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Cleanliness of your body is very important. Taking care of your hair, well that's the new "thing" are you equally concerned about the care of your teeth? Actually that is where we all lag behind and incidentally pay very less attention. Perhaps, we realize the value of a healthy set of teeth when we have oral problems.

Change your oral cleaning with electronic toothbrush. According to the type of their action performed inside the mouth, electronic brushes are of two types: vibration or oscillation-rotation. These brushes are quite common these days. They use electric power usually supplied by a battery to clean the mouth thoroughly by moving the brush head rapidly in the mouth. Various brands are available in the market, but choosing the best electronic toothbrushes among them is a difficult task. The best electric toothbrush should ideally be an Ultrasonic rechargeable toothbrush which works with the help of ultrasound waves to clean the mouth. A sonic brush should produce up to 30,000 to 40,000 brush strokes per minute by vibration or moving the brush head from side to side or even by making a complete rotation in the mouth to clear the teeth off tartar, stains or plaque. The best electronic toothbrush should have a timer which calls a time-out after two minutes as two minutes is ideally the perfect brush timing recommended by Dentists. At times UV-sanitizer bulb is fitted with the brush head which help to kill 99.9% bacteria in the mouth. Not only are the teeth benefitted from these best electric toothbrush, but a regular use cures the gum line of gingival bleeding. The best toothbrush is set with different brushing modes with which you can personalize your oral cleaning and address to the most affected areas of your mouth. While buying the best toothbrush you should also take note of the bristles which should not be hard.

A recent experiment in Sydney has proved that brushing manually or with electric toothbrush has produced the same result. So it can be concluded that it is just the brushing manner that needs attention. But the same Dentists who conducted the experiment went further to add that somehow electronic toothbrush marks an edge over the manual ones as it reaches those "hard-to-reach" areas of the mouth cleaning it thoroughly. You can easily purchase these toothbrushes online at affordable prices. So, get a sonic toothbrush and brush away with a shiny set of teeth!

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This article is written by Marlene Kuhn, he is also associated by Emmi Ultrasonic AG. Emmi Ultrasonic AG has been developing ultrasonic technologies for private and industrial applications for more than 20 years. The Emmi-Dent Professional ultrasonic device, the only genuine [ultra sonic toothbrush](#) containing an ultrasonic microchip directly located in the brush head, is protected by patent until 2027. The toothbrush and the special toothpaste have been available for purchase in pharmacies and online for the past several years. They are looking for additional resellers in many countries.

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