

Health Matters

Patsy Meridith, C.N.C. Owner of Natural Foods Market

Affecting three out of four Americans over age 35, periodontal disease is closely linked to an increased risk of cardiovascular disease, which can double your risk of stroke and triple your risk of heart attack. Scientists warn of the serious consequences that periodontal disease can pose.

That's why brushing and flossing regularly is so important. It reduces bacteria and plaque not only to help save your teeth, but also below the gum line in an area called the sulcus, which can also reduce your chances of periodontal disease.

An innovative new toothbrush called the **Flossing Toothbrush** has been created to effectively brush and floss at the same time with its double-tiered, dual-action set of soft bristles. With longer, thinner polished bristles layered in between the shorter, thicker standard ones, the **Flossing Toothbrush** effectively penetrates between teeth and below the gum line to remove bacteria and plaque. They're sized for adults. kids & even babies.

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