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# Brushing Correctly

For most people, brushing their teeth becomes a mere ritual to be gotten over as quickly as possible. But, if you don't learn how to brush your teeth and the surrounding areas correctly, then you may be on your way to experiencing a terrible case of [bad breath](#).

The first step to a good brush is by brushing the teeth, gums, tongue and the inside of the cheeks with a dry toothbrush and without toothpaste. This ensures that much of the bacteria that reside on the surfaces are removed. After then, brushing with toothpaste can commence.

When brushing your teeth, it should be done in a circular motion around the incisors, making sure that the areas near the gums are also brushed. This is to prevent plaque from building up there which can cause not only bad breath but also tooth decay.

The gums should also be brushed so that they remain healthy. Unhealthy gums may have gingivitis causing the gums to bleed and can contribute significantly to [bad breath](#). A person should only brush lightly since the gums are soft and could easily bleed if brushed too hard.

Then finally, the tongue and the inside of the cheeks should also be brushed. These areas are usually neglected since many people perceive that brushing one's teeth only involves the teeth itself. The truth of the matter is that a lot of bacteria get stuck in these areas and could contribute to bad breath. There are specialized tongue cleaners out there on the market as well as toothbrushes with tongue and cheek cleaners that make for a more effective brushing.

[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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