

Recipes for a  
**healthier smile**

**AAO** American Academy  
of Cosmetic Dentistry



## did you know?



... that certain foods naturally cleanse your teeth as you eat them? That's why the American Academy of Cosmetic Dentistry (AACD) teamed up with a nutritionist and an AACD member cosmetic dentist to share tasty and wholesome recipes that also have oral health benefits.

Part of the AACD's mission is to educate dental professionals and the public about cosmetic dentistry and its relation to oral health. Since oral health can be greatly affected by nutrition, the AACD has prepared the Healthier Smile e-booklet as a resource for dental professionals and consumers with the intention of providing healthy, smile-friendly meal ideas. The booklet was created with the help of Dr. Shawn Frawley and nutritionist Karen Krchma. The booklet can be used by dental professionals, especially AACD Member dentists, to help educate their patients, and by consumers seeking meals to keep their smiles and mouths healthy.

Each recipe is loaded with healthful ingredients such as fruits, vegetables, and grains that have been found to defend against bacteria that can damage teeth and gums.

A handy reference guide to the key ingredients and their benefits is listed on pages 4 and 5 so you can enjoy your favorites at any time to achieve a healthier, whiter smile.

Treat your mouth and body to these easy-to-prepare and nutrient-packed recipes today!

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## Ingredients to keep your smile in top shape



**Basil:** a natural antibiotic, reduces bacteria in the mouth.

**Broccoli:** forms an acid-resistant film on teeth that can help prevent enamel erosion.

**Carrots:** full of Vitamin A which is absolutely necessary for the formation of tooth enamel. This and all crunchy vegetables also cleanse and stimulate your gums, making them healthy.

**Cheese:** offers the benefit of lactic acid to help prevent tooth decay.

**Celery:** activates saliva production which assists in cleansing food particles from the teeth and dilutes sugars or acids in the mouth. Chewing celery also massages the gums.

**Ginger:** an anti-inflammatory to support healthy mouth tissue.

**Green tea:** contains an antioxidant called catechin which reduces bacteria growth that causes gingivitis.

**Kale or chard:** high in minerals that support tooth structure.

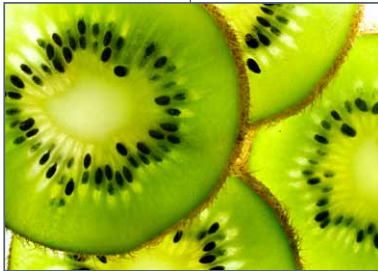
**Kiwi:** pack more Vitamin C than any other fruit. A lack of Vitamin C can break down the collagen network in your gums, making them tender and more susceptible to bacteria and gum disease.

**Lemon:** a natural “whitener” and assists with pH balance in the body.

**Onions:** contain sulphur compounds and reduces certain bacteria that cause tooth decay.

**Pineapple:** helps you produce extra saliva. Combine that with citric acid and you have an all-natural bacteria fighting mouthwash. Also contains Vitamin C and the enzyme Bromelain promoting a healing alkaline response in the mouth.

**Quinoa:** pronounced “KEEN-wah” is a super grain with a load of minerals including Calcium, Magnesium, Manganese, and Phosphorus to strengthen teeth.





## INGREDIENTS

**Salmon:** a great source of Vitamin D making it easier for teeth to get the full power of calcium from foods you are eating.

**Sea salt:** offers a blend of minerals needed to mineralize and strengthen teeth. Himalayan or Celtic is suggested.

**Sesame seeds:** these “little scrubbers” reduce plaque, and due to their calcium content provide a necessary mineral for teeth. Nuts in general have a high pH, thus are protective for teeth by managing pH balance in the mouth.

**Shiitaki mushrooms:** contain a sugar called Lentinan which prevents mouth bacteria from growing.

**Stevia:** a natural sweetener that does not have an “acid effect” on your teeth like sugar.

**Strawberries:** great “scrubbers,” high in fiber and lots of Vitamin C, which is great for gum health.

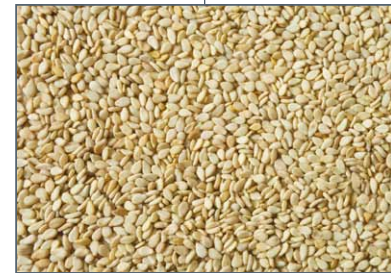
**Wasabi:** a Japanese version of horseradish, which contains compounds called isothiocyanates to arrest bacteria growth.

