



Northbrook Dentist Reveals Top Dental-Friendly Foods In Blog Post

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Northbrook Dentist Office in Northbrook, Illinois, has announced that they have recently published a blog post on the top 10 dental-friendly foods. Dr. Steven Kacel, the premiere dentist at the Northbrook dental office, wants to point out that taking care of the teeth does not only happen in the clinic but more so at home. Thus, it is important to know what kinds of foods to eat to make the teeth more durable or at least avoid those foods that can increase tooth decay.

Dr. Steven Kacel says, "When it comes to dental care, there are quite a few things you must do to maintain optimum health. Along with going to a reputable Northbrook dental clinic, it is also important to know how to prevent tooth decay and cavities from occurring. Even if you have the best dentist Northbrook has to offer, if you don't take care of your teeth at home, you'll still be susceptible to damage. The foods mentioned when incorporated into your diet will not harm your teeth or gums in any way."

The Northbrook Dentist Office blog post mentions the top 10 foods that people can eat without worrying that these can cause harm to the teeth or gums. These are apples, carrots, celery, broccoli, nuts, strawberries, potato, yogurt, ginger, and pears.

Apples are good because of their fibrous content that can fight bad breath and naturally clean hard to reach places in the mouth. The acidity is also capable of killing bad bacteria that are the reason for cavities. Carrots, meanwhile, are rich in keratin that has also been found to prevent dental decay and to strengthen enamel.

Celery is good for the teeth and gums because its crunch and texture can massage and soothe the gums, stimulating the production of saliva that can combat bacteria. As for broccoli, it contains phosphorus that can improve the health of teeth and gums. And nuts contain vitamin D and calcium that stimulate healthy saliva production that can clean the teeth. As for strawberries, these contain malic acid that is a natural whitener of tooth enamel.

Potatoes are also good for teeth and gums because their starch content can absorb the bacteria left on the teeth. Yogurt is also good for the teeth and gums because of its calcium and probiotics content that can protect the teeth from cavities, fight bad breath, and prevent gum disease.

The low pH level of ginger and its high level of antioxidants have been found to help in neutralizing the acid production of teeth and help in fighting plaque. And lastly, pears offer an acid neutralizing source to help maintain teeth strength.

Northbrook Dentist Office offers a variety of services for dental needs. These include porcelain veneers; dental implants; all porcelain crowns and bridges; dentures and partial dentures; cosmetic bonding; Invisalign; teeth whitening; treatments for snoring and sleep apnea; and digital x-rays and CariVu infrared cavity detection.

Meanwhile, reviews from patients have been mostly positive, providing proof of the quality of service at this dental office. For example, at Superpages.com, A certain Kathleen said, "Most of my experience in this office has been with Dr. Klayman, who has retired. But when I needed to have a bridge replaced, Dr. Kacel took care of me and tried really hard to make me comfortable. I think he did a good job in difficult circumstances. I don't know the names of his assistants, but they were all pleasant and helpful. I also like the women at the reception desk, who are exceptionally friendly."

Dr. Steven Kacel has several credentials and memberships that are indicative of his high standing in his field of dentistry and his ability to provide the best quality dental services. He has received the Professional of the Year award for 2011, 2012, and 2013. He is a graduate of the Northwestern University Dental School. He has also been the attending dental consultant at NorthShore University Health System for 30 years at Highland Park Hospital. He is also a member of various dental associations.

People who are interested in getting more information about the Northbrook dental office can visit their website at <https://northbrookdentistoffice.com/>.

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Northbrook Dentist Office

Our Northbrook dental facility is state of the art, providing high level services to individuals of all means. Dr. Kacel D.D.S., M.A.G.D., F.A.D.I. is a specialized dental provider and has been serving patients throughout the community for 33 years.

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