



# Hand Washing

Washing our hands is something we do on a daily basis. But how do we really know which type of soap is best? Here are some facts of bar soap, liquid soap and antibacterial soap.

## Bar Soap

If the bar of soap is sitting in a dish of stagnant water, there's usually bacteria growing and so the bacteria is spreading from one person to the next.

## Liquid Soap

Liquid soap should be stored in closed containers and dispensed from either disposable containers that are washed and dried before refilling. It's far likely to be contaminated.

## Antibacterial Soap

The Center for Disease Control reports that antibacterial soaps have not been proven to be any more effective in killing germs than any other soap.

Yours for health naturally,

**Dr B**

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