

Dear Jax, Why does brushing your teeth make orange juice taste just awful?

Michelle Angrove Providence, Rhode Island

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Dear Michelle,

Nearly all toothpaste has a part that's there just to put you in a better mood. Even the natural toothpaste that comes from Maine has in it a foamy detergent that also messes up your sweet taste.

The chemical, sodium lauryl sulfate, makes toothpaste foam, even though foam does not clean your teeth. Foam is there just because it makes us feel like cleaning is going on.

Real cleaning is about rubbing something out. Toothpaste parts called abrasives are tiny chunks of rough stuff, like maybe chalk, grinding your brushing into the junk on your teeth to scrape it away.

Jax Place

SO WHAT:

Hold the toothpick with the toothpaste-end up, over the pool of floating oil. Poke the clean and dry tip of the toothpick into the oil. Do it gently and repeat it about 5 to 10

times. What happens? Turn the toothpick over with the toothpasteend pointing down and repeat the poking

thing. What happens?

The oil spread out very thin when the toothpaste poked in. The detergent dissolved it. That can happen in your mouth, too. Your taste sensors are covered with a thin skin that is made out of stuff

that's very close to being a fat.

The foaming stuff in toothpaste breaks that skin and changes the way your taste buds work. It shuts off the sweet taste and changes the sour/acid taste into the bitter taste. Since OJ is sweet and sour/acid, you

end up tasting bitter only -

what you called just awful!

small floating pool of oil. Stick just the tip of the toothpick into the end of your toothpaste tube. You want to thinly paint the point with toothpaste. You do not want a glob of

WHAT YOU NEED: Toothpick - toothpaste -

bowl of calm, warm water - 1 or 2 drops of

Drip the drop of oil onto the water. You'll get a

cooking oil

the stuff.

WHAT TO DO: