

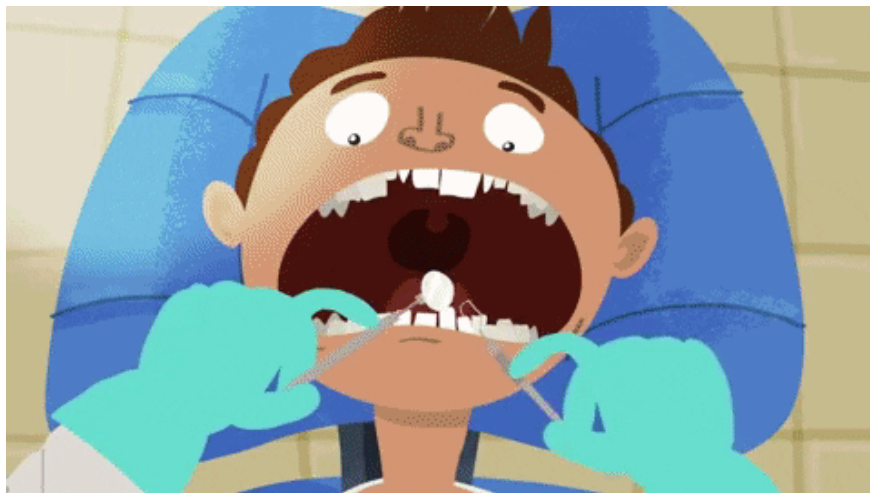
## Why are our teeth deep?

The higher the amount of sugar in the food, the more likely the tooth is attacked by bacteria and the higher the tooth decay.

When finding 15,000-year-old human skeletons, a group of archaeologists discovered something quite interesting. It is the teeth of these ancient people who have many holes because of tooth decay. Just like today, the cause of tooth decay for ancient people is due to the tiny microorganisms that live in our mouths.



From the moment of birth, these microorganisms exist in our mouths. When people grow teeth, the kind of food we eat every day determines certain types of bacteria that will dominate the mouth. This is also the cause of tooth decay.



A high sugar diet will facilitate the growth of Streptococci Mutans strains in the mouth. Sugar is the food of these microorganisms. Bacteria will produce byproducts like Lactic Acid when consuming sugar. Lactic acid cannot affect Streptococci Mutans but it is different with our teeth.