

Oral Health Tips



**Forget mints, sprays, and gum...
minimize bad breath with a cleaner tongue!**

The tongue is a warm, moist, uneven surface where decaying food particles and bacteria become easily lodged. Anaerobic bacteria flourish on the back of the tongue and emit foul-smelling sulfur compounds, the prime cause of bad breath.

To reduce these sulfur compounds, it is important to keep the mouth impeccably clean. Regular tooth brushing and flossing are helpful. But according to the American Dental Association, an equally important defense against bad breath is proper cleaning of the tongue. This means scraping the tongue daily to remove bacteria and decaying food



particles that nest in its tiny nooks and crevices. The most effective way of cleaning the tongue is with a specially designed plastic tongue scraper.

A University of Toronto study found that tongue cleaning reduces sulfur gases and offensive odor by 75 percent, while tooth-brushing alone reduces them by only 25 percent.

Tongue cleaners can be found in drug stores and pharmacies. You can also ask your dentist or hygienist where to find them. For more information, Alwin

Enterprises, Inc., a leading supplier of tongue cleaners, can be reached at 1-800-749-4553.