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Ten Sure-Fire Tips For Avoiding Plaque

By Blake Kritzberg

We can all use some foolproof tips for avoiding plaque. Plaque is an aggregation of harmful

bacteria that collects on our teeth and gums, showing up as a fuzzy, whitish coating near the gum line. If plaque is allowed to build up and isn't removed on a regular basis, it inevitably leads to tooth decay and gum disease.

So that said, here are ten surefire tips to avoid plaque build-up and enjoy a fresher, healthier mouth.

1. Brush at least twice a day to avoid plaque.

Use a small, circular motion and be sure to brush each individual tooth on all sides. Pay special attention to back teeth which may be harder to reach. Make a difficult job easier with one of the new electric or battery-powered toothbrushes, and brush for a full 30 seconds ... not just until your mouth fills up with foam, a common mistake. If bacteria is a real problem, look into the new high-end, rotating "plaque remover" electric toothbrushes.

2. Remove more plaque by brushing your gums.

Using a soft tooth brush, gently brush your gums as well as your teeth to avoid plaque. Hint: Lift your lips from your gums in order to better reach plaque collecting in the crevices. For super-powered gum cleaning, use one of the water picks or oral irrigators available on the market.

3. Don't forget to brush your tongue to help avoid plaque and bad breath.

The tongue is simply filled with tiny crevices where plaque and bacteria collect. Although brushing your tongue may feel odd at first, neglecting to do so may leave as much as 50% of the bacterial-causing plaque still in your mouth.

4. Floss daily to avoid plaque build-up between teeth.

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Your tooth brush simply can't reach all the plaque between your teeth, so flossing is necessary to avoid plaque build-up.

5. Avoid between-meal snacks, since sugar feeds the bacteria that causes plaque.

Bacteria does its worst damage within about ten minutes after a meal or snack. Most people don't brush after every snack — and invasive sugar comes in the form of foods like fruit (fructose) and milk (lactose), not just candy and soda.

6. Drinking water washes bacteria from your mouth, helping to avoid plaque.

Drink plenty of water after a meal or a snack, swishing it around a bit, and you've improved your odds against oral bacterial already.

Want to test your brushing technique and learn how to better avoid plaque? Try this:

1. Add a few drops of food coloring to a small amount of water.

2. Brush your teeth as you normally would, then rinse your mouth with the colored water.

3. Now look for the areas where food coloring still clings to your teeth, tongue and gums. The food coloring has colored all the plaque you missed!

4. Brush again to remove all the colored areas. Next time you brush, you'll be more aware of your problem areas and better avoid plaque build-up.

As you can see, there are a number of tips sure to aid you in the fight against plaque. Adding just one or two at a time to your dental routine is sure to improve your odds against plaque — and your oral health.

Blake Kritzberg is proprietor of CuresForBadBreath. Stop by

<http://www.curesforbadbreath.com/>

to

learn more about bad breath cures and how to prevent bad breath.

Rewarding Award Plaques

By Paul Graham

When you think about contests or other various events when human skill or genius is being

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acknowledge, there are always various types of award plaques that are being handed out to either the contest winners or just to the persons who are being honored at a certain event.

In spite of the awarding ceremony being a small part of the whole program, the award plaques are clearly an important part of the whole event. Without it the contest or the event would not really have a highlight and really, there is not fun when there are no awards that are being handed out.

You can be sure that the organizers of the event or contest have really taken their time in coming up with the kind of award plaques that really befits the winners of the person who is being honored.

Award plaques come in all sorts of type since they will be used on different occasions, like the award plaque that will be used at a quiz bee will definitely be different from the award plaque that will be given to someone who just won a writing contest or the award plaque that will be given to the person who has created a great scientific discovery or to someone who has managed to change the world for the better.

So you see, there is really much effort to be done when it comes to picking out the perfect award plaque that you will use for whatever event or contest you are holding.

There are actually various award plaque stores all over the United States all offering various types and designs of award plaques. Some of these award plaque stores also offer other specialty services when it comes to producing an award plaque that will fit your taste.

A common type of special award plaque service is to have your award plaque custom made. You can actually turn the award plaque into something that really represents either your organization or institution to give that extra kick for your award plaque. Of course, you have to be prepared to give a little extra money for having such a unique plaque made. Having an award plaque that is distinctly your company's, institution's or organization's own is certainly worth that little extra money.

In case your area does not have a lot of award plaque stores and the ones that are being sold off in specialty stores are not your type or are just too boring for words, you can then log on to the internet wherein there are so many award plaque makers who offers all sorts of designs and finishes for the award plaques that they offer.

The internet, aside from being home to various award plaque merchants, is also a highly convenient way of purchasing an award plaque from a generally faraway place like if you live in New York and the award plaque maker is based in Germany (it will cost you the shipping though) or if again, you live in New York and the award plaque specialty store is situated in Los Angeles (it will be pretty impractical for you to fly all the way to California).

Just be prepared to pay extra for the shipping and handling as well as allow some time before the award plaques will actually reach your place. So be sure that when you are opting to take this kind of award plaque shopping, you should give an ample time allowance for its delivery or else, your award

plaque might not have even arrived by the time of the awarding ceremony.

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There are various types of award plaques that you can choose from like the really generic slide in award plaques where you can just literally slide in a printed matter in your award plaque frame where all the details concerning the event and the winner's name are all there. Next there are the traditional matted plaques which are a popular choice for corporate office settings and are usually given out on special yearly corporate events.

For more great award plaque info and advice check out:

<http://www.best-plaques.com>

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