

WHICH TOOTHBRUSH REALLY IS BETTER, MANUAL OR ELECTRIC?

With all the bells and whistles and hundreds of toothbrushes on the market, you've got to wonder; which is really the best toothbrush?

According to the Academy of General Dentistry, the best toothbrush that you can buy is the one that you will actually use. That's it. Yes, it's really that simple. While both electric and manual toothbrushes have some pros and cons, the bottom line is which one will you use. The British Dental Association recommends brushing your teeth at least twice a day for two minutes.

If you're not sure which type of toothbrush **you** would use the most, here's some pros and cons for both:

Manual Toothbrush:

Pros

- Inexpensive
- Most have an easy grip handle
- Some come with a tongue scraper
- Easy to travel with

Electric Toothbrushes:

Pros

- Most have larger ergonomic handles
- Some have built in timers

Cons

- You** have to do the work
- No built in timer to tell you when two minutes are up
- Can be difficult for some people to hold onto firmly

Cons

- Does the work for you
- Some electric toothbrushes can be quite expensive
- Most electric toothbrushes require charging or battery replacement

How can you decide which one is best for you? Now you know the pros and cons of each we can discuss your own situation - and help you decide.

