



Dispensary Corner

US BASEBALL player Bryce Harper has turned heads over his unorthodox toothbrushing method.

In a TikTok video showing his morning routine, the Philadelphia Phillies star squeezed the toothpaste directly into his mouth rather than applying it on the brush.

The method sparked ridicule across the internet, no less from the American Dental Association, which advised against it.

"It is not suggested to do it that way," said Ohio dentist Andrew Zucker, a consumer advisor for the association.

"I don't think there's anything to be gained.

"The only thing to be lost is just wasting a whole bunch of toothpaste.

"Just put a little pea-sized bit of it on a toothbrush and that's all you need," Zucker added.

Maria Ryan, chief clinical officer at Colgate-Palmolive said that the biggest concern of this method is the risk of germs.

"When you're putting your mouth on the toothpaste tube, you get those germs on there.

"Sometimes people share toothpaste and things like that, so I worry about that a little bit."

Speaking on the video, Harper said that it's something that he's always done, but is happy that the video went viral regardless.

"If I help half a person a day, changing an ingredient or letting them know there are better quality products out there that they can use or that'll make them feel better, then I won that day."

LPG supporting country kids

LIFE Pharmacy Group (LPG) has joined efforts to improve children's healthcare in regional Australia by supporting the Royal Far West's Ride for Country Kids (RFCK) fundraising campaign.

LPG sponsored local Forbes cyclist Stuart Thomas for the journey across regional New South Wales, with this year's event raising a total of more than \$432,000 to deliver critical health services to children in need, and helping to improve their health and wellbeing.

"The work Royal Far West carries out in rural and regional areas is incredible, and we are very proud to support the Ride for Country Kids," Life Pharmacy Group CEO Michael Flannery said.

"Stu did a brilliant job to raise more than \$12,000.

"I was born and raised in Forbes, in the Central West of NSW, so I appreciate how isolating life in the country can be," Flannery continued.

"For kids facing developmental and mental challenges, the geographical distance can make it much harder to access the specialist support and services they need."

The RFCK raises funds and awareness for developmental, behavioural and mental health services for children in need in rural and remote areas.

This year's event saw almost 70 participants begin the three-day ride in Parkes, travelling through Manildra and Molong, visiting schools and communities in Trundle and Eugowra, before completing the ride in Forbes.

"Community is at the heart of all



we do in LPG so supporting this ride was a small way of showing our appreciation for the tremendous work of Royal Far West," concluded Flannery.

Thomas' fundraising page is [HERE](#).

Pictured: Michael Flannery, Stuart Thomas and Sarah Hazell, partner at Flannery's and Life Pharmacies.

Nominate mental health champions

THE Australian Mental Health Prize has opened nominations for its 2026 awards and is calling for Australians who have made outstanding contributions to mental health to be recognised for their leadership, advocacy, research and care.

A collaboration between UNSW Psychiatry & Mental Health, the Black Dog Institute and Neuroscience Research Australia (NeuRA), the prize celebrates those working to improve the mental health and wellbeing of Australians, or prevent or treat mental illness.

Now in its eleventh year, the awards recognise individuals and organisations across four categories: Aboriginal or Torres Strait Islander, Lived Experience, Professional, and Community Hero.

Nominations close Fri 31 Jul - learn more [HERE](#).

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