

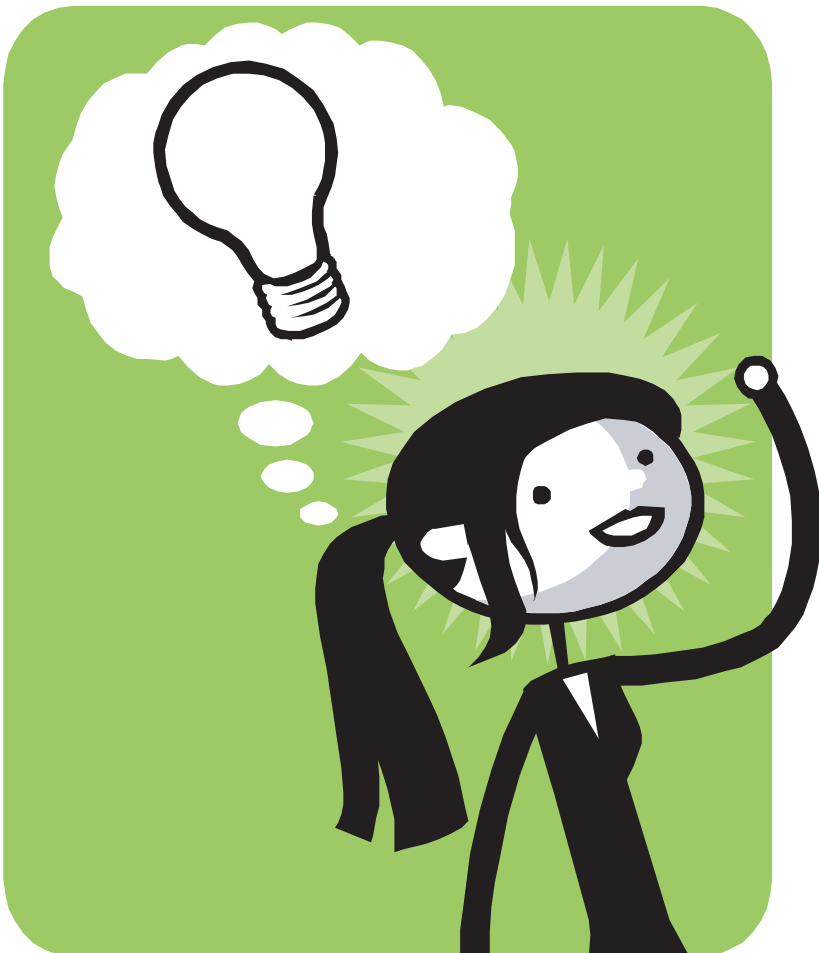
# Oral Hygiene

**Relevant to:** Depression:  Anxiety:  Irritability/Anger:  General emotional control: 

**In The Inflamed Mind Edward Bulmore describes the possibility that 'inflammation' is a significant cause of depression.**

And inflammation can come from a variety of sources but one which he particularly highlights is the bacteria we have in our mouths. Interestingly

Dr Giulia Enders (author of Gut) is also very keen on these when talking about keeping a healthy Microbiome in the gut. Who knows, maybe there is a connection, in that maybe a healthy microbiome protects us against anxiety and depression and good oral hygiene helps develop a healthy microbiome.



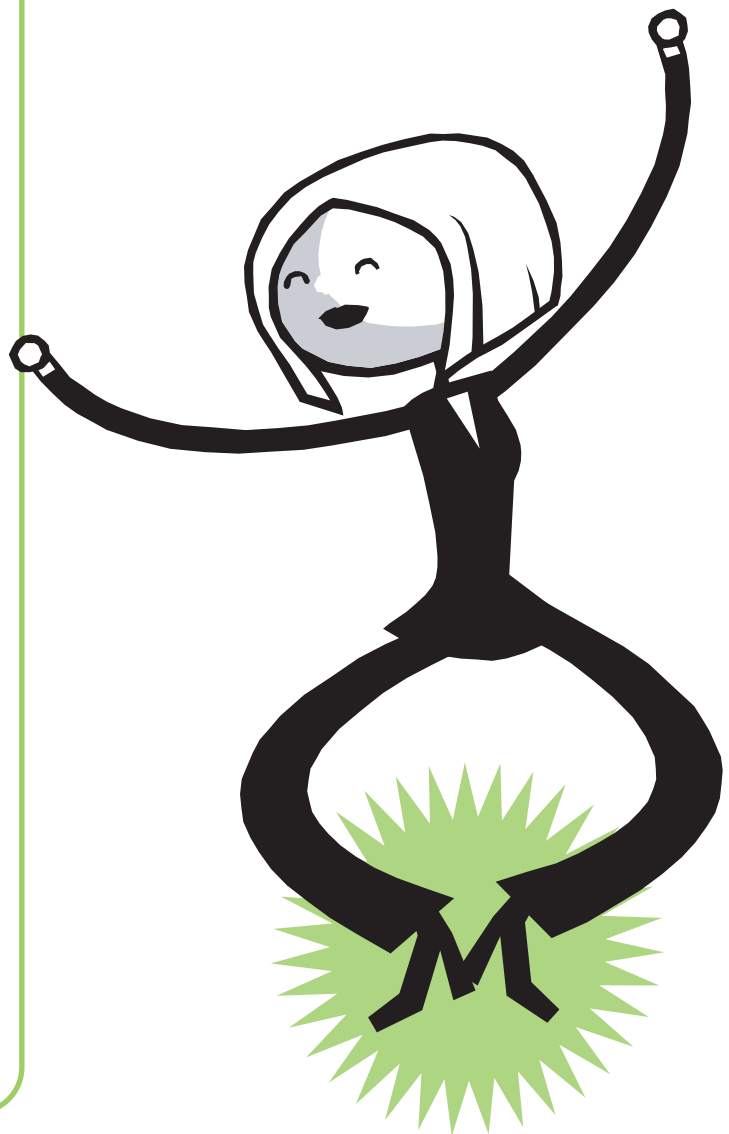
**So it seems like a good idea for us to get good at oral hygiene, and it turns out that different people have different ideas on how to achieve that. So take notice of your dentist, and there are certain threads, and here are some.**

1. Oral bacteria multiply overnight, so last thing at night and first thing in the morning are key times for hygiene.
2. It seems to be a bad idea to have bits of food stuck between the teeth overnight, so use floss or something to get them out. (A toothbrush doesn't seem to be so good at doing this.)

Continued overleaf

3. Then when you've done that give your mouth a good rinsing, maybe with water. There is debate about using alcohol-based mouthwash, and other ones can be very expensive, so water is good.
4. Then clean your teeth properly, spitting out the toothpaste but not necessarily rinsing with water, so the fluoride that's usually in toothpaste floats around and does its good against tooth decay.
5. Then, first thing in the morning have a nice rinse out with cold water. You always use cold water, not anything from the hot tap because hot water may have dissolved things into it that you shouldn't be putting in your mouth, like metals from the pipes. (In the old days of lead pipes really, but it's as well to be doubly safe.)

**So that's a nice routine to get into, just go easy on the floss if that's what you use as it's easy to cut into the gums.**



### **Is this worth doing?**

Probably Yes, it's a routine that's almost as quick to do as to read, so there's not much 'cost' to it. The potential benefit on the other hand may be great. And what's the worst that could happen, you just wander around with nice fresh breath.