

# whole living

body+soul in balance

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## Tools to Save Your Smile

### NIFTY GADGETS FOR STELLAR ORAL HYGIENE



**THE RIGHT TOOTHPASTE** To keep teeth healthy and bright, look for a toothpaste that targets your dental issues—for instance, a formula that whitens, offers tartar control, or is designed for sensitive teeth. Crest Pro-Health Clinical Gum Protection (\$5, [pgestore.com](http://pgestore.com)) helps fight gum disease.



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**ELECTRIC TOOTHBRUSH** "It moves fast and strokes the teeth more than you could do yourself," Zunka says. Philips Sonicare FlexCare+ Rechargeable Sonic Toothbrush (\$190, [philips.com/store](http://philips.com/store)) has five brushing modes to target specific concerns, such as gum care.



**TONGUE SCRAPER** Often a bumpy surface on the back of a toothbrush, these scrape and dislodge odor- and cavity-causing bacteria from the tongue and cheeks. Colgate Max Fresh Toothbrush (\$3.50, [drugstore.com](http://drugstore.com)) features a textured tongue scraper.

