Paleo-content

35

**Subject** – Can You Take a Bite?

Hey fellow primal eaters,

Are you ready to turn your life around by choosing the paleo lifestyle? Well, eating like a caveman doesn’t require you to sharpen your claws and hone your stone spear. But yes, it does require you to have teeth strong enough to take a bite out of those pork chops.

The question is, with dairy out of the equation, is paleo diet itself good enough for your teeth?

The answer lies in the clarification of many myths surrounding the nutrition needed for healthy teeth. First of all, calcium is of utmost importance and dairy is perhaps the biggest source of calcium. However, let us not forget that there are a lot of vegetables equally rich in potassium and calcium. A good paleo diet plan can provide you enough calcium for your bones and teeth.

Secondly, when it comes to oral health, strong teeth are not the only concern. You have to keep them safe from decay and cavities. One of the major culprits behind tooth decay is lack of fat soluble vitamins such as A, D, E, and K. You know where you can find them in abundance?

Yes, they are found in meat and fish. You know what else is found in the meat of grass-fed animals?

The Activator X – your strongest defense against tooth decay!

Moreover, paleo diet is free of grains that increase phytic acids in the body and results in expedited decay of teeth.

In short, paleo provides you a strong defense against tooth decay while at the same time offering all the nutrients required for growth and health of teeth.

We will be back again with more information regarding healthier lifestyle and choices.

Till then, stay healthy.

Bye