**Xylitol:** a sugar substitute that studies show prevents tooth decay. It is very beneficial in gum and mint form.

*\*This is not an all-inclusive list of every food that’s great for your oral health, but a listing of all the key “super-smile” ingredients included in our recipe booklet.*



Look for Smile Tips throughout this e-booklet for information about how specific ingredients in each recipe can improve your smile and overall health.



# Homemade Anti-Cavity Mouth Rinse

Recipe by Dr. Shawn Frawley

A REFRESHING AND COST-EFFECTIVE ALTERNATIVE TO STORE-BOUGHT MOUTHWASH.

## Ingredients:

- 8 ounces water
- 2 teaspoons PreviDent GEL (1.1% Sodium Fluoride)\*
- ½ teaspoon baking soda
- 1½ Tablespoon xylitol  
*(Note: Raw xylitol can be bought in most health food stores including Whole Foods and is available online)*
- ¼ teaspoon peppermint oil extract or favorite flavor

## Directions:

Blend ingredients together with an immersion blender or regular blender. Store in an air-tight container in the refrigerator.

## Use:

Rinse with approximately 10 ml (2 tsp) for 1 minute, 1-2 times per day after brushing. For best results, do not eat, drink, or rinse for 30 minutes after expectorating. Do NOT swallow.

## Serving Size:

This recipe makes approximately a 2-week supply.

*\*Sodium Fluoride is available from your pharmacist*



Xylitol is a sugar substitute that studies show prevents tooth decay. Sodium Bicarbonate (baking soda) helps neutralize the tooth-eroding acid that cavity-causing bacteria produce. Fluoride aids in remineralizing tooth structure.



# Seed “Cereal”

Recipe by Karen D. Krchma

THIS IS A HEALTHY AND VERSATILE ADDITION TO YOUR DIET, AND SUPPORTS DENTAL HEALTH. SEED “CEREAL” IS VERY HIGH IN PROTEIN AND GOOD FATS, BOTH OF WHICH ARE NECESSARY FOR TISSUE HEALTH INCLUDING BONES, TEETH, AND GUMS. THIS CEREAL IS ALSO HIGH IN FIBER, SOMETHING EVERY “BODY” NEEDS.

## Ingredients:

Equal amounts, about ½ cup each:

Raw almonds

Raw pumpkin seeds

Raw sunflower seeds

Raw sesame seeds, *Note: (¼ cup is adequate)*

*\*May substitute raw cashews for any of the nuts*

Apple juice, organic preferred

¼ teaspoon sea salt

## Directions:

Place the seeds and nuts in a glass bowl or large measuring cup that can hold all ingredients.

## Tip:

Measure the nuts directly into a large glass measuring cup, starting with the sesame seeds. Pour in apple juice to cover the nuts. Cover and let stand overnight.

In the morning, place the soaked mixture in a blender or food processor. Add the sea salt.

Blend or process until all the nuts are ground to a “meal” texture. No nuts should be identifiable; the mixture should be spoon-able, yet not ground to a nut “butter.” Experiment with this recipe to see what your preference is. Some people prefer adding more apple juice. You can leave it chunky, or make it very creamy. Serve immediately. Refrigerate remaining nut blend up to 3 days.

## Serving Size:

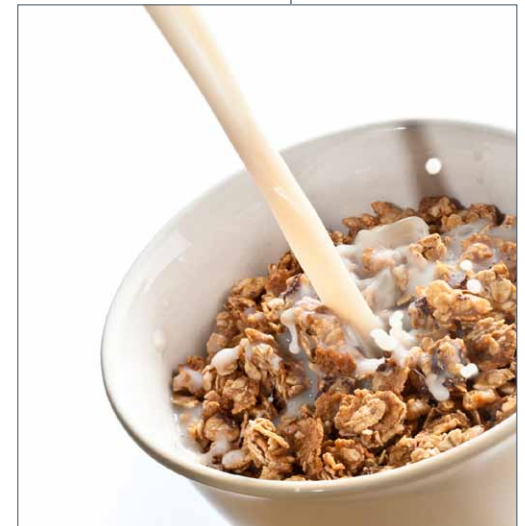
1-2 rounded Tablespoons

## Serving Suggestion:

Seed cereal is generally served as a topping on other foods, like oatmeal. Try adding it to granola and other cereals to supplement protein and fiber. Top plain yogurt (sweetened with stevia and fresh fruit), or Greek or coconut milk yogurt with this nut blend. It’s also delicious as a topping for your favorite salads.



