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Total Mouth Makeover

Your mouth is a very important part of your body. A lot of us probably don't do very much more than brush our teeth at least twice a day and floss every once in a while to keep our mouth clean. But if you follow these simple steps you can have a super healthy smile and a super healthy mouth.

Maintaining a healthy mouth will mean fewer visits (and payments) to the [dentist](#) and a [happier](#) you. Follow these smile-saving steps to perfect your dental do-it-yourself.

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