



## Marietta Dentists at Windy Hill Dental Associates Discuss How Your Diet Can Affect Your Teeth

*Eating a varied diet is one way to develop and enjoy a healthy oral environment, according to this trusted Marietta cosmetic dentist.*

ATLANTA, GA, April 24, 2014 **/24-7PressRelease/** -- Popular drinks such as coffee, soda and red wine contain acids that can stain and discolor teeth. Eating a lot of sugary foods may cause bacteria to build up in the oral cavity, which can cause tooth decay and lead to tooth loss if left untreated.

Eating calcium-rich foods such as low-fat milk and hard cheeses help strengthen teeth, while a varied diet helps to neutralize acids in the mouth for a healthier oral environment. Drinking plenty of water helps to wash away food debris and prevent bacteria build-up. Water also induces the production of saliva, which helps protect both the hard and soft tissues in your mouth.

The trusted [Marietta cosmetic dentists](#) at Windy Hill Dental Associates are experts in all aspects of oral care and good oral practices. They can assist you with a variety of regular dental procedures as well as dental implants, porcelain veneers and [teeth bleaching in Marietta, Ga.](#)

"A healthy oral environment is a vital component of a person's overall health," says Ken Tralongo, CEO of Tralongo Management. "Our dental professionals make up a dedicated team of experts who are committed to assisting our clients achieve and maintain a healthy mouth. We give our clients the benefit of our years of practice and education to keep them solidly on the path to wellness."

Windy Hill Dental Associates provides regular dental maintenance as well as specialized procedures throughout Marietta. Their experienced and caring dentists can help you develop a healthy oral environment so you can flash those pearly whites with confidence.

Check out the wide range of expert dental services from this leading Marietta dental practice at <http://windyhilldentalassociates.com>.

### **About Windy Hill Dental Associates:**

Windy Hill Dental Associates provides complete general, preventative, restorative and cosmetic dentistry for children and adults of all ages. They pride themselves on delivering the best dentistry in a caring atmosphere.

Learn more at <http://windyhilldentalassociates.com>.

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### **Online Version:**

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