In addition to great nutrition, nuts and seeds “scrub” teeth while you chew. Soaking improves the digestibility of the nuts.



## Kaleberry Smile Booster Smoothie

Recipe by Dr. Shawn Frawley

A HIGH HORSEPOWER BLENDER WORKS BEST TO PULVERIZE THE INGREDIENTS ALLOWING THE BODY TO EASILY ABSORB THE NUTRIENTS AND ANTIOXIDANTS IN THE FRUIT AND KALE.



### Ingredients:

8 ounces brewed green tea (plain, chilled)

4 ice cubes

½ cup frozen blueberries

½ cup frozen strawberries

1 banana

4 kale leaves

¼ cup Greek yogurt

1 teaspoon xylitol

*(Note: Raw xylitol can be bought in most health food stores, including Whole Foods, and is available online)*

### Directions:

Brew green tea and chill. In a blender, add ice, green tea, Greek yogurt, and kale. Blend until no large pieces of kale are visible. Add the other ingredients and blend until all ingredients are well incorporated.

### Serving Size:

1, 16-ounce serving or 2, 8-ounce servings



Kale is a nutritional standout in three basic areas:

1. antioxidant and anti-inflammatory nutrients
2. micronutrients and vitamins
3. cancer-preventive nutrients called glucosinolates

Blueberries provide powerful antioxidants but can result in teeth staining. To reduce staining, you can substitute the blueberries with one orange or drink this through a straw!



# Soup-er Smile Soup

Recipe by Karen D. Krchma

TASTY SOUP IS A GREAT DISGUISE FOR ALL THE HEALTHY VEGGIES WITH MINERALS, AND HERBS WITH ANTIBACTERIAL PROPERTIES. NOT ONLY IS IT FAST AND EASY, IT'S A YEAR-ROUND SOUP YOU CAN SEASON TO YOUR LIKING WITH MANY SPICE VARIATIONS.

## Ingredients:

- 1 48 oz. jar of Great Northern precooked beans
- 1 Tablespoon coconut oil
- 1 large onion, coarsely chopped
- 3 carrots, peeled and chopped or thinly sliced
- 4 ribs celery, trimmed and chopped or thinly sliced
- 2 cloves garlic, chopped; or  
½ teaspoon garlic powder
- 1 large tomato, chopped,  
or a small can of diced tomatoes
- 2 leaves chard or kale, chopped
- 1 medium piece of Nori, chopped  
(a type of sea vegetable, found packaged in the health food section)
- ½ cup vegetable broth; when blending, more may be needed for desired consistency
- 1 - 2 teaspoons sea salt
- 2 teaspoons dried basil
- 2 teaspoons dried oregano
- ½ teaspoon dried thyme
- Cheddar cheese, shredded, chunks or sliced,  
about 2 ounces per serving

*(Note: Instead of the basil, oregano and thyme, substitute 1 teaspoon chili powder plus ¼ teaspoon cumin for a Mexican flavor)*

## Directions:

In a large pot or Dutch oven, over medium heat, add coconut oil to melt. Add vegetables in order as listed, onion, carrots and celery. Sauté mixture until onions are translucent.

Add ½ cup broth, cover and cook for 5 minutes. Vegetables should be tender but not mushy. Add beans, chard, tomato, and Nori. Bring to a gentle boil, simmer and heat through. Add seasonings.

With a potato masher or immersion blender, reduce about one-third of the mixture to a soup-like consistency, adding additional broth as needed. Taste and adjust seasonings. Serve with cheddar cheese cubes or top each serving with shredded cheddar.



Serve this soup with a side of your favorite sliced or cubed cheese, or top with grated cheese. Lactic acid helps prevent tooth decay.

