

## Bad Breath Fighters - What Really Works?

There are a tremendous number of "bad breath cures" available in some stores and especially on the Internet. To begin to 'weed through' the claims and eliminate the ones that are just scams, you need to have a thorough understanding of the causes of bad breath. That may seem on the surface, to be a highly technical task, but it's not really that bad.

To begin with, you need to understand that when the subject of bad breath is presented as a "problem", it is chronic (persistent) bad breath that is under discussion. This is not the same thing as the 'morning breath' problem that effects almost everyone or the bad breath that plagues you for 12 to 18 hours after eating corned beef and cabbage or garlic and onion laden liver. These are examples of transient, not chronic, bad breath. In the case of morning breath, it is only as prevalent as it is because when we sleep our bodies shut down most, if not all, saliva production by the salivary glands. Saliva is your body's number one weapon against the bacteria in the mouth that causes bad breath so when the saliva supply is cut off, the bacteria thrives. In the case of eating food that gives you temporary bad breath . . . well, the only cure for that problem is to watch what you eat. Any food with a high sulfur content (e.g., onions, garlic, pastrami, cabbage and others) just doesn't smell good after it has been ingested!

Chronic bad breath is caused by a number of other factors starting with (and in most cases ending with) poor oral hygiene. Some of the other factors that will cause chronic bad breath are: stomach and intestinal disorders (sometimes caused by stress or diet); sluggish bowels; sinus infections and the accompanying post-nasal drip; and tobacco and alcohol use.

The oral hygiene cure: Since most cases of bad breath are caused by poor oral hygiene, that's a good place to start talking about bad breath fighters. Most dentists recommend the following good oral hygiene practices to prevent bad breath and gum disease:

Brush your teeth (and along your gum line) at least twice a day with a fluoride toothpaste.

Each time you brush, use your toothbrush or a tongue scraper to clean the top surface of your tongue.

Use dental floss to remove food particles from between your teeth at least once a day.

Use an antiseptic mouthwash (that does not contain alcohol) after each brushing , swish it around in your mouth for about 30 seconds before spitting it out.

If you wear dentures, take them out at night, brush them and leave them soak overnight in a disinfecting solution.

If you wear removable braces, take them out to clean them at the interval recommended by your dentist.

Visit your dentist twice a year for a dental checkup and to have your teeth professionally cleaned. Dental problems, especially periodontal disease and tooth abscesses, are often the cause of bad breath.

Other bad breath fighters! Over the years there have been many remedies devised to fight bad breath, following are some of the best ones.

Important Note: Each of the following suggested bad breath remedies or preventative measures stands alone -- the following is NOT a step by step procedure.

Drink six to eight, eight-ounce glasses of water every day. This serves two functions: it keeps your mouth and throat moist, assisting your saliva in it's bacteria killing duties and it will also help prevent some constipation and digestive problems.

Make your own toothpaste: try baking soda and water with a bit of 3% hydrogen peroxide. Other toothpaste recipes are powdered cloves mixed with water or a myrrh and water mix.

For sinus problems, use a salt-water nasal wash every day to clean out your sinus passages or ask your doctor to prescribe a steroid nasal spray.

If you are on a low-carbohydrate diet you may find that you have bad breath caused by starving your body of its natural fuel: carbohydrates. Adding more carbs to your diet will help.

Make your own non-alcoholic mouthwash by mