



Toothbrushes & Toothpaste

Ways to easily reduce the number of cavities and sore throats in your home.

- Refrain from sharing toothbrushes and toothpaste.
- Mark your own toothpaste with a magic marker near the cap.
- Have a spot for your own toothbrush and toothpaste in a drawer or cabinet.
- Every week or so, soak your toothbrush in a small glass with 3% hydrogen peroxide.
- If you have a guest spending the night, make sure you set aside a separate set of toothbrushes and toothpaste.

Yours for health naturally,

Dr B

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