Paste-free toothbrush endorsed by HK dental show

Researchers say the best teeth whitener is fruit

Mum’s Miracle Cuddle Brings Baby Back to Life

"We told him what his name was and that he had a sister. We told him the things we wanted to do with him and what he would be like in his life.”

"But then I felt him move as if he were startled, then he started gasping more and more regularly. I gave Jamie some breast milk, but not everyone is being reached.

Bunglani says her two baby girls have had little to eat since the Indus River jumped its banks and turned one-fifth of the country into a muddy lake. She was working in the field when the water began surging, leaving her just enough time to grab a baby under each arm and run to safety.

The military transported the extended family to the camp on the outskirts of Sukkur, where she said they typically receive one meal a day consisting of rice, vegetables or lentils. The food is not enough for the babies, and the newborn is not strong enough to survive.

"They are getting bread. They don’t have milk. She can eat rice," Bunglani told departing to Sughra, 2. "But the younger one cannot.”

In the past day, Sughra has stopped eating altogether. She may not eat anything for a week. She just turns her head and shoves her mother’s hand away. The little one, Helma, 1, cannot sit on her own without support, even though she should be getting ready to walk.

"These kids are everything to me," Bunglani says. "I am worried about them, and everybody can see what condition they are in."

Post-flood data are lacking, but the World Health Organization says about 50 percent to 55 percent of children in Pakistan had stunted growth before the calamity, a sign of chronic malnutrition. Farming families have now been flushed from their homes, losing the vital crops and livestock that were sustaining them in one of the country’s poorest areas.

A recent study by Harvard University revealed that eating fruit daily is the best way to whiten teeth. Through a three-month clinical study, it was determined that strawberries, orange peels and lemon juice are the most effective teeth whiteners in the world. Strawberries have a natural enzyme that removes tooth stains, according to teethwhitener.net.

Orange peels can be used to remove tooth stains, just by rubbing the inside of a peel against tooth surfaces.

A little lemon juice and salt work very well to remove stains. Just wash your mouth out with this or even rock salt and warm water will work at night to remove stains. Baking soda has long been known to work wonders for smiles. It may taste awful, however adding baking soda on a toothbrush along with mouthwash can help alleviate the negative taste. Also a strawberry mixture added to baking soda/peroxide not only adds a sweet taste to the concoction, but is yet another effective whitener.

It is best to not drink coffee, tea, c alas or red wine, which are all known to stain teeth and cause some decay of the enamel. Apples and potatoes can cause discoloration, but they also tend to clean off the teeth. Mouth washing is important after eating apples.

Also, stop or slow down tobacco use, as both dipping and smoking can cause tooth discoloration. Avoid mouthwash, as it sometimes will stain teeth. Finally, remind patients that an ounce of prevention is worth more than a pound of cure.

Going to the dentist once or twice a year for a cleaning and checkup is strongly suggested.

leave the tent without her husband’s consent. She must stay until the returns, even if it means risking her daughters’ lives. “I am waiting for my commander,” she says, still fanning flies from the sweating babies. “He is coming.”

The floodwaters that began swamping a section of Pakistan larger than Florida six weeks ago continue to inundate new areas, forcing even more people to flee. At least 18 million have already been affected, and nearly half of them are homeless. Many have been herded into crude, crowded camps or left to fend for themselves along roads.

But doctors warn the real catastrophe is moving much slower than the murky water. About 105,000 kids younger than 5 are at risk of dying from severe acute malnutrition over the next six months, UNICEF estimates.

“You’re seeing children who were probably very close to the brink of being malnourished, and the emergency has just pushed them over the edge,” says Erin Boyd, a UNICEF emergency nutritionist working in southern Pakistan.

“Just isn’t there the capability to treat this level of severe acute malnutrition.”

The U.N.’s World Food Program alone has fed more than 4 million people since the crisis began, distributing monthly rations that include nutrition-packed foods for children. But the sheer geographic and human scale of the disaster is overwhelming, and U.N. Secretary-General Ban Ki-moon has called it the worst he has ever seen.

Even now, after the water has receded in many areas, some families who refused to abandon their villages remain marooned on islands cut off from all transport. The lucky ones sprint and dive for supplies dropped by choppers hovering above. But not everyone is being reached.

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They were delivered at 47 weeks, weighing just 2lb, and though Mrs Ogg’s little girl, Emily was healthy, her brother Jamie was not breathing. After battling to save him for 20 minutes, medical staff told her he had not survived.

“The doctor asked me had we chosen a name for our son,” said Mrs Ogg. “I had ‘Jamie’ and he turned around with my son already wrapped up and said: ‘We’ve lost Jamie, he didn’t make it, sorry.’ It was the worst feeling I’ve ever felt. I unwrapped Jamie from his blanket. He was very limp.”

Mrs Ogg said that she wanted to hold him next to her skin. “I took my gown off and arranged him on my chest with his head over my arm and just held him. “He wasn’t moving at all and we just started talking to him. They were delivered at 47 weeks, weighing just 2lb, and though Mrs Ogg’s little girl, Emily was healthy, her brother Jamie was not breathing. After battling to save him for 20 minutes, medical staff told her he had not survived.

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Danish Zimmermann

Germany: A Japanese toothbrush that does not require toothpaste for removing dental plaque has been received special acknowledgement by the Hong Kong International Dental Expo and Symposium. The organisers awarded the research presented by dental students from the University of Saskatchewan College of Dentistry in Canada who found that the brush prevents bleeding associated with periodontal disease more effective than a regular toothbrush.

In contrast to tooth paste that removes dental plaque through abrasion, the Soladay-JIX utilizes electrolysis to destroy cell structures of bacteria that form the biofilm inside the mouth. To achieve this, negatively-charged light particles or electrons are gathered by a solar panel and transmitted through a Titanium dioxide semiconductor on the head of the brush where they chemically react with acids responsible for tooth decay. The toothbrush, which has been awarded during the FDI World Dental Congress in Dubai, among others, is being developed and marketed by Shiken Co. Ltd, a manufacturer based in Osaka in Japan. Aside from a good light source to charge the solar panel, it does not require people to change their brushing habits, the company states.