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Today's Quick Tip: Brush Your Tongue

The white layer on top of your tongue may be a sign that you could have bad breath. The layer actually contains bacteria that are the main cause of chronic bad breath. You should therefore also brush your tongue, reaching as far back as possible. You can also use a tongue scraper to get rid of the bacteria.

[Discover the Truth About Bad Breath! Click Here to grab your free copy of 'The Bad Breath Bible', AND FREE products worth \\$33.45](#)

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