through the teeth. Continue this for 15-20 minutes or until the oil turns white. Keeping the oil moving for several minutes is important because it is the prolonged swishing that gives the oil enough time to react with the saliva so that its enzymes are released to pull or draw toxins from the body. Once the oil is expelled from the mouth, brush your teeth well to eliminate bacteria and other impurities.

油拔

椰子油油拔有助于预防蛀牙，减少牙菌斑、口臭和牙龈炎。它还被强烈推荐用于排毒和改善健康。

早餐前，倒一汤匙新生命特级初榨纯椰子油入嘴。慢慢地让油在口内流动并在齿缝间拉动15至20分钟或直到油变为白色。让油维持在嘴里拉动的那几分钟是很重要的，因为这样椰子油才有足够的时间与唾液产生效应，释放酶素，从而吸拉出体内的毒素。把油吐出后，把牙齿刷干净，以彻底消除从体内吸出的细菌和其他杂质。



Natural Toothpaste

Toothpaste is the key for maintaining good oral health! Many people are opting to use natural toothpaste as opposed to store-bought brands that contain chemicals. Natural toothpaste does not contain fluoride, sodium lauryl sulfate (SLS), sodium laureth sulfate (SLES), triclosan, sodium hydroxide and other chemicals that may be harmful to our health.

These chemicals are damaging to the body as a whole, and can even reduce the healthy bacteria (probiotics) in the mouth. Go for a toothpaste that uses natural antibacterial agents and breath fresheners such as tea tree oil, anise oil, spearmint, bee propolis and aloe vera.

NEWLIFE™ EL-NATURAL TOOTHPASTE is packed with 9 key ingredients that are antibacterial, antimicrobial and anticavity, guaranteed to give you the strongest teeth and the healthiest gums. Our toothpaste is also fortified with ingredients that support enamel repair and promote remineralization of stronger and healthier teeth. Besides, the unique blend of herbs makes our toothpaste taste great and keeps your mouth feeling and smelling fresh all day long!

Our toothpaste does not contain harmful chemicals that are commonly found in toothpaste such as fluoride, parabens, triclosan, potassium nitrate, SLS, SLES, artificial flavours and preservatives! Safe and suitable for all ages and for those with sensitive gums and teeth.

天然牙膏

牙膏是保持口腔健康的关键!许多人开始选择使用天然牙膏,而不是从商店买来的含有化学物质的牙膏。天然牙膏不含氟化物、月桂醇硫酸钠(SLS)、月桂醇硫酸钠(SLES)、三氯生、氢氧化钠等可能对人体健康有害的化学物质。

这些化学物质对整个身体都是有害的,甚至会减少口腔中的健康细菌(益生菌)。选择含有抗菌剂和口气清新剂的天然成分的牙膏,如茶树油、八角油、绿薄荷、蜂胶和芦荟。

新生命天然牙膏含有9种抗菌、抗微生物和抗蛀牙的关键成分,保证给您最健康的牙齿和牙龈。我们的牙膏还添加了支持牙釉质修复和促进再矿化的成分,使牙齿更强健。此外,独特的草药混合使我们的牙膏口感极佳,让您的口腔一整天都保持清新!

我们的牙膏不含市面上常见的有害化学物质,如氟化物,对羟基苯甲酸酯,三氯生,硝酸钾, SLS, SLES, 人工香料和防腐剂!安全,适合任何年龄层以及牙龈和牙齿敏感的人士。



Tongue Scraping

Tongue scraping is a remedy for bad breath by helping to remove dead cells, food particles and bacteria in the mouth. It only takes a few minutes a day and is most effective in conjunction with brushing the tongue.

刮舌

刮舌是治疗口臭的一种方法。每天只需要几分钟,就能帮助清除口腔中的死细胞、食物残渣和细菌。刮舌与刷牙同时进行是最有效的。



Natural Mouthwashes

Natural mouthwashes can reduce bacteria for a cleaner mouth and fresher breath. There are many varieties sold over the counter but it is not difficult to make your own for a safer and healthier alternative.

天然漱口水

天然漱口水可以减少细菌，使口腔更清洁，口气更清新。柜台上有很多品种出售，但自己做一个更安全、更健康的替代品并不难。



1) HYDROGEN PEROXIDE MOUTHWASH (FOR WHITENING TEETH)

Hydrogen peroxide contains oxygen and hydrogen molecules. It is an oxidizing agent, which means that it can kill living cells, such as bacteria.

The possible benefits of gargling hydrogen peroxide include:

- Whitening teeth
- Easing a sore throat by reducing the number of bacteria in the mouth and helping clear the infection.
- Treating gum disease
- Preventing plaque
- Treating minor mouth sores

Mix two parts of water with one part of **NEWLIFE™ HYDROGEN PEROXIDE**. Gargle, swishing the solution all around the mouth. Tilt the head back and continue gargling for 30 seconds. Spit the solution out. The hydrogen peroxide may cause some foaming in the mouth, which is normal.

Alternatively, a homemade paste may help some people remove minor stains. To create this paste, add a teaspoon of hydrogen peroxide to enough baking soda to create a smooth, thick paste.

Apply the paste directly to the teeth using a toothbrush. Allow the paste to sit on the teeth for a few minutes and then rinse it away with water. Do not swallow the paste.

Safety & risks

Different strengths or concentrations of hydrogen peroxide are available, depending on its intended use. High concentrations are typical in industrial production. The most common concentration sold for household use is 3 percent, such as **NEWLIFE™ HYDROGEN PEROXIDE**.

