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# How A Lowly Toothpick Can Help Your Bad Breath

## **Today's Quick Tip: Use A Toothpick**

Anything that remains in the mouth long enough can contribute to bad breath. Sometimes you get something stuck in your mouth that brushing and flossing just don't seem to be able to get rid of. Try a toothpick, sometimes its rigid shape is what you need. Once you get everything that doesn't belong out of your mouth your breath will probably smell a lot better.

[Cav Says: Did you know that most commercial oral care products "cover-up" bad breath instead of prevent it? [Learn more here.](#)]

You can also find this article published on [How A Lowly Toothpick Can Help Your Bad Breath](#)