

Bad Breath Can Damage Your Career

Not only can bad breath affect your social life, it can also have a negative impact on your career and job prospects. If you want to get the job that you really want you might want to brush your teeth more often and stay away from the coffee. This is because, as some studies show, people who have bad breath are less likely to be considered for a job than people with sweet smelling breath.

If you think that you have bad breath there are some things that you can focus on to remedy the matter such as:

- Take more care brushing your teeth. Make sure that you brush your gums, the inside of your cheeks, your tongue, and the roof of your mouth.
- Floss between your teeth at least once each day. You want to make sure that all the food particles are removed from your mouth and from between your teeth.
- Drink plenty of water and other liquids so that your mouth stays wet. Saliva will help to flush out your mouth and can bring you relief from bad breath before it starts.
- Avoid drinking coffee; coffee leaves a distinctive smell in your mouth and can also cause dryness.
- Take the time to clean out your mouth each time that you eat particularly after eating meat, fish, or milk products.
- See your dentist regularly to make sure that you don't have gum problems or tooth decay.
- Use a tongue cleaner to keep your tongue free of bacteria.
- Chew sugarless gum after you eat, particularly if you can't find the time to brush your teeth right away.
- Snack on fresh vegetables like carrots and celery.

Many employers say that bad breath is a very unattractive feature in a potential employee. The only other two unattractive features are body odor and a person who is dressed without care. Employers want to know that the employees they hire are neat and tidy.

Bad breath is a taboo subject that many people avoid talking about. The basic feeling is "if I don't think about it, I don't have it". However, it's important that you recognize whether or not you have bad breath so that you can take the steps necessary to relieve this problem. If you have a job interview planned in the near future you're going to want to know whether or not you need to focus on your dental hygiene a little bit more than you usually do. This is especially true if you're applying for a job where you'll be spending a lot of time talking with customers or other employees.

About the Author

Anthony Stai is a proud contributing author and writes articles on several Dental related topics including dental plans. You can see more of Anthony's other articles on his [Self-Improvement eBooks](http://www.self-improvementresources.com) informational web site located at <http://www.self-improvementresources.com>

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