

Dr Gopi Krishna's Three Mantras for a holistic healthy smile...

- 1** **Brushing and flossing twice a day:** there has perhaps been no simpler method to keep our teeth and gums healthy than by brushing and flossing twice a day especially once after dinner.
- 2** **Drink lots of water:** Keeping the mouth hydrated is one of the best ways to cleanse the mouth. Sipping a glass of water every few hours is one of the easiest ways one can keep the mouth moist.
- 3** **Eat right and eat healthy:** the cola and chips packet can be harmful to your oral health. Hence, eat right, eat healthy and keep smiling.....!