## Serving Size:

Makes 6 servings



# Crunchy Chopped Salad

Recipe by Karen D. Krchma

SIMPLE AND EASY...MAKE EXTRA FOR SNACKING LATER.



## Ingredients:

1 cup celery, chopped  
 ¼ cup red pepper, chopped  
 1 Tablespoon onion, red, green or white,  
 finely chopped  
 4 leaves fresh basil, chopped, or  
 ¼ teaspoon dried basil  
 2 drops stevia, or 1 teaspoon honey, to taste  
 1 teaspoon raspberry vinegar  
 1 teaspoon cold pressed extra virgin olive oil,  
 (optional)  
 Sea salt, a pinch or two, to taste  
 Fresh ground pepper corn, a pinch or two,  
 to taste

## Directions:

Chop the vegetables and basil, if using fresh, and place in a medium bowl. If using dried basil, keep in a separate bowl.

In a small bowl, mix the vinegar, stevia (or honey), salt, pepper, olive oil (optional), and 2 teaspoons of water; add dried basil if using this instead of fresh. Stir and pour over vegetables. Toss well to coat.

## Serving Size:

Divide into two equal servings



Celery activates saliva production which assists in cleansing food particles from the teeth and dilutes sugars or acids in the mouth. Chewing celery also massages the gums. Onions contain sulfur compounds that test tube research indicates kills streptococcus bacteria that cause tooth decay! Basil is a natural antibiotic, reducing bacteria in the mouth as well.

# Hot and Sweet Fruit Salsa

Recipe by Karen D. Krchma

THIS HOT-SWEET BLEND NOT ONLY BENEFITS YOUR HEALTH, TEETH AND SMILE, IT'S ALSO DELICIOUS SERVED OVER CHICKEN OR FISH.

## Ingredients:

- 6 kiwi fruits, peeled and diced
- 1 quart strawberries, washed, hulled and finely chopped
- 3 Granny Smith apples, peeled, cored, and shredded
- 1 Gala apple, peeled, cored, and shredded
- 6 - 8 drops stevia, or to taste
- ¼ teaspoon cayenne pepper
- 3 - 6 drops hot sauce (your favorite brand)
- ½ cup green salsa (any brand)
- ¼ cup onion, finely chopped, any type, green is especially tasty
- 1 Tablespoon fresh cilantro, chopped
- Juice of 1 lime

## Serving Size:

6 - 8, ½ cup portions

## Directions:

In a large glass bowl, place the fruit, onion and cilantro, prepare as noted.

In a small bowl, mix the stevia, cayenne, hot sauce, green salsa, and lime juice.

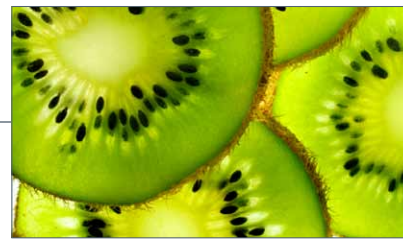
Pour the sauce over the fruit and stir thoroughly and gently to blend spices with the fruit. Taste and add more green salsa, hot sauce, or stevia if desired. Chill or serve immediately. Refrigerate leftovers, up to 2 days.

Serve with any tortilla chip.

*Note: a flax seed or plain chip is suggested to emphasize the spicy-sweet of the salsa.*



Packed with Vitamin C, this amazing salsa helps to whiten teeth, massage the gums, stimulate saliva, and scrub your teeth!





## Wild Salmon and Quinoa

Recipe by Dr. Shawn Frawley



A CAST IRON SKILLET WILL ALLOW FOR PRECISE CONTROL OF COOKING TEMPERATURES SINCE ITS HEAT RETENTION QUALITIES PRODUCE AN EVEN TEMPERATURE COOKING SURFACE WITHOUT HOT SPOTS. WITH CAST IRON, YOU CAN PREPARE SALMON THAT IS MOIST AND HAS A NICE CRUST.

