

# Dental Expert Dr. Allen Blourchian of New Image Dentistry Shares Insight on Best Practices for Daily Oral Hygiene

*Easy yet essential adjustments that help prevent decay, sensitivity, and costly dental work*

FRANKLIN, TN, UNITED STATES, April 17, 2025 /EINPresswire.com/ -- Small changes in daily habits make a long-term difference in dental health. This is according to Dr. Allen Blourchian of New Image Dentistry in Franklin, Tennessee, who offers practical advice for protecting tooth enamel and maintaining a strong smile in the latest edition of [HelloNation Magazine](#). His insights are featured in the article [Protecting Your Teeth: Simple Habits for a Stronger Smile](#), where he outlines easy yet essential adjustments that help prevent decay, sensitivity, and costly dental work.

The article covers the best practices for daily oral hygiene that truly make a difference. Dr. Blourchian emphasizes the importance of limiting sugary drinks, increasing water intake, and avoiding the misuse of teeth as tools. He also highlights the often-overlooked issue of nighttime teeth grinding, encouraging the use of a custom mouthguard to protect against enamel erosion and jaw pain. These tips are designed not only to preserve the strength of enamel, one of the body's most resilient substances, but also to help patients reduce the likelihood of developing long-term oral health issues.

The full article, [Protecting Your Teeth: Simple Habits for a Stronger Smile](#), is available now in HelloNation Magazine.

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Dr. Allen Blourchian

educational content and storytelling, HelloNation delivers expert-driven articles that inform, inspire, and empower. Covering topics from home improvement and health to business strategy and lifestyle, HelloNation highlights leaders making a meaningful impact in their communities.

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