

# Why is flossing so important?



## It decreases bad breath.

Over 500+ species of bacteria hangout in our mouth daily creating havoc & trashing our gums & teeth leading to bad breath.



## It removes bad bacteria & food in between teeth.

Even the greatest toothbrush can only reach 65% of our teeth's surfaces. Flossing comes in handy for the other 35%.



## It decreases the chance of gum disease.

If left alone, the bad bacteria in between our teeth will cause inflammation in the supporting structures of our teeth, bones, gums & ligaments (aka gum disease).

*This summer, join our 21 Day Flossing Challenge to become a floss boss for life!*

Fill out our Flossing Tracker on the back and build a healthy new habit today.



## You are a BOSS if you FLOSS

### 21 Day Flossing Tracker

WK 1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WK 2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WK 3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Follow us to WIN BIG!



Follow us on Insta & FB @arborhillsdentistry for your chance to be entered to WIN A 90-DAY SUPPLY OF COCOFLOSS®

## 3 Keys to Flossing Success



SET A REMINDER on your phone.



MARK YOUR PROGRESS on the Flossing Tracker.



PICK UP A FREE COCOFLOSS® SAMPLE FROM US AT CHECKOUT. With 500+ scrubby heads, Cocofloss® is designed to grab more plaque, has gum soothing coconut oil, and is free of toxins, including PFAS!

