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Silver floss sauerkraut can

Oral care has more influence on the mouth. Good oral health has major implications for physical health and well-being in general. Toothbrushes are an important part of oral care, but interdental cleansers such as floss are just as important. They remove trapped food and bacteria between the teeth that toothbrushes can miss. Organizations like the American Dental Association confirm that flossing and brushing together are more effective than using both methods exclusively. To take full advantage of the benefits of flossing, it is important to first understand the right way of flossing. Flossing starts with packing and holding the floss in a c-shape. After roping the floss on either side of a tooth, move the floss up and down around the tooth. The floss should clean about half the diameter of each tooth from as many angles as possible. The gum tissue under the tooth also requires flossing. While this may seem simple, a 2015 study suggests that a majority of people either neglect to brush oral surfaces or use floss incorrectly. PeopleImages/Getty Images Occasionally there appear headlines and studies that claim that flossing is not useful or necessary. A few years ago, the Associated Press conducted an investigation that suggested there was insufficient evidence that flossing is beneficial. Some of the arguments focus on older studies that are unreliable, inaccurate, or biased. However, the American Dental Association, UK National Health Service, the Australian Dental Association, and many other organizations defend flossing as necessary for good oral health. Many dentists describe flossing as low risk and low cost. If flossing ultimately turns out not to be necessary, it is unlikely that this will cause damage with the right technique. PeopleImages/Getty Images Not flossing can put a person at risk for two serious dental conditions: gingivitis and cavities. Studies show that there are more than 1,000 bacteria in plaque. Flossing prevents these bacteria from accumulating and hardening. If a person does not floss, the bacteria can destroy tooth enamel and cause cavities. The bacteria can also irritate gum tissue, causing it to become inflamed and bleeding, leading to more bacteria and gingivitis. Without treatment, gingivitis can become very harmful, even for heart health. PeopleImages/Getty Images There are several possible risks of flossing, although the majority come from improper technique or use of inappropriate materials. However, a recent study found that some accepted types of floss contain perfluorohexane sulfonic acid. Researchers have linked this acid to a high abnormal thyroid function. Other flossing may have polytetrafluoroethylene, which is harmless in most cases, but when present in floss can lead to cancer, hormone disruption and brain problems. Research for a floss purchase can help prevent interaction with Chemicals. PeopleImages/Getty Images Many people avoid flossing because it's difficult or messy. Fortunately, many products can make flossing considerably easier. A floss threader is a simple disposable tool that works in the same way as a sewing needle. To use a floss threader, a person simply inserts about half of a foot-long piece of floss into the threader and works threader through tooth implants or large tooth gaps. FG Trade/Getty Images Another product that remains popular is the floss pick. These disposable plastic tools keep a small portion of floss on one side. The other end usually tapers into a toothpick-like point that can dislodge larger pieces of food or plaque. Floss picks are easy for people to use because they fit in one hand and often have a shape that helps the pick reach into the mouth. However, it is possible that floss packs simply redistribute bacteria because the person uses only a small portion of floss for their entire mouth. siricalai. ec2/Getty Images For people who hate flossing but still want to receive the benefits of flossing, water pickks can be a suitable replacement. Essentially, a water pick acts as a small hose, controlling a powerful flow of water to loosen food particles from the teeth. Research into the effectiveness of water picks is often contradictory. Some studies show traditional floss is better, while others show that water picks are just as effective. Different strengths of water picks can cleanse different levels of plaque, although most bacteria can reduce near the gums. In particular, water picks are less likely to cause gum bleeding, which can help prevent bacterial infections. PeopleImages/Getty Images Many people wonder if there is a good order for oral care. Specifically, if they need to brush first or floss first. In general, there is no correct order. As long as a person brushes and flosses with the right techniques, they will still receive the benefits. Some people find that flossing prior to brushing helps to better ensure that they wash flood particles out of their mouths. Many people store flossing after brushing because their mouth feels clean. This is a bad metric to decide whether not to floss, as many food particles may be too small to feel. katleho Seisa/Getty Images Because floss doesn't always seem dirty after use, some people wash their floss string and reuse it. Most dental associations around the world strongly discourage this behavior. In addition to floss fraying and breaking at the second use, leaving small threads between the teeth, a simple wash with water is unlikely to remove bacteria from the string. Reuse floss simply redistributes the bacteria through the mouth. PeopleImages/Getty Images