



Chiropractic Newsletter Your Amazing Body

“Trick or Treat”

Have you figured out what you will be for Halloween this year? Many of you will probably be action characters perhaps my favorite, Batman. Of course there will surely also be a good number of princesses (I love them too!) Whatever you are this year, one thing is for sure: you’re going to end up with a lot more candy than your parents will ever want you to eat. That’s because all that sugar is not so good for your teeth. But wait... when you learn about how cool your teeth are, you’re definitely going to want to take good care of them!

Your teeth are really amazing. For starters, you don’t have ANY teeth when you are born. At least it doesn’t look like you have any, but really they are in your gums. Then starting somewhere between age 6 and 12 months, you start growing them out and by about 3 years of age you have your first set of teeth, called baby teeth, 20 in total. But they don’t stick around for long. Somewhere around age 5 or 6, you start losing your baby teeth and grow a whole new set of permanent teeth by about age 13 or 14, amounting to 32 in total. That alone is pretty amazing but now think about this... if you take a good look at your

teeth you’ll notice that they are all a little different. Each of your teeth has a different job to do and they are placed in just the right order to complete their job. Some teeth are for tearing, some are for grinding, and all of them can handle quite a chomping.



The outside of each tooth is covered with enamel, which is the hardest substance in your body. Enamel’s job is to protect the inside part of your tooth, and even though it’s super tough, it’s never smart to use your teeth to open things.. Your teeth are super strong but if you break a tooth it will not heal like the rest of the bones in your body.

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If you break your arm, the bone in your arm can heal. But if you break your tooth, it cannot.

But teeth are for more than just eating. Your teeth also play an important part in your ability to talk. Say the word “tooth.”

Can you feel your tongue hit the back of your front teeth at the beginning of the word and then again in a different spot as you say the end of the word? Say it again... “tooth.” Our teeth help us sound out different letters in different ways! Pretty cool! And all the more reason to take care of them.

So teeth are really amazing because they are all different with different jobs. And teeth are really amazing because they are super strong. And teeth are also really amazing because they help us to talk. But maybe the most amazing thing about teeth is how

they make people feel when you show them your smile. Try it now. Smile really big. Doesn't smiling make you feel happy? Now try smiling at someone. When you smile it not only makes you feel better but everyone that sees it feels better too. That may be the best reason to take care of your teeth. So take it easy on the candy this Halloween, take care of your amazing teeth, and don't forget to smile when you say “Trick or Treat!”

by Judy Nutz Campanale,

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