this is one of those “every eventually starts bopping their head” tunes that always makes me smile when I see the effect it has on the room.

Raffinierter Zucker, Getränke, Weimehlprodukte, hocharhitzte Speisen (über 180 Grad C), fertigprodukte und fast food sind stark einzuschränken.

Protein in meats and beans can also help your oral health.