

# Mouth cleaning—health!

## Opinion

If you want to live a long life, then be safe and **keep your mouth clean**. Almost all diseases are transmitted into the body through the mouth. This means you should have good strong gums! Strong gums are what keep the bugs and bad chemicals out!

So you should brush your teeth twice a day vigorously and make sure the brushes hit all the gums and not just the teeth. The gums and teeth should be brushed on the outside and on the inside. The tongue should be brushed at the end also. These new vibrating toothbrushes are best.

Before one brushes, however, use dental floss especially at the bedtime tooth brushing. A good long stretch of dental floss enables you to clean between teeth on both sides of the mouth at the very same time. You should rub with the floss vigorously so you feel the floss against the gums between the teeth. It is this floss massaging the gums that strengthens them, particularly between the teeth. You floss twice a day and brush vigorously twice a day, you will not get common diseases very easily and your body will be protected internally from all sorts of chemicals that could seep through weak gums in an unclean weak gummed mouth.

Besides flossing and brushing, one should not put crap and garbage in your mouth! Keep your hands clean and only put clean things in your mouth. That means do not smoke, use marijuana, sniff or snort drugs or put what is unclean into your mouth. Also, keep your mouth clean by using good English! Nasty, dirty words don't help your mouth either. Keep everything about your mouth clean.

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Do this and stay safe, and you will have a long healthy life, and with a clean mouth, your medicines and everything else will work better too.

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## Conflicts of interest

The authors declare that there is no conflict of interest.