### Ingredients:

#### Salmon:

- 2, 6-8 oz. wild salmon filets
- Fresh cracked black pepper
- Sea salt
- 1 Tablespoon fresh dill, chopped
- 1 Tablespoon grape seed oil

#### Marinade:

- 2 Tablespoons fresh lemon juice
- 1 Tablespoon grape seed oil
- ¼ teaspoon fresh cracked black pepper
- ¼ teaspoon salt
- 1 clove garlic, minced
- ½ teaspoon fresh grated ginger or  
⅛ teaspoon ground ginger
- ½ teaspoon agave nectar

#### Quinoa Pilaf:

- 1 cup quinoa
- 1 ¼ cups chicken stock
- 3 teaspoons grape seed oil  
(1 tsp. for sautéing, 2 tsp. to dress quinoa)
- 1 medium onion, finely diced
- 3 stalks celery, finely diced
- 1 tomato, finely diced
- 1 teaspoon fresh thyme, chopped

#### Directions:

Season both sides of salmon with salt, pepper and chopped fresh dill. Let salmon come to room temperature.

Combine all ingredients for the marinade and mix thoroughly.

*Directions continue on next page*





Wild salmon is high in omega-3 which reduces inflammation in the gums; quinoa (pronounced KEEN-wah) is good for teeth structure because it's high in calcium, as well as being high in fiber and protein and low in cholesterol.

## Directions (continued):

Soak quinoa in room temperature water for at least 15 minutes. Rinse and strain quinoa. Bring chicken stock up to a boil, add quinoa and reduce to a simmer. Cook for approximately 30 minutes. (Alternately, you can add the chicken stock and rinsed and strained quinoa to a pressure cooker and cook for approximately 6-8 minutes.)

While the quinoa is cooking or soaking, finely dice the onion, celery, and tomato. In a large sauté pan that can accommodate the vegetables and quinoa, add 1 tsp. oil and sauté the onion and celery until they are translucent, about 2-3 minutes. Add the tomato, stir and turn off the heat.

Add cooked quinoa to the vegetables in the sauté pan. Strip thyme leaves off stem with fingers and rough chop. Add the thyme to the quinoa along with enough grape seed oil to

lightly coat the quinoa (approximately 2 tsp.). Cook at medium heat while stirring for 1-2 minutes and keep warm.

Heat a cast iron skillet on medium heat. Place a small amount of grape seed oil in skillet. Place salmon in skillet skin side down. Cook for approximately 4 minutes while basting the fish with the marinade every 30 seconds. Turn heat up to medium-high and turn fish over and cook for another minute. Adjust cooking time based on the thickness of the salmon.

Serve salmon immediately with approximately  $\frac{3}{4}$  cup of quinoa. A lightly dressed simple, organic leaf salad goes well with this dish.

## Serving Size:

Makes two portions of salmon and approximately 1  $\frac{1}{2}$  - 2 cups of quinoa pilaf.



# Shiitake Mushroom Chicken with Millet

Recipe by Karen D. Krchma



Shiitake mushrooms contain a sugar called lentinan, a substance shown to prevent oral bacteria from creating dental plaque. Shiitake mushrooms have long been known for boosting immune response, but now they can claim that the substance, lentinula edodes, protects teeth as well.



COCONUT OIL IS SUGGESTED FOR SAUTÉING BECAUSE IT HAS A HIGH SMOKE POINT AND THE HEAT FROM COOKING DOES NOT EASILY DAMAGE THE OIL. COCONUT OIL HAS BEEN SHOWN TO HAVE MANY HEALTH RELATED BENEFITS; ONE OF THEM IS AN ANTIBACTERIAL EFFECT. THE MEDIUM CHAIN TRIGLYCERIDES (FAT) IN COCONUT OIL HAVE BEEN SHOWN TO HELP PREVENT HEART DISEASE. THIS RECIPE BRINGS YOU THE BENEFITS OF COCONUT OIL AND ALLOWS THE FLAVOR OF THE MUSHROOMS TO SHINE THROUGH.

