



# The Tavares Dental Connection

with

## Dr. Chuck Reinertsen

Produced for the Patients of Tavares Dental Excellence, LLC

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### How To Use Directed Water Irrigation

You've probably heard my speech about Directed Water Irrigation at least once. I'm passionate about DWI because it works! Every week, I see someone that uses water irrigation but incorrectly. So I thought it would be a good time for a refresher.



Water Irrigation (DWI) uses a physics phenomenon called the Venturi effect. Think of it not as a power washer but more like a vacuum cleaner. The suction that's created next to the flowing water removes bacteria from under your gum tissue and from in between your teeth.



"Directed Water Irrigation is easy and simple to use!"  
Dr. Chuck

Let's put this power to work for you everyday! Here's how:

1. Brush for two minutes with a soft nylon or an electric toothbrush. Save a step and brush in the shower, toothbrushes are designed to get wet! Then use your shower breeze or any other water irrigation device.
2. Use as warm of water as you can comfortably tolerate. Aim the irrigation tip DIRECTLY BETWEEN your teeth, in the space you would floss; not up into your gums. "Shoot the gap" for FIVE full seconds. (Keep the pressure all of the way on high, or as high as you can comfortably tolerate and work your way up as you get healthier.)
3. Move on to the next space.

If you'd like to review this technique online, check out my video at [IHateFlossing.com](http://IHateFlossing.com).



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To Your Dental Health,  
Dr. Chuck

### In this Issue

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[www.FloridaAlimonyReform.com](http://www.FloridaAlimonyReform.com)

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See us on the web at [www.TavaresDentist.com](http://www.TavaresDentist.com)



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"Are You a Member of a Civic Group, Church or Community Organization? Are You Looking for Valuable Content to Share with Your Group? Did You Know That You Have FREE Access to Expert Information?"

If you answered YES to any of these questions you may be interested in having Dr. Chuck come to your organization to talk for FREE. No sales pitches, just important information that can save money, time and improve your health.

"I believe you can have fun and still learn so I've put together several different short programs. These programs don't cost a dime to you. I'll bring breakfast or a light lunch along with goodie bags and giveaways." Dr. Chuck  
If you are interested in reserving program time for your group, please contact C.C. today, 352-253-6400.

