



Benefits of Sugar-Free Gum

Studies have shown that chewing sugar-free chewing gum after meals and snacks, especially when tooth brushing at those times is impractical, helps to reduce the acid level in the mouth which has a harmful effect on tooth enamel. Chewing sugar-free gum does two things. First, it mechanically cleans the surfaces of your teeth as you chew. Secondly, and possibly the most beneficial, it promotes the flow of saliva. Saliva is great stuff. Besides having enzymes that digest carbohydrates, it has antibodies that fight decay-causing bacteria. Saliva contains buffers that neutralize the acids that eat at your teeth, and it contains minerals that help rebuild parts of your teeth that have been attacked by decay acid.

Sugar-free chewing gum is also recommended for people with xerostomia (dry mouth) to stimulate saliva flow. Those experiencing TMJ (temporomandibular joint syndrome) symptoms should refrain from any gum chewing.