It is vital to use a concentration no stronger than 3 percent and to use it in moderation to avoid irritation.

Avoid swallowing hydrogen peroxide. Although swallowing small amounts of a 3 percent concentration usually does not cause serious problems, it may result in stomach upset and vomiting.

Children should not gargle hydrogen peroxide if there is any danger of them swallowing it.

1) 过氧化氢漱口水(美白牙齿)

过氧化氢含有氧和氢分子。它是一种氧化剂，这意味着它可以杀死活细胞，如细菌。

使用过氧化氢漱口的好处包括：

- 美白牙齿
- 通过减少口腔细菌数量，帮助清除感染，缓解喉咙痛。
- 治疗牙龈疾病
- 预防菌斑
- 治疗轻微口腔溃疡

将两份水和一份**新生命过氧化氢**混合，然后在口腔周围快速漱口。将头向后倾斜，继续漱口30秒。把溶液吐出来。过氧化氢可能会引起口吐白沫，这是正常的。

或者，把它做成糊状用来去除轻微污渍。制作这种糊状物时，用足够的小苏打中加入一茶匙过氧化氢，搅拌成光滑粘稠的糊状。

用牙刷直接将糊状物涂在牙齿上。让它在牙齿上停留几分钟，然后用水冲洗掉。不要把吞下去。

安全与风险

过氧化氢的强度或浓度不同，取决于它的预期用途。高浓度通常用于工业。最常见的家庭使用浓度是3%，如**新生命过氧化氢**。

要注意的是不要使用超过3%的浓度，也要适量使用，以避免刺激。

避免吞食过氧化氢。虽然吞下少量3%浓度的过氧化氢通常不会引起严重的问题，但它可能导致胃部不适和呕吐。

如果儿童有吞咽过氧化氢的危险，就不应该用它漱口。





2) WONDA OIL MOUTHWASH (BEST FOR BAD BREATH AND IRRITATED GUMS)

NEWLIFE™ WONDA OIL (100% tea tree oil) can help kill bacteria in your mouth. This keeps your gums from getting inflamed and also soothes irritated gums. It is also a natural remedy for bad breath.

Drop 3 drops of **WONDA OIL** into a cup of warm water then use it as you would any mouthwash.

2) 新生命万宝油漱口水(最适合应对口臭和牙龈发炎)

新生命万宝油(100%茶树油)可以帮助杀死口腔中的细菌。这可以防止牙龈发炎,也可以舒缓发炎的牙龈。因此,它是治疗口臭的天然良药。

在一杯温水中滴3滴万宝油,然后像使用任何漱口水一样使用它。

Supplements Beneficial for Oral Health and Strong Immunity

Your oral health and immune system go hand in hand. Having a strong and healthy immune system keeps the bacteria in your mouth and the rest of your body in check, minimizing the threat of adverse health effects.

On the other hand, if one practises good oral care but has a weakened immune system, he or she may still be subject to oral health conditions such as dental plaque, cavities, gum disease and even oral thrush, a fungal infection in the mouth.

To ensure a healthy and strong immune system, a clean diet is vital. In addition, below is a list of supplements that are known to promote oral and overall health:

- **COENZYME Q10** promotes gum healing and cell growth.
- **C COMPLEX WITH BIOFLAVONOIDS** promotes healing, especially of bleeding gums.
- **CALCIUM COMPLEX** helps prevent bone loss around the gums.
- **SPIRULINA** contains many vitamins and minerals like iron, potassium, calcium and phosphorous that are essential for healthy teeth and gums. It is also rich in antioxidant and anti-inflammatory properties that help treat and prevent gum disease and other oral health problems.
- Regularly consuming probiotics such as **IMMUFLORA®** may lower your risk of developing gum disease and other oral health problems.
- **GARLIC & PARSLEY OIL** is a super booster for strong immunity. It provides the body with a wide array of nutrients, vitamins, minerals, sulphur compounds and essential fatty acids, effectively killing harmful microbes and inhibiting their growth, protecting you from various viral, bacterial, and fungal infections and diseases.

有益促进口腔健康和增强免疫力的补充剂

口腔健康和免疫系统密切相关。拥有一个强健的免疫系统可以控制口腔和身体其他部位的细菌,最大限度地减少不良健康影响的威胁。

另一方面,如果口腔护理很好,但免疫系统很弱,那么他/她仍然可能受到口腔健康状况的影响,如细菌斑、蛀牙、牙龈疾病,甚至口腔鹅口疮(口腔真菌感染)。

为了确保一个健康和强壮的免疫系统,一个干净饮食是至关重要的。此外,以下是一些已知的能促进口腔和整体健康的补充剂:

- **辅酶Q10**促进牙龈愈合和细胞生长。
- **维生素C复合生物类黄酮**促进愈合,特别是牙龈出血。
- **钙复合物**有助于防止牙龈周围骨质流失。
- **螺旋藻**含有许多维生素和矿物质,如铁、钾、钙和磷,是牙齿和牙龈健康所必需的。它还富含抗氧化和抗炎成分,有助于治疗和预防牙龈疾病和其他口腔健康问题。
- 经常食用益生菌,如**免疫激菌植**可以降低患牙龈疾病和其他口腔健康问题的风险。
- **大蒜和欧芹油**是增强免疫力的超级助推器。它们为身体提供广泛的营养物质、维生素、矿物质、硫化物和必需脂肪酸,有效地杀死有害微生物并抑制其生长,保护身体免受各种病毒、细菌和真菌的感染和疾病。

