

The Ten Dental Commandments

- I. **Thou Shalt Brush Thy Teeth Twice Daily:** "Brush thine teeth with the break of day and ere thou retirest at night, using paste of fluoride, that thou mightest remove the scourge of plaque and avert the decay of cavities."
- II. **Thou Shalt Floss Daily:** "Floss between thine teeth every day, to cast out the remnants of food and the accursed plaque that the brush reacheth not."
- III. **Thou Shalt Attend Regular Dental Checkups:** "Twice in the annual passage of the sun, visit thou the keeper of teeth, that thy mouth may be cleansed and thy dental health watched over."
- IV. **Thou Shalt Use Mouthwash:** "Employ the wash of the mouth, for it doth diminish the multitude of bacteria and the wickedness of plaque, thus preserving thy oral sanctity."
- V. **Thou Shalt Limit Sugary and Acidic Foods:** "Consume not in excess foods and drinks of great sugar and acid, for they doth wear away the enamel and bring forth the ruin of cavities."
- VI. **Thou Shalt Drink Ample Water:** "Partake generously of water, for it washeth away remnants of sustenance and maintaineth the balance of thy mouth's nature."
- VII. **Thou Shalt Not Use Teeth as Tools:** "Use not thy teeth as instruments for tasks unholy, such as opening vessels, severing threads, or holding objects, lest thou invite chips or fractures upon them."
- VIII. **Thou Shalt Wear a Mouthguard in Sports:** "In times of physical endeavor, shield thy teeth with a guard, that thou mightest prevent injuries most traumatic."
- IX. **Thou Shalt Eat a Balanced Diet:** "Feast upon sustenance rich in the bounties of vitamins and minerals, for the health of thy teeth and gums it doth fortify."
- X. **Thou Shalt Maintain Dental Appliances with Hygiene:** "Those among thee who bear braces, dentures, or other implements of dental craft, shall keep them clean and well-tended, for the sake of thy oral well-being."

Thus are the commandments set forth, that all might preserve the sanctity and health of their teeth and gums. Amen.