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The Mighty Mouth Minute

**Good oral health is a critical part of your overall health.**

**Take a minute to learn how you can prevent oral disease.**

**Flossing is the New Yoga**

*Unleash the power of the tiny string*

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While a toothbrush cleans the surface of your teeth, only floss removes what lurks in between, and under the gumline. All the grooming in the world won’t help if you have a piece of spinach stuck in your teeth, or if you have bad breath because of a gum infection.

**Daily flossing and brushing helps you look and feel better by:**

* preventing cavities and gum infections
* keeping your breath fresh
* helping you look younger (by helping to prevent gums from receding)
* Flossing is easy. It only takes a couple of minutes, less time than it takes to shave or apply mascara.
* Flossing saves you money. Every cavity prevented saves you more than $2,000 over a lifetime.
* Take care of your teeth and gums by wrapping them in a floss embrace every day. Your oral and overall health will improve – and so will your breath.

**Unleash the power of oral health!**

**To learn more, visit** [**TheMightyMouth.org**](http://www.themightymouth.org/)