



Hey ya'll,

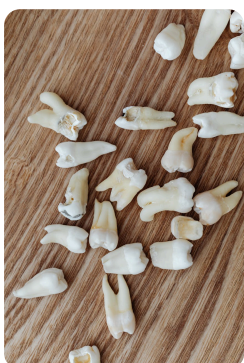
You've probably seen it on social media: collagen supplements, facial contouring, and now... toothpaste? The truth is, your smile plays a huge role in your facial structure. When enamel wears down and collagen depletes, it can subtly change how your face looks over time. Let's break down the why — and what you can do to age like fine wine (with great teeth).

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## Why Oral Health Affects Your Face

- Enamel loss can make teeth appear shorter or thinner, which affects lip support and facial balance.
- Gum recession can impact the lower face structure.
- Tooth loss over time can contribute to facial sagging.



## Natural Ways to Support Stronger Enamel

- Use remineralizing toothpaste with hydroxyapatite or calcium phosphate
- Try fluoride-free options with xylitol or nano-hydroxyapatite
- Avoid overly acidic foods and beverages that erode enamel



## Collagen Support for Teeth & Gums

- Collagen peptides may help maintain healthy connective tissues in your gums
- Look for supplements with vitamin C, zinc, and biotin
- Foods to try: bone broth, citrus fruits, leafy greens, salmon skin



## What Weakens Enamel (So You Know What to Avoid)

- Whitening toothpastes with harsh abrasives
- Sugary drinks and acidic foods
- Brushing too hard or with a stiff toothbrush
- Skipping regular cleanings (we notice!)

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## Weekly Transformation



Check out this amazing smile transformation! This patient started with crowding and spacing in the front teeth, along with a misaligned bite. With personalized orthodontic treatment and expert guidance, we created a healthier, more confident smile – and the results speak for themselves!

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Thanks for being part of the Frigo Ortho family – whether you're here for early guidance, a confident new smile, or just staying informed, we're so glad to have you with us.

Until next time,  
Dr. Frigo & Team

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