

HEALTHY HABITS

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PHOTO: PRABIR DAS

Be it our laziness or the fear of not being able to have midnight snacks after brushing at night, we often neglect to brush our teeth before going to bed. But the simple habit of brushing your teeth twice a day will reduce your chance of getting dreadful tooth problems, bleeding gums, bad breath, and most importantly, will save your money on dental care.

- Brushing helps you get rid of food and plaque at the junction of your teeth. While night brushing does it effectively for you, it also lets you sleep with a clean and refreshed mouth.
- Brush twice a day to have a healthy heart. Research shows that brushing your teeth can help protect you from heart attacks by fighting bacteria in your mouth that causes stiffening of the arteries which may lead to heart attacks.
- You may need to brush more than twice considering the kind of diet you are having. An immediate brush right after having acidic food and drink may weaken your tooth enamel. You might consider brushing your tooth before having those kind of foods or brush them after half an hour minimum.
- Don't forget to get yourself a new toothbrush every three to four months or the moment you see the bristles are worn and frayed.
- Other than cleaning your teeth twice a day, scheduling regular dental checkups is a must for a healthy set of teeth.

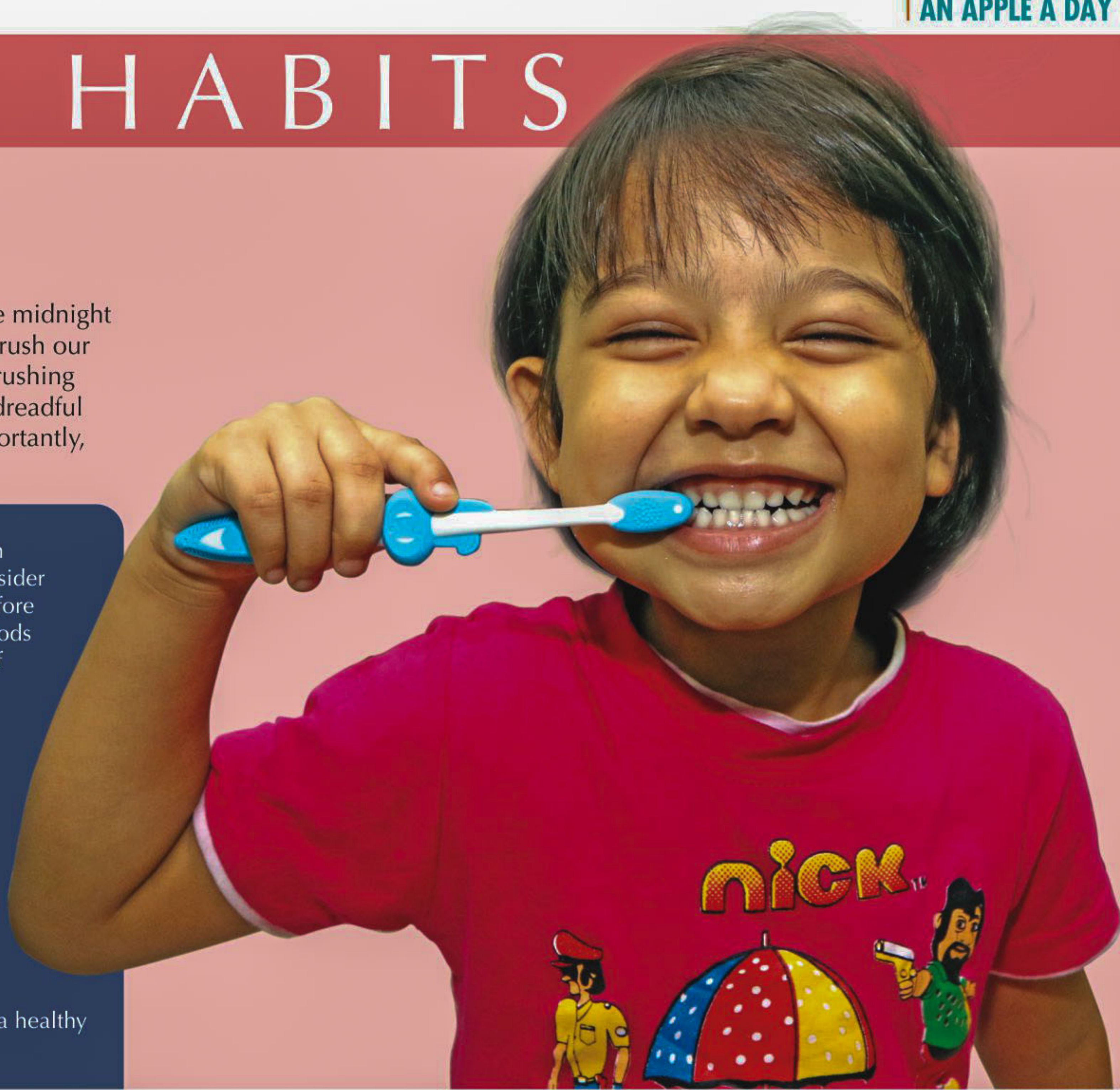


PHOTO: INTERNET

NUMBERS

150

A plane carrying 150 people crashed in the French Alps last week en route to Düsseldorf, Germany, from Barcelona, Spain. There were no survivors. According to the airline, 144 passengers, two pilots and four flight attendants were on board flight 4U 9525. The passengers are thought to include 67 Germans, one Belgian, one Dutch national, two Australians and

more than 40 Spanish people. Passengers also included two babies and 16 school students returning home from a culture exchange programme. The co-pilot, Andreas Lubitz, who was suffering from depression and mental illness is suspected to have deliberately crashed the plane into the French Alps.

SOURCES: WWW.HUFFINGTONPOST.COM
WWW.BBC.COM



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