

Two new universal public health measures

Mouth hygiene

Almost all contagious diseases from Strep Throat to viruses infect through the mouth--especially the gums (In fact, most likely all diseases have something to do with what we inhale or ingest). Basically, a clean mouth means strong gums which means better health. Teeth should be brushed twice a day--morning and bedtime with flossing before each time. Flossing firmly strengthens the gums. Teeth, gums and tongue need brushing, especially the gums which need massaging to stay firm and strong. The vibrating toothbrushes are best and give a 2 minute hygienic cleansing better than any manual brushing. The cost is readily covered by money saved on medications and less than the electronic game gadgets everyone has. Mouth hygiene means not putting garbage into your mouth: Keep hands clean; avoid cigarettes, marijuana, inhalants, snorts, street drugs, or anything unclean. Keep everything about and in your mouth clean and your gums strong. Mouth gargling and rinsing several times a day with a favorite over-the-counter mouthwash and/or occasionally with strong salt water solution (salt water kills most germs) is recommended. Finally, "best breathing" by the nose strengthens the mouth gums also by lessening gum dryness, and the nose is both a barrier and expeller of negative inhalants.

Best breathing

Make no mistake; there is a "best" way to breath. "Nasal inhalation" is the best way--It is more diaphragmatic requiring less muscle effort and thus more of the inhaled oxygen is used elsewhere in the body. However, "shutting your mouth" is obligatory for efficient and effective "nasal breathing"--laryngeal reflexes open better with "air into the nose" than with "air into the mouth." Mouth closure while breathing prevents dryness of mouth mucous membranes which work best when moist. A dry mouth because of mouth breathing does not protect well. Snoring dries the mouth, so practice sleeping by nasal

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inhaling and exhaling with shut mouth is essential. Choking basically is the erroneous intermingling of inhaling and swallowing which can be prevented and corrected by nasal breathing. Learn and practice the acronym "SAM": Shut mouth; Air in nose; Mouth cough (if choking or clearing throat) or just exhale (by mouth or preferably nose). The SAM must be practiced--it does not come naturally for most. Learn, practice, and teach the SAM--you will be "best breathing." (By the way, the SAM works as a panic/temper/rage/confusion stopping technique by *detachment* from the source of emotionality to calmer self-awareness and improved oxygenation--"Just do the SAM and think it through.")

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Conflict of interest

The author declares no conflict of interest.