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Paint your mouth

Garth D Pettit

4 Your Smile 2 Shine Pty Ltd., Australia

“Paint Your Mouth” is an instruction. It is unique, totally oral, oral hygiene instruction that is infinitely more efficient in preventing oral diseases than the 15th Century instruction “Brush Your Teeth”. “Brush Your Teeth” was invented by a Chinese Emperor in 1498, the year he patented the first tooth brush made with bristles. Bristles were taken from the back of a Siberian hog’s neck. The tooth brush handle was made from either bamboo or bone. The bristles were inserted into and at right angles to the handle. A tooth brush in this, the 21st century is made with plastic handles and nylon bristles. Even the name tooth brush is archaic. It refers to only surface in the mouth to brush: teeth. I call a tooth brush, Mouth Brush, and tooth paste Mouth Paste. In 1996, 5 years after retiring from dental practice my granddaughter was diagnosed the early tooth decay in a front, upper deciduous tooth. Angrily I made this mission: “Prevent Oral Disease in Children”. But, in these books children learn much more than the oral hygiene instruction. They are taught that when they eat or drink their whole mouth is covered with harmful plaque, not just teeth but also gums, tongue, roof, floor, cheeks and lips inside the mouth. Combining “Paint Your Mouth” and knowledge they acquire from the books will help them to enjoy their lives free from common oral diseases and many general disease such as heart attacks, high blood pressure, Alzheimers disease, strokes, diabetes and more.

Biography

Garth D Pettit graduated Bachelor of Dental Surgery (BDS) in November 1953 from University of Adelaide, School of Dentistry. He retired from dental practice in December 1991. His expertise, gathered over a period ongoing since 1995, is teaching people of all ages how to prevent common oral diseases such as tooth decay, gum diseases, bad breath and stained teeth. However his research he did in 2001, led him to believe that the 500 year old instruction Brush Your Teeth was misleading, often did not prevent these diseases and in fact could be a cause of these diseases. In February 2011 he published, in Amazon Kindle, twelve eBooks. Two were new and ten were from electronic copies of his original 10 Mouth Wise Oral HealthCare Manuals. They were titled “Oral 7 Hygiene – Paint Your Mouth. Visit 1 of 12 Visits to GarGarThe Dentist” etc. Later they were re-titled “Paint Your Mouth”, then “How Do I Look After My Kids Teeth?” Now they are to published under the title “Teaching Oral Disease Prevention”.

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