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Today's Quick Tip: Brush Properly

Food stuck on teeth can cause bad breath. You have to brush twice a day. It isn't just enough though, to brush at a random pattern. Brushing should last for at least 3 minutes. Be sure to include the back portion of your teeth and the teeth located at farthest portion of your mouth. Some dentists recommend brushing at a downward or outward motion to help get rid of food particles and bacteria.

Do you know the real causes of bad breath?

Discover the truth about bad breath. Download this easy-to-read FREE guide to help YOU experience fresh breath every day for the rest of your life.

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