

# Dental Exercise In One Page

Why Does It Matter to Me?

*“Because the number one cause of heart damage in dogs is bacteria from the teeth. The vast majority of heart murmurs are preventable. It’s not even expensive. I never want to tell you that your dog has a heart murmur, and that the clock is ticking.”*

Dental exercise:	What They Are:
Scrapes Tartar Off	Beef Bones: Soup, Marrow and Knuckles, Yak Milk Chews
Toughens Gums	DentaStix & Greenies – Soft, And Go Down Way Too Fast to Do Much. ☹
Increases Salivation	DuoClenz Chews – Enzyme Treated Rawhide Strips
Kills Toxic Germs *and also* Slime Bacteria That Build Tartar.	Oxyfresh – Water Additive from Amazon.com
Freshens Breath	Oravet Chews – Chewy Tooth Coating Treats
Oravet Will Coat the Teeth	

1. The easiest, **best** all-around dental exercise comes from CET enzymatic chews.
  2. The **second** best dental exercise comes from beef bones (Knuckle, Soup, Marrow)
- All of this is based on personal and professional experience I have tried all of the below long enough to determine what the benefits are.

	Kills Germs	▲ Saliva Production	Dog Must Chew*	Freshens Breath	Toughens Gums	Scrapes Teeth	Coats Teeth
DuoClenz Chews	☺	☺	☺	☺			
Yak Milk Tibetan Bones		☺	☺		☺	☺	
Beef Bones		☺	☺		☺	☺	
OxyFresh	☺			☺			
DentaStix or Greenies			☺	☺			
Oravet Chews			☺	☺			☺

It is my great regret that there is nothing on the market that can scrape tartar but **also** provide antibacterial functions. I guess that’s where a surgical dental scaling with anesthesia comes in for dogs that simply won’t chew.

An important point of this she is to emphasize that **after a dental cleaning, you have a fresh chance to maintain excellent dental health by keeping slime bacteria at bay** and keeping the gum line strong and the teeth exercised.

Most small dogs will not chew beef bones. A Yorkie was heard to say: “Too much work”. Still, Yak Treats (Himalayan treats/Cherpi Chews) may be accepted as “scrapey” exercise by SMALL dogs.

Some small dogs won’t chew on *anything* and after a dental scaling those dogs benefit from Oxyfresh because they cannot decline something used in their water.

After a dental, most dogs can be enticed to take Oravet Chews which basically provides a “plastic coating” for the teeth which (it stands to reason) only keep them as healthy as they are when you start Oravet chews.

Some dogs just will NOT chew on things. Small breeds commonly don’t. Try Yak Milk Chews.