

What's On Your Toothbrush?

By Audrey Frederick



What is the one thing we use several times a day and probably do not think much about? Give up? It's our toothbrush, that small slender little thing that some of us keep in our purses, some in their lunch pail and of course, we all have one in our bathrooms.

But, have you ever wondered what's on your toothbrush? Bet, you haven't!

Your toothbrush is a petri dish! Why? Well, for one thing it lives in an outhouse (bathroom,) if we carry it around with us it is usually in a closed zip lock bag or in a plastic container, with no room to breathe. Besides being confined, the poor thing gets hot and all kinds of things multiply on it!

Did you know some bacteria and viruses could survive for a week on a toothbrush? Yep! Such things as herpes simplex virus, influenza, and streptococcus, which leads to gum disease are just a few of the germs and bacteria that can lay in wait on your toothbrush.

Since most of us from the beginning of time have always kept our toothbrushes either in a toothbrush holder or in a glass container we share with others in the bathroom, the thought of germs never entered our minds.

However, according to the Academy of General Dentistry contamination from brushes touching can occur, as most families keep their brushes in a huddle on the counter or in a cabinet. Bacteria that can cause oral infections (like gingivitis and/or more serious gum diseases) can spread from one family member to another through toothbrush contact.

Toothbrushes that are stored on a counter or in a toothbrush holder are vulnerable to contamination from airborne bacteria, such as from flushing a toilet. As gross as that sounds, it appears that scientists commonly find coliform bacteria (E.coli) on toothbrushes. If it enters the blood stream, E.coli can cause a serious infection.

Here are some interesting facts for you to mull over. According to research scientists, the human mouth may have over 500 different bacterial strains residing in that warm humid place.

The bathroom is the single most germ-ridden location in the house with the bathroom sink being first, followed by the floor and the toilet seat.

Microbes from your toilet may be atomized and sprayed up to 20 feet when you flush if the lid is not down.

Excess toothpaste left on your brush is an invitation to bacteria to join in.

So what is a person to do to promote good toothbrush hygiene?

- **First of all never share your toothbrush with anyone.**
- **Clean and dry your toothbrush after every use and store it upright in an open container and keep it in the medicine cabinet. If sharing a container with others do not let the brushes touch.**
- **Brushing with a hard bristle brush can harm teeth and gums. Use a softer brush and brush gently.**
- **Replace your toothbrush every three to four months or whenever the bristles appear worn or splayed.**

During my research for information for this article, I came upon an interesting "gadget" if you will that really has the answers to the germ and bacteria problems I have been discussing. I truly find merit in this product, so much so, that I am buying it as individual gifts for my family.

I have included some of the information I found regarding this product for you to read.

The Germ Terminator Toothbrush Sanitizer:



When you hear it steam, you know it's clean. Finally, there is a safe, simple and completely effective solution to the dirty problem of toothbrush germs, and it makes perfect sense. There are actually a few methods floating around out there, but only one is the safest, most reliable, and most effective: the Germ Terminator Toothbrush Sanitizer. Using the Germ Terminator Toothbrush Sanitizer is hands-down the best way to make sure that your toothbrush is completely germ free. The Germ Terminator Toothbrush Sanitizer uses the proven power of steam to kill all germs, bacteria, viruses, fungi (molds and yeasts) and any other disgusting microbes that may have collected on your toothbrush. Most importantly, the Germ Terminator Toothbrush Sanitizer also provides a clean, germ-free environment where your toothbrush can be safely stored until the next time you use it.

The Germ Terminator Toothbrush Sanitizer is entirely unique with its patented steam-sanitization and germ-free storage system. Using the pre-measured Germ Terminator Toothbrush Sanitizer cup, you just add a little water to the sanitizing unit. The Germ Terminator Toothbrush Sanitizer generates a burst of continuous germ killing steam that safely, efficiently, and effectively wipes out greater than 99.9999% of all germs tested in major laboratory testing with absolutely no germs detected after any test! Again, all you need to do is add water!

You may have heard about other methods for cleaning your toothbrush, like soaking it in bleach, hydrogen peroxide, or mouthwash, boiling it, placing it in the dishwasher, exposing it to ultra-violet light radiation or ozone, or simply leaving it out to dry to get rid of the germs. A few of these techniques might work to kill some of the germs, but they are either essentially ineffective and/or potentially hazardous to your health.

With numerous worldwide patents and patents pending, the Germ Terminator Toothbrush Sanitizer is the most effective, natural, simplest to use and safest device ever created to sanitize your toothbrush. It takes only seconds of your time and it might be one of the most significant health decisions you can make for you and your family. It just makes sense. When it comes to something you put in your mouth, the bottom line is "CLEAN has got to be better than DIRTY". How can anyone argue with that logic?