Growing up, people hear lots of different stories and pieces of advice on when to floss. Some people floss in the morning after they brush brush teeth, while others can only floss after a meal. Some people may choose to floss before bed. Most dentists accept that there is no right time to floss, as long as a person flosses at least once a day with the right technique. It can be helpful to floss as part of a morning routine, simply because you're less likely to forget to do it. PeopleImages/Getty Images Source: Thinkstock Bullion investors take comfort in knowing their bullion has virtually zero counterparty risk. For example, a silver bar will not go bankrupt amid an accounting scandal or default as turmoil rattles financial markets. A silver bar also won't disappoint on profits, cutting its dividend, or hiring an incompetent CEO. However, these perks only apply after you receive physical delivery. Lawrence McWhinnie, my father, recently discovered this the hard way. He ordered 50 grams of silver bars from Northwest Territorial Mint (NWTM) on June 17, 2015. Premiums were low, and he was looking for some new shiny bullion to play with. When he told me about the purchase, I was crawling. This particular coin has one of the worst reputations in the industry when it comes to receiving orders in a reasonable way. Judging by online reviews, it may be quicker to get your hands on some silver by prospecting in your own backyard than ordering from Northwest Territorial Mint. The company earns only one and a half out of five stars on Yelp, with 23 reviewers expressing their experiences. The majority of reviewers experienced spun out delivery times and poor customer service. The complaints date back to July 2013. Tim P. from Oroville, California writes: There's a first time and one last time for everything, and sometimes they're the same time. I wish I had seen the negative reviews prior to sending them money that has now been tied for months. It almost makes me wonder if there isn't a level of gaming they do with taking money, holding it for months while sending you notices that you are selling it back to them, and never actually having to deliver a product for the majority of sales. Similar experiences can be found at the Better Business Bureau. Of the 161 complaints that have been closed to the BBB in the past three years, 112 were classified under delivery issues. Thirty-four customers left written reviews, with 29 pointing out negative experiences. Horror stories on the BBB site include customers who are still waiting for their orders after paying 4-6 months earlier. After waiting more than four months, one person applied for a refund, which then lasted two months receive it. While some disappointed customers are bound to find it in a company, a recent employee review at Glassdoor suggests this type of practice is common. An anonymous employee writes: If you put your ethics on the sidelines while the owner of this company has his henchmen outright lies about why orders have been delayed, this company is for you. Do you really think that all order delays are due to material shortages, backup in production, machine breakage, etc.? Don't you think Ross (CEO) isn't using your capital to trade in commodity markets to make money from OPM? Absolutely disgusting! On February 6, 2008, the Washington Attorney General's Office filed a lawsuit against northwest Territorial Currency for misrepresenting delivery date, unfair repayment policy, and failure to respond to consumer complaints. At the time of the filing, the Attorney General, the BBB, and the Federal Trade Commission received a total of 82 consumer complaints alleging the defendants' delays in delivery. A settlement was reached in 2008, requiring Northwest Territorial Mint to pay \$20,000 in civil penalties and nearly \$38,000 in state attorneys' fees and costs. Ironically, Northwest Territorial Mint says its policy is to ship orders immediately after you have paid us well. The company is quick to tout its relationship with the Army and Boy Scouts of America, but it is also eager to inform customers that they will sell their u-supplied, delayed orders back to Northwest Territorial Mint, at its current market value. If prices have fallen since the first order, this can result in customers losing money without even taking possession. My father was confronted with this scenario. After already waiting about two months for his order, Northwest Territorial Mint sent its infamous email claiming an unprecedentedly high volume of orders, and said his order would take an additional 30 days to ship, but if he didn't want to wait, he could sell his silver bar to the currency at current market prices. Of course, that meant taking a loss on his silver purchase without even having to play along, perhaps the worst way to buy silver. He responded by informing the currency he filed a dispute with his credit card company. The next day, Northwest Territorial Mint shipped its silver. On September 11, 2015, my father finally got his order, almost three months after he initially ordered it. The bars are beautiful, my father said. It's a shame it's taken so long. I'll never order from them again. Fortunately, there is no shortage of online gold dealers or places to check reviews. In addition to sites like Yelp and the BBB, golddealerreviews.com lists testimonials from customers of major gold dealers such as Provident Metals, Texas Precious Metals, APMEX, and various others. As with anything else in life: buyer beware. Follow Eric on Twitter @Mr_Eric_WSCS More from Money & Career Cheat Sheet:

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