

## Oral Fixation <sup>[1]</sup>

Week of:  
Dec 27, 2019

### Is tongue brushing necessary? <sup>[2]</sup>

Dear Alice,

Here's a question I have been debating with a friend for a while, and seeing as how I'm not scheduled to go to the dentist again for a while, I thought you could shed some light on the issue: when brushing one's teeth, should one also brush one's tongue? I would think yes, because what's the point of brushing germs off teeth if the tongue still has them there, and will transfer them to the teeth as soon as you're done brushing. My friend thinks it makes absolutely no difference. So does it matter? We have an ice cream wagered on this one! I hope I'm right!

[Read more](#) <sup>[2]</sup>

### Acidic food and tooth decay <sup>[3]</sup>

Dear Alice,

I was told by my dentist that my teeth eroded, due to consumption of too much acidic food. I would like to know what kind of food causes tooth erosion. Do you have a list of these foods?

Thanks,  
Shirley

[Read more](#) <sup>[3]</sup>

### How to floss? <sup>[4]</sup>

Dear Alice,

I'm not exactly sure how to floss properly. I don't really know how to get between every single

tooth in my mouth.

[Read more](#) <sup>[4]</sup>

## **Sugar-free gum — Is it bad for me?** <sup>[5]</sup>

Dear Alice,

Is it bad to chew sugar-free gum? I heard the chemicals in them are bad for you to ingest?

[Read more](#) <sup>[5]</sup>

## **What should I look for in mouthwash?** <sup>[6]</sup>

Dear Alice,

I've been trying to take better care of my teeth lately (as a general health thing, not because my dentist says I'm in trouble or anything) and so I started using mouthwash after I brush. But I'm confused about what it actually does. If I get a kind with lots of alcohol (which bothers me) it seems like it's supposed to kill germs and keep bad breath away. But in the alcohol-free ones, there's a huge variety: freshening, fluoride, anti-plaque... What is the point of mouthwash supposed to be? What should I be looking for?

Thanks,  
curious mouthwasher

[Read more](#) <sup>[6]</sup>

## **Minimizing morning breath** <sup>[7]</sup>

Dear Alice,

I have a problem with morning breath. Is there any way I can get rid of it?

— Bad Breath

[Read more](#) <sup>[7]</sup>

### **Footer menu**

- ▼ [Contact Alice!](#)
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- ▼ Syndication & Licensing
  - Licensing Q&As
  - Get Alice! on Your Website
  - Full Site Syndication
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**Links**

- [1] <https://goaskalice.columbia.edu/theme-week/oral-fixation>
- [2] <https://goaskalice.columbia.edu/answered-questions/tongue-brushing-necessary>
- [3] <https://goaskalice.columbia.edu/answered-questions/acidic-food-and-tooth-decay-0>
- [4] <https://goaskalice.columbia.edu/answered-questions/how-floss-0>
- [5] <https://goaskalice.columbia.edu/answered-questions/sugar-free-gum-%E2%80%94-it-bad-me-0>
- [6] <https://goaskalice.columbia.edu/answered-questions/what-should-i-look-mouthwash-0>
- [7] <https://goaskalice.columbia.edu/answered-questions/minimizing-morning-breath-0>