

BRIDAL GUIDE

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ROMANTIC GOWNS FOR EVERY BRIDE!



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Plus

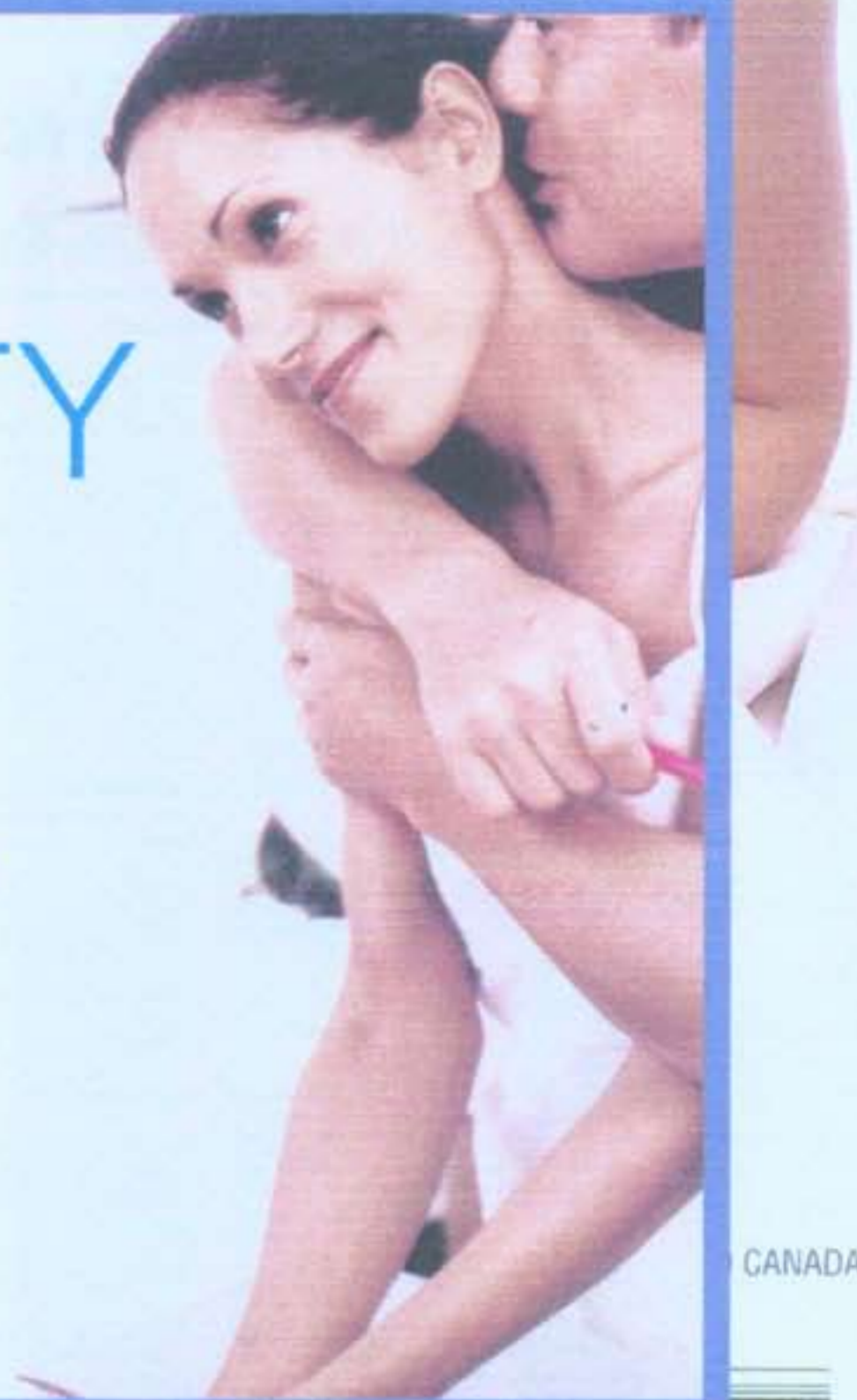
**How to Have
A Dream Wedding
On ANY Budget**

[body file]

Kissing CALAMITY

did you know that smooching can cause cavities? Yup, that's right. So can sharing toothbrushes, utensils, cups and food, according to a study published recently in the *Journal of the American Dental Association*. Why? Because the bacterium that causes these nasty holes in your teeth may be transmissible through saliva, which is passed through kissing or by way of indirect contact, like sharing a glass, explains Clifford Williams, DMD, a New York City-based dentist. "If you build up enough of this bacteria, it may increase the level of acids in your mouth, which in turn breaks down tooth enamel, and results in tooth decay and cavities," he says.

So, take care of your teeth: Brush three times a day and floss at least once a day. The good news is that if the two of you practice good oral hygiene, making out can actually protect you against cavities and tooth decay, reports the Academy of General Dentistry. That's because saliva helps get rid of food fragments that cause problems—and kissing stimulates the production of saliva. So pucker up!



CANADA



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