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Oral hygiene is an integral part of maintaining overall good health, especially the gums that hold your teeth in position. Bleeding gums is a sign that you have some serious problem, and that you will have to address immediately. Bleeding gums are not the only undesirable oral condition, and often as a result of it you will have bad breath which can be very embarrassing and play havoc with your self confidence. Besides the embarrassing foul smell, the other common ailments that can inflict your mouth are: tooth decay, mouth sores, tooth erosion, tooth sensitivity, tooth ache and unattractive smile of course.

As you will see having healthy gums will ensure that you don't fall prey to many tooth conditions; they are preventable, and all that you have to do is to remind ourselves and follow some basic rules that we have long forgotten as adults. Here are some tips that will keep your gums healthy till your last days; most of them are commonsense anyways. This is just to remind you to get the gleaming teeth you see on celebrities who appear on Dish TV Packages channels.

- a.Brush your teeth at least two times a day. Let it be the first thing you do in the morning after you have woken, and the last work too before you retire to bed.
- b.Floss your teeth daily before going to bed. Flossing ensures that food particles trapped between tooth are removed and don't stay a fertile ground for bacteria to multiply and cause injury to the gum.
- c.Receding gum is an indication that you brush your tooth too hard. Don't be too enthusiastic while brushing your teeth and that includes the gum too. Let your actions be gentle and the brush movement be up to down strokes, or even rounded movements. They ensure that you don't harm your gum. Choose the right kind of brush with soft or medium hard bristles.
- d.After you have brushed your teeth, apply a little fresh baking soda on the brush and apply on your teeth and let it stay for while. Then rinse with fresh water. Avoid hard water as much as you can. Hard water contains salts that can deposit and harm the enamel coating on your teeth.
- e.Vitamins, especially vitamin C can help your gum to stop bleeding. Instead of taking them as tablet, try to get a lot of fresh citric fruits like oranges and lemon along at the end of a meal. They not only will provide you with good nutrition but also help to cleanse your teeth.
- f.Chewing gums, the ones without sugar are a natural way to cleanse your mouth. They will produce a lot of saliva that will help you digest food better, besides that they are also excellent antiseptics that can help to get rid of the bacteria that can cause tooth decay.
- g.Mouth wash is a must for preventing gum infection and bleeding. Brush is alright, but it cannot penetrate every nook and corner of the mouth; they have limitation, but not the mouth wash. Use it at least two times a day after you have had a meal.
- h.Gently massage your gums once every three or four hours. Gums like other body muscle need exercise and the only way you can do is massage them to ensure that they get enough blood supply to keep them nourished.
- i.Even a slight bleed is a warning that you need medical attention. Consult your dentist and go by his advice. If you need a couple of teeth to be pulled out don't hesitate go for it to ensure that you don't get all your teeth infected by bacteria.

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Nathan Brown is a freelance writer. Watching health related TV channels is one of his favorite, especially those that are informative like the one he got on his a [Dish TV Offers](#) recently.

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