

Ten Signs of Bad Breath

As you board an airplane, have you ever wondered if you are going to sit next to someone whose breath is deadly, only to find out you are that individual? Then there is the dreaded morning breath that occurs as you sleep. You snuggle, dream, and cuddle and then you open your eyes to either give a sweet kiss or run to the bathroom to brush that disgusting odor away. Before the embarrassment takes place, here is a look at ten signs that signal the impending bad breath.

Dry Mouth:

Saliva is very important in halting bad breath odors as it fights the bacteria residing within your mouth. When the making of saliva decreases, your mouth become dry. This can be caused by: nervousness, stress, alcohol consumption, stimulants, and dehydration. Water is a great source of controlling dry mouth. Chewing gum will also help fool the mind into thinking it is eating which increases the production of saliva.

Sinus Infections and Post Nasal Drip:

A sinus infection increases the creation of mucus and the anaerobic bacteria in your mouth flourishes on this new source of food, which contains a large amount of bacteria and proteins. When sinusitis occurs it is often more difficult to tell how your breath smells because your sense of smell and tastes are affected. If this is the cause of your bad breath, you can help by clearing up your sinuses by taking medication or consulting your doctor about cures.

Tonsilar Infections or Tonsiloliths:

As mucus travels down the back of the throat and joins with the bacteria (volatile sulfur compounds), it ends up in the crevices around your tonsils and creates small white clumps.

Menstruation: The fluctuating hormones during menstruation can make the gums more open to odor-causing bacteria. These women commonly find themselves trying to alleviate bad breath. In addition, prior to menstruation, tiny capillaries that run through the gums become more fragile and tend to burst, releasing small quantities of blood into the gums that the bacteria feed upon.

Foods: There are specific foods that may point to bad breath. This is because of volatile sulfur compounds - the culprit in causing bad breath. Spicy foods and meals that contain onions and garlic are foods to consider staying away from if you plan on a close social engagement afterwards. Remember the bacterium in your mouth has the odor of sulfur and sulfur is nature's way of creating odors. These can include the smell of rotten eggs, or the sulfur smell arising around volcanic activity, and hot springs. These foods contain a bacterium that enhances that noxious smell of rotten eggs.

Foods High in Protein: The bacterium in your mouth love proteins such as those found in milk, cheese, fish and certain meats. Coffee with or without caffeine is high in acidic content and encourages the bacterium in the mouth to reproduce rapidly.

Gingivitis: Is a form of gum disease called periodontitis, and is characterized by a constant sore mouth that includes swollen, red, and/or bleeding gums more than ever when you brush. There are often times that tooth sensitivity and pain includes bleeding when you brush. Your gums should look a coral pink as opposed to red and if you experience any discomfort in your mouth the best course of action would be to contact your dentist or health care provider.

Other reasons for bad breath (other than the mouth) are:

Infections, especially in the sinuses or lungs

Diabetes

Kidney failure

Improper function of the liver

Disorders of metabolism (foul, fishy odor)

Fasting (when the body is not provided with fuel in the form of food, fat and protein will begin to be broken down; the result is bad odor from the waste products of this metabolism)

Any one of these symptoms will cause halitosis or increase the bad breath odor experienced. It is important to remember that if you experience such symptoms as sinus infections, problems with your kidneys or any other systemic complication you should contact your health care provider for a complete exam and not treat solely for the cause of halitosis.

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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