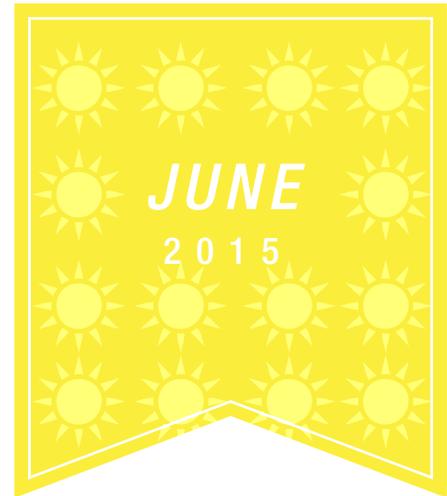


*THE*  
 GREAT  
 Sage



*Xylitol:  
 The Tooth Friendly Sweetener*

Xylitol is a white crystalline substance that looks and taste like sugar. It is found naturally and can be extracted from birch, raspberries, plums, corn and mushrooms. Technically it is not a sugar but a sugar alcohol that is sometimes called wood sugar or birch sugar. Our bodies produce up to 15mg everyday as part of normal metabolism. The great benefit of Xylitol in preventing tooth decay was “discovered” in Finland in the early

1970’s. Streptococcus Mutans, bacteria found in the mouth, produces toxins and acids that can dissolve teeth when foods with refined sugar [sucrose] are eaten. Xylitol is not fermented by oral bacteria, so it cannot cause cavities [caries]. It works its magic on many levels. (1) It inhibits the growth of cavity-producing bacteria S. Mutans and lactobacilli. The number of these acid-producing bacteria may fall as

<i>Congrats!</i>	<i>How We Doing?</i>	<i>Summer</i>
<p>The hustle and bustle of graduation is here! We want to send our warmest wishes to all our Sagepointe community graduates. Whether from kindergarten all the way to college we are proud of you!</p>	<p>Review us on:</p> <ul style="list-style-type: none"> <li> Google Reviews</li> <li> RateADentist.com</li> <li> Yelp User Reviews</li> <li> HEALTHGRADES</li> </ul>	<p>Summer time is here and so is summer fun. Want a great way to enjoy your evening? Head on over to the Market Place Thursday nights to hear some lively music.</p> 

much as 90% (2) It prevents the transmission of S. Mutans from mother to child (3) It reduces the adhesion of plaque to your teeth (4) It stimulates salivary flow creating a greater buffer capacity against acids and aiding remineralization of your teeth. Therapeutically, Xylitol is added to chewing gum or candy. The dosage is critical. To receive tooth decay prevention benefits, you must receive 6-10 grams of Xylitol per day. When reading the label of a Xylitol containing product, Xylitol should be the first sugar listed and, ideally, the only sugar component. To be effective, the Xylitol gum must be utilized several times a day over long periods - 6 months, 1 year and 2 years. Xylitol is also to added to some oral hygiene products such as toothpastes, mouthwashes, floss, fluoride supplements.

Chewing Xylitol gum after meals is a great alternative when brushing or flossing is not an option. Anybody who is at high risk for dental decay such as people with dry mouths or those with exposed tooth root surfaces should consider this decay prevention therapy.



On a precautionary note - excessive chewing could lead to headaches and/or pain in the TMJ joint near your ear. Don't over do it! Call our office for product recommendations.

[More great articles at sagepointedental.com](http://sagepointedental.com)

## Nature's Food Market & Juice Bar

Looking for a way to cool off this summer? Nature's has got what you need. Bakersfield's local juice and grocery is here to give you refreshing juices and smoothies. Not only are their food and drinks delicious, but they provided natural nutrients and energy, for all your summer time activities.

**Visit them:**  
**2000 H St., Bakersfield,**  
**CA 93301**

**Across from the Fox.**

**Or call in an order:**  
**(661) 327-4430**

**Happy summer,**  
**and safe travels!**

