

HEALTH TIP

Millet should not be an option

Millet is a good source of vitamins, minerals, and organic compounds that can significantly boost the body's immunity in various ways.

Heart Health

Fausta Akech, a nutritionist at Healthy U says, millet, because it contains magnesium is one of the best grains to add to your diet if you want a healthy heart. The mineral is important in reducing blood pressure and the risk of heart attack or stroke.

She says, "The potassium in the millet keeps blood pressure low by acting as a vasodilator. Reducing your blood pressure and optimizing your circulatory system is one of the best ways to protect your heart. This would also protect against certain chronic diseases, like cancer and heart disease."

Controlled cholesterol levels are good for heart health and the high fiber levels in millet are ideal for lowering cholesterol.

Detoxify

Millet contains a lot of antioxidants which clean up toxins from your body by getting rid of any foreign agents and toxins through promoting proper excretion and neutralising enzymatic activity in certain organs.

"It contains Quercetin which helps keep the kidney and liver functioning properly by excreting the toxins from the body regularly," Akech says. Millet is very rich in fiber which helps in healing gastrointestinal disorders.



Some drugs in your toothpaste are a health risk

Many popular toothpastes and mouthwashes contain potentially harmful ingredients, which are made up of very small molecules that may penetrate through the tissue of your mouth, enter the blood stream, and build up in the liver, kidneys, heart, lungs, and tissues.

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manent teeth, it can prevent enamel from forming normally and cause discoloration.

Another chemical to look out for is triclosan, a chemical that kills bacteria that toxicological studies found to affect estrogen-mediated responses. Triclosan also cuts off the thyroid hormone and therefore is an endocrine disrupter. Previous research showed

it disrupted thyroid hormone associated gene expression even at low levels and decreases circulating concentrations of the thyroid hormone thyroxine.

Artificial sweeteners

Artificial sweeteners such as aspartame and saccharin have been linked to an increased risk to heart disease, higher body mass/

It is ironic how we worry so much about carcinogens in our food when we could actually be liberally ingesting them daily through our toothpaste. According to dentists some of the popular toothpastes on the market contain ingredients that are doing more harm than good for your overall health. The most common ones are fluoride, antibiotics and other drugs used to prevent cavities, tartar or teeth sensitivity.

Dr. George Bwesigye, a General Practitioner from Najeera Hospital, reveals that most toothpaste contain monofluorophosphate fluorine aka fluoride meant for whitening of teeth which is very harmful if ingested because it weakens the bones if consumed in high doses. "Because fluoride is not normally digested, it goes into the bloodstream which results in skeletal fluorosis, a disease where there is excess fluoride in the bones. It causes damage to the bones and joints," Dr. Bwesigye adds. In children who have not developed per-

NOT ALL BAD

Different dental practitioners have divergent views about the use of fluoride in toothpaste.

John Musoke a public health dental office says fluoride used in minimal amounts is good for the teeth. It only becomes dangerous however when

people already have enough of this mineral salt in their water. We usually see this problem in people who come from mountainous places such as Kisoro, Fort Portal and Mbale," Musoke explains.

Musoke recommends the use of fluoride toothpaste for the good of the teeth. But he cautions people with preexisting



obesity, hypertension, metabolic syndrome, and type 2 diabetes. It is made up of three chemical compounds: phenylalanine (an acid), aspartic acid (amino acid and methanol. Dr. Moses Hamy dentist explains that in large doses the amino acids can be toxic. If phenylalanine is chemically broken to other ingredients it is absorbed almost immediately into the bloodstream and not slowly in the digestive system (normal process of enzyme breakdown and liberation

Microbeads

Musoke says microbeads are designed to get into hard to reach places and can get trapped in your gums. "In such cases when one mucus is lodged in a crevice of a tooth it opens up the tooth and gum tissue bacteria which can lead to gum disease," he explains.

Artificial Dyes

Color dye, most common in toothpaste: blue 1, blue 2 and red 40. Artificial coloring has been linked to behavioral problems (Europe requires it to be on the label), a being carcinogenic.

Hydrated Silica

It can cause damage to the enamel and prevents re-mineralization which is so important for teeth health. Think about it like sand against glass, eventually it will wear and tear. It not only can cause damage to your teeth, but the mucous membrane as well. It also can be contaminated with crystalline quartz which has shown to be carcinogenic.

How to use toothpaste well

- You are using too much, just use as much as the size of a pea. And too much foam can make you lose track of where your teeth actually are located.
- You are not taking enough time. You need at least two minutes. Any less, you are missing spots.
- You are not paying attention. The toothbrush needs to touch every crease of every tooth. It is the toothbrush friction that cleans your teeth, not the clean product. Plaque is a growth, like the grey mildew that grows around the edge of your shower. You have to rub it off to get it off. No tooth cleaning liquid, paste, creme, gel, or powder is going to make much of a difference as your attention detail will.
- You can use baking soda, or coconut oil, your favorite toothpaste, or even just water. The key is to have a good technique and to brush often.