

## A self-cleaning toothbrush

By Mary Beth Breckenridge Akron Beacon Journal

Published: 01:00 a.m., Sunday, November 22, 2009

We have self-cleaning ovens, self-cleaning windows and even self-cleaning litter boxes. Now there's a self-cleaning toothbrush.

The Mouthwatchers Toothbrush uses nanosilver technology to eliminate germs on the brush as well as in the mouth. The bristles contain microscopic particles of silver, an element that kills many bacteria and viruses.

Nanosilver's been getting some buzz lately for its use as an odor preventer in clothing and other products. It's also been stirring some disagreement between those who tout its antimicrobial benefits and possibilities for preventing illness, and those who believe more study is needed on its effects on health and the environment.

The toothbrush is available for \$4.99 plus shipping and handling at <http://www.mouthwatchers.net> and is sold at some dental offices.

Unclutter home in 7 days

Erin Rooney Doland knows from experience the stress of living in a cluttered home.

She also knows the difficulty of overcoming chronic disorganization. But she knows it's possible, because she's done it.

Doland, an organizing consultant and editor-in-chief of the Web site Unclutterer.com, shares her strategies in "Unclutter Your Life in One Week: A 7-Day Plan to Organize [Your Home](#), Your Office and Your Life."

If the idea of doing all that in seven days sounds daunting, consider that Doland herself spread those seven days' worth of work over six months when she first got her life and her home in order. The idea behind the book isn't to achieve a decluttering speed record, but to take a methodical, well-reasoned, step-by-step approach to the task. Doland specifies what her readers need to do and how to do it.

Read more: <http://www.timesunion.com/living/article/A-self-cleaning-toothbrush-558695.php#ixzz1CjFXkmrs>

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