

# Healthy Mouth Baseline

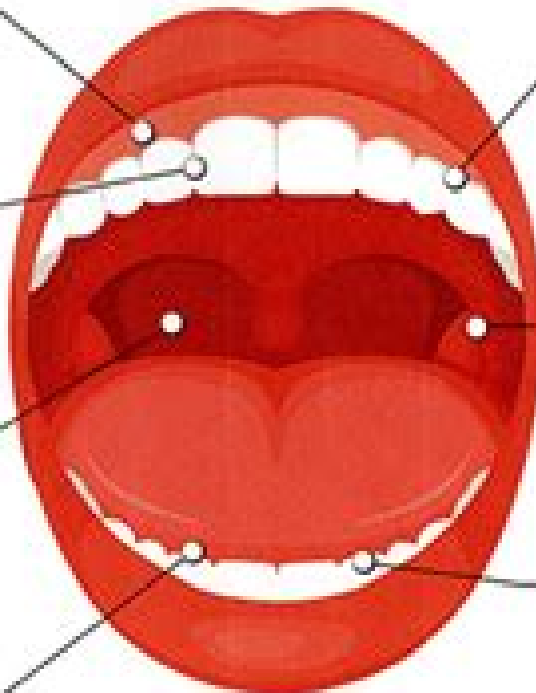
## The Mouth is the Gateway to the Rest of Your Body

- ☐ Oral Cancer
- ☐ Lumps and/or Sores
- ☐ Infection/Abscess

- ☐ Missing or Loose Teeth
- ☐ Crowded Teeth
- ☐ Large Gaps/Spaces

- ☐ Bad Breath/Taste
- ☐ Food Traps
- ☐ Dry Mouth
- ☐ Ice Chewing

- ☐ Frequent Headaches
- ☐ Clenching/Grinding
- ☐ Excessive Tooth Wear
- ☐ Jaw Pain/Clicking/  
Popping in Joint



- ☐ Deep Gum Pocket Depths
- ☐ Bleeding/Swollen/Red Gums
- ☐ Plaque/Tartar
- ☐ Receding Gums
- ☐ Gum Disease
- ☐ Smoking

- ☐ Chronic Fatigue
- ☐ Sleep Disorder/Snoring

- ☐ Cavities
- ☐ Hot/Cold Sensitivity
- ☐ Biting/Pressure Sensitivity
- ☐ Cracked/Broken Teeth
- ☐ Old Fillings
- ☐ Discolored Teeth
- ☐ Acid Reflux

*Do you have any of these?*

**A Healthy Mouth Will Help  
You Live Longer!**

# Nutrition For Healthy Mouth

**AW Rasmussen**



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