## Ingredients:

- 1 ½ pounds chicken breast, organic preferred, hormone and antibiotic free
- 2 teaspoons sea salt, Himalayan or Celtic
- 1 Tablespoon coconut oil
- 2 cloves garlic, chopped; or  
½ teaspoon garlic powder
- ¼ pound fresh shiitake mushrooms, washed, trimmed and patted dry. Remove the tops and slice, finely chop the stems. See suggestion on next page.
- 1 small onion, chopped
- 2 large sprigs fresh rosemary, removing the leaves from the stem; or 2 teaspoons dried rosemary
- 3 - 4 green onions, trimmed and sliced diagonally; or increase onion to 1 medium

- ½ cup fresh pea pods, washed, trimmed, sliced diagonally (optional)
- ½ cup sliced red pepper (optional)
- ¼ cup white wine, dry preferred
- 1 cup fresh or prepared chicken broth  
See suggestion on next page.
- 1 Tablespoon butter, organic preferred; or Ghee
- 2 Tablespoons fresh coarsely chopped parsley; or 1 scant Tablespoon dried parsley
- ½ teaspoon freshly ground black pepper

## Directions:

Wash and scrape chicken (scrape a sharp knife over the chicken while rinsing under running water). Place chicken breasts on a glass cutting board. With a sharp knife, pierce each chicken breast 10-12 times. Using a wooden or stainless

*Directions continue on next page*

### Directions (continued):

steel meat tenderizer (mallet), pound each chicken breast down to ¼ - ½-inch thickness, as evenly as possible. Technique: Tent a paper towel over the mallet to prevent “chicken splash” when pounding. Never use plastic wrap when pounding chicken. Cut each breast in half, or palm-size pieces. Sprinkle chicken with sea salt and garlic powder if using.

Heat coconut oil in skillet over medium heat. When oil is hot add chicken, mushrooms and onions, and fresh garlic if using. Sauté chicken about 5-7 minutes or until lightly brown, stirring mushrooms and onions to brown evenly. Turn chicken to brown both sides, cooking for an additional 5-7 minutes, making sure juices in the thickest part run clear. Place chicken breasts in a baking dish and cover to keep warm.

In your skillet with the mushrooms and onions, add rosemary, green onions, pea pods, and red

pepper. Add the wine, stirring to loosen cooked juices in the pan. When the wine is slightly reduced, add the broth, and then continue to cook until liquid is reduced by half. Stir in butter or Ghee. Add the chicken and bring back to serving temperature. Sprinkle with freshly ground pepper and parsley and serve.

### Serving Suggestion:

This dish goes well with millet, an ancient grain, high in protein, fiber and it's gluten free. If desired, make additional sauce to spoon over the millet. Simply double the amount of shiitake mushrooms and onions while sautéing the chicken, and increase the broth to 2 cups. You will find the mild taste of the millet a wonderful complement to the mushroom sauce.

### Serving Size:

Makes 6, four-ounce protein servings

### Marvelous Millet

This is a healthy grain substitute, easy to cook, and very versatile.

### Ingredients:

1 cup millet (purchase millet in a 1# bag, or bulk section of your grocery or health food store)  
1 cup water  
1 cup chicken or vegetable broth  
½ teaspoon sea salt

### Directions:

Bring the liquid to a boil. Add salt and millet. Reduce heat and simmer about 15 minutes or until liquid is absorbed. Fluff with a fork. Serve with a garnish of parsley if desired.

### Serving Size:

Six, ½ cup servings





# Broccoli with Wasabi Sour Cream Sauce

Recipe by Karen D. Krchma

THE EVER-FAVORITE VEGETABLE BROCCOLI CAN BE SPICED UP TO PLEASE EVEN THE PICKIEST EATERS AND TURN THEM INTO BROCCOLI LOVERS! THIS RECIPE CAN BE ADAPTED FOR BROCCOLI THAT IS STEAMED, GRILLED, OR ROASTED. POUR THE SAUCE OVER THE BROCCOLI, OR SERVE THE SAUCE ON THE SIDE OR AS A DIP (FOR RAW BROCCOLI). YUM!

## Ingredients:

1 bunch broccoli, about 3 stalks,  
organic preferred

## Directions:

Wash and trim broccoli, peeling the fibrous material from stems

Slice the stems diagonally into bite-size pieces, and the flowerets into medium size bites.

Bring several inches of water to boil in a vegetable steamer, and steam broccoli until tender crisp, approximately 8 minutes.

Place steamed broccoli into a serving bowl, serve with Wasabi Sour Cream sauce.

