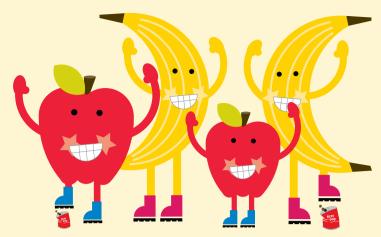
7 steps to a great smile



cut out fizzy drinks and eat healthier snacks



brush twice a day and replace your brush regularly





