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Women's Oral Health

For Her. By Design.

IN THIS ISSUE

Understanding The Oral Microbiome

How Aligned Teeth Impacts Sleep

Chewing Smarter



Women's Oral Health: The Gut

Support Us On
INDIEGOGO
Coming 1.7.25

THE CONNECTION BETWEEN SLEEP DISTURBANCES AND ORAL HEALTH

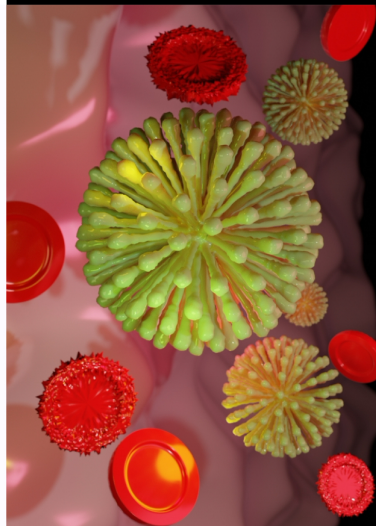
Addressing oral health concerns can improve sleep quality and overall well-being. Teeth grinding or bruxism caused by stress or malocclusion can damage teeth and wake you up. Sleep apnea, where breathing repeatedly stops and starts, can be worsened by issues like enlarged tonsils or a misaligned jaw.

WELLNESS ADVICE



Available to Download

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A DIVERSE AND BALANCED MOUTH

Your mouth is home to millions of microbes including bacteria, fungi, viruses, and cells. A diverse and balanced oral microbiome is crucial for good health. It helps prevent infections, strengthens your immune system, and even contributes to overall well-being.

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