

Quick Tip



BREATH SAVER An apple a day keeps halitosis away, says New York-based dentist Debra Glassman. "The firmness of the fruit can actually remove plaque—which causes bad breath—from between teeth," she explains. For extra protection, Dr. Glassman suggests taking eucalyptus supplements, as well as replacing your toothbrush once a month. For more quick tips, watch **Simplify Your Life: 8am/Fine Living**