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Components Of The Holistic Approach To Dentistry

HOW TO RAISE SALIVA pH

Focus on a High Alkaline Diet

Watching the foods you eat and the beverages you drink is the most straightforward way to adjust your saliva's pH levels.

Ideally, the more alkaline you can make your saliva, the better your oral health will be. Alkaline pH levels in the mouth of 7.5 or higher will help to remineralize enamel and fight against **cavity-causing bacteria**. By limiting the acidic foods in your diet and eating foods that are high in alkaline properties, you can increase your saliva pH level and improve your mouth health, too.

Eat More Vegetables

Eating more vegetables is excellent for both your dental and overall health. Many vegetables are alkaline and will help to neutralize the pH in your saliva.

Incorporating the following vegetables into your diet will do great things for your body and your teeth:

- Broccoli
- Kale
- Asparagus
- Spinach
- Green beans
- Red bell peppers

Limit Bread and Sugar

One of the most simple ways to make your diet more alkaline is to limit bread and sugary sweets. Carbohydrates take the form of sugar or starches soon after digesting, which lowers your pH levels and makes your saliva more acidic.

Use Xylitol Products

Cavity-causing bacteria turn sugar into acid. They cannot metabolize xylitol like sugar, so the cavity-causing bacteria population decreases.

Reduce Your Alcohol and Caffeine Intake

Alcoholic beverages and drinks that are caffeinated all have acidic properties. Limiting your wine intake and only drinking one cup of coffee in the morning is an easy way to keep your saliva pH alkaline. Reducing your intake is a helpful start in making your saliva more balanced.

Incorporate Seeds and Beans

Most seeds and beans are alkaline foods, and they can help to eliminate acidic saliva. A few great options to incorporate into your diet are lima beans, soybeans, sesame seeds, and navy beans.

Wash Away Acidic Foods By Drinking More Water

If you find yourself eating or drinking something with acidic properties, we recommend rinsing your mouth with water immediately afterward. Drinking more water throughout the day can help to [keep your saliva balanced and acids under control](#).