## Serving Size:

Makes approximately 6, ½ cup servings



A lab-based study showed that tooth enamel erodes half as quickly after an acid drink such as cola, when the teeth have been exposed to broccoli beforehand. Researchers suggest that the iron in broccoli may set up a protective barrier and protect teeth from acid. Thanks, mom! You were right...eat your broccoli!



*Directions for Wasabi Sour Cream Sauce are on next page*



# Wasabi Sour Cream Sauce

Recipe by Karen D. Krchma



## Ingredients:

- ¼ cup sour cream
- 1 - 2 teaspoons wasabi powder
- ¼ teaspoon sea salt
- 6 drops stevia
- 2 Tablespoons water

## Directions:

In a small bowl, blend the wasabi powder with water. Add salt, stevia and sour cream, mixing well to blend flavors. If desired, add more wasabi for extra heat.

Serve immediately, refrigerate for several days.

## Serving Size:

6 servings, approximately 1 Tablespoon each



Eat wasabi several times a week to help prevent cavities.



# Strawberry-Lemon Sorbet

Recipe by Karen D. Krchma

STRAWBERRIES ARE A PERFECT WAY TO END A MEAL.  
HERE IS A HEALTHY WAY TO REDUCE SUGAR DESSERTS AND STILL HAVE FUN!

## Ingredients:

- 1 quart fresh, ripe strawberries (organic preferred), washed and stemmed (*Note: save several unfrozen fresh strawberries for garnish*)
- 5-10 drops stevia to taste
- ¼ cup lemon-flavored seltzer (or plain seltzer with 2 drops pure lemon essential oil)

## Directions:

Place washed and stemmed strawberries in the freezer until hardened.

In a blender or food processor, add the frozen strawberries and pulse until fruit is reduced to chunks.

Add seltzer, and lemon essential oil (if using), and 5 drops of stevia. Continue to blend until very smooth. Taste for sweetness and add more stevia if desired.

Pour into a glass container and place in the freezer for several hours, stirring about every half hour. The sorbet is ready to serve when it is firm and can be scooped with a spoon.

To serve, mound the strawberry sorbet into your prettiest serving dishes, garnishing with the reserved fresh berries, and perhaps a twist of lemon and a sprig of mint for special occasions.

## Serving Size:

Four servings, about ½ cup each



Strawberries are great “scrubbers” and high in fiber, a definite health plus. Lemon assists with pH balance in the body. Stevia is a natural sweetener and does not have an “acid effect” like sugar on your teeth (read the label for pure stevia without added sugars or flavors). The vitamin C in strawberries supports gum and mouth tissue.



## About the authors and AACD:



**Karen D. Krchma, B.S., Nutrition,** has a private practice in southeast Wisconsin where she teaches her clients how to use food and nutrition to assist the body in the areas of prevention, recovery, and anti-aging. She is an expert in the healing power of functional nutrition. Karen believes, “Our bodies can only be as healthy as the food we give it” and supports the science behind the oral health to total health connection.



**Dr. Shawn Frawley, DDS,** practices at Beverly Hills Dentistry in Beverly Hills, California, a family business where his dentist-colleagues are his father and sister. Along with being an AACD Member, he is also a passionate cook. Every day in his practice, Dr. Frawley sees how oral health is intimately connected to the rest of the body. “Because there is a scientific connection between heart disease, diabetes and periodontal disease, we can all do a lot more to prevent disease with better nutrition.” He is currently developing a health and wellness program at his daughter’s grade school because, “nutritional education needs to begin at an early age.”

### AACD:

Since 1984, the American Academy of Cosmetic Dentistry has been dedicated to advancing excellence in comprehensive oral care that combines art and science to optimally improve dental health, esthetics, and function. Comprised of more than 6,000 cosmetic dental professionals in 70 countries worldwide, the AACD fulfills its mission by offering superior educational opportunities, promoting and supporting a respected Accreditation credential, serving as a user-friendly and inviting forum for the creative exchange of knowledge and ideas, and providing accurate and useful information about cosmetic dentistry—as well as its impact on oral health—to the public and the profession.

To find an AACD cosmetic dentist near you, or to learn more about the benefits of cosmetic dentistry, visit [www.AACD.com](http://www.AACD.com).

