**Top 4 Wonders of Brushing and Flossing**

Caring for your teeth shouldn’t be the work of your dentist alone. After all, you are the one who spends the most time with your teeth and not your dentist.

So how can we take of them at home? One doesn’t need all the dentist’s tools to create magic. There’s no secret ingredient to it; no little tricks tucked up your sleeve. Just your toothbrush, toothpaste, and of course floss.

Here are four of the greatest wonders of brushing and flossing that could save your smile and your day.

1. Shine bright like a diamond.

So you’re on your way to work, and you stop by the coffee shop for a take away to get you through your morning. One salted caramel mocha, you said, your inner self asking for extra whip and another of those sinfully good Pumpkin Cream Cheese Muffins. Exactly what you need. One gulp and you rush out to meet the demanding world that is your everyday life.

You go on with your day, meetings after meetings, lunch squeezed in between breaks. There’s just not enough time! Not even for a long breath, much less for a quick toothbrushing. And so you forgot to brush, again.

Every time we eat, plaque and stains are left in our mouth. They stick in between teeth and leave their filthy marks on them.

While they might be unnoticeable at first, plaque can accumulate and build into tartar. Tartar buildup sticks very hard to tooth enamel, and only a dentist can remove it.

So before your breakfast break your teeth and lead to more serious problems, you better become friends with your toothbrush.

Brushing your teeth the right way after every meal is the right way to go. It removes plaque before it starts to build up.

A two to three-minute toothbrush routine can shoo the plaque away, leaving you with clean, white teeth. Of course, flossing after brushing should be a habit as well. It removes the leftover food stuck in between teeth and prevents bacteria from having a heyday.

So before you nurture the thought of skipping your toothbrushing sessions, always remember a yellow shade is no winner.

Brush and floss your teeth regularly, and you’ll have picture-perfect teeth that shine bright like diamonds.

1. Fresh breath

That cute barista over the counter could be your next big thing. That presentation you spent sleepless nights for could be the break you have been waiting for. All you need to do is secure a good impression. Because first impressions are everything, right?

So you walk over to the counter, just a little amount of sway of the hips, not too much, we don’t want to appear too flirty, just enough to create a shade of mystery. You carefully place your hand on the counter, long-tipped nails in perfect red, take your seat, careful not to ruin that dress you bought a week ago, thanking the heavens for the sale, the extra cash, and now this! Everything is in perfect timing. You leaned in close, and the fabric fell to cover your shapely legs. Brows arched and in that perfectly practiced sultry voice, you said Hi.

Everything is where it should be. Fate has flicked her wand and opened the gates for Cupid’s arrows to come your way. But even before golden tips could reach both of your hearts, they shy away because of your breath.

Funny isn’t it? How something simple as a smell of your breath could ruin what could have been the perfect love story. Funny and scary at the same time, because unfortunately this happens!

Good news though! The heavens are still bent on giving you a love life, so they have given you a toothbrush.

Brushing your teeth removes the odour left by the food you ate, thus stopping it from accumulating into something worse. Flossing your teeth afterwards ensures that the bacteria will not eat away your teeth and cause that bad odour. So you can go on and live that perfect love story you’ve always read about.

1. Healthy, Firm Gums

A simple two-minute brushing of your teeth leads to healthier gums and prevents Gingivitis.

Gingivitis is an inflammation of the gums and the first stage of gum disease. It is caused by the plaque build-up around your teeth, leading to swollen gums and teeth that bleed when you brush them.

Studies also reveal that those with gingivitis are more likely to perform poorly on two tests: delayed verbal recall and subtraction -- both skills used in everyday life.

So if you want to ace that exam, might as well begin with having healthy, firm gums.

1. Save Money!

Brushing and flossing your teeth can save you from an extra visit to the dentist. And who in their right mind doesn’t want some extra cash, right? Not to mention the time and effort it takes for you to undergo a dental treatment that could have been avoided.

Good dental habits at home and work can go a long way. From saving your teeth to keeping that extra cash, it’s rainbows and unicorns and happy ever afters all the time. So keep your teeth healthy, and you’ll keep your wallet happy.