

Halt Teeth Grinding With DentoGuard

Therese Morris November 22, 2017



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It's hard to image that teeth grinding could cause so much damage but it certainly does. A mouth guard is the quickest way to eliminate its

effects.

([Newswire.net](#) -- November 22, 2017) Cheyenne, Wyoming -- It's interesting how the word "grind" is perpetuated throughout cultural expressions. "Daily grind", "grind someone's gears", "an axe to grind" and of course "nail biting and teeth grinding" for those moments of unease. Speaking of teeth grinding, there will be no mincing of words here. Teeth grinding is one habit that needs to grind to a halt, not just the expression but the literal act of grinding one's teeth can lead to some rather disturbing dental complications.

"Teeth grinding causes may include anything from high stress to abnormal bite to crooked teeth; the masseter, the cheek muscle that helps us chew, is one of the strongest muscles in the entire body," explains AZ Family Dental in Arizona. "Dental researchers say it can exert up to 600 pounds of force per square inch on the molars in the rear of our mouths.

Medically classified under the term bruxism, teeth grinding is not to be taken lightly as the far reaching effects of such a seemingly simple compulsion offers insight to deeper root issues. The matter is far more prevalent than one could imagine, in fact the Academy of General Dentistry has published that one in three people suffer from bruxism.

"In some cases, chronic teeth grinding can result in a fracturing, loosening, or loss of teeth as the chronic grinding may wear teeth down to stumps," says WebMD.com. "When these events happen, bridges, crowns, root canals, implants, partial dentures, and even complete dentures may be needed."

The question now is [how does one safeguard against teeth grinding](#) ? Since it's usually a manifestation of anxiety or an obsessive habit which can't exactly be extracted overnight from the suffer. Having your teeth as the root of an addiction cannot be resolved merely by self-control, an external implement is the best mode of intervention.

"Using a mouth guard or mouth splint reduces the sensation of clenching or grinding your teeth," advises the [UK National Health Service](#). "They also help reduce pain and prevent tooth wear, as well as protecting against further damage."

The DentoGuard™ Professional Dental Kit by HealthyWiser™ is a highly recommended mouth guard that is customizable and dentist approved. So if you have an axe to grind with teeth grinding you'll be in good hands with DentoGuard™.

The advertisement features a close-up of a smiling woman with bright white teeth. In the foreground, there is a box for the #DENTOGUARD Professional Dental Kit. The box is white with a teal side panel. The top of the box has the HW HealthyWiser logo. The main text on the box reads "#DENTOGUARD™ Professional Dental Kit". Below this, there are four icons representing benefits: a gear for "CUSTOMIZABLE", a thumbs up for "COMFORT", a shield for "PROTECTION", and a lightbulb for "BRIGHT SMILES". A clear dental tray is shown next to a smaller image of the woman's smile. The text "4 Customizable Premium-Quality Dental Protectors" is at the bottom of the box. To the right of the box, the text "Multi-Use Trays making the Best Oral Care Investment" is displayed. Below this, three rounded rectangular buttons list the uses: "GRINDING PREVENTION", "ATHLETIC PROTECTIVE TRAYS", and "TEETH-WHITENING TRAYS". At the bottom right, the #DENTOGUARD™ Professional Dental Kit logo is shown next to a clear dental tray.

About HealthyWiser LLC

HealthyWiser™ is a recognized and flourishing personal health and cosmetic brand offering products that are diligently tested to meet industry standards. Passionate about good health and innovation the HealthyWiser™ brand is committed to delivering quality to customers. Learn more about DentoGuard™ Professional Dental Kit on Amazon.

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Source: <http://newswire.net/newsroom/pr/00098583-halt-teeth-grinding-with-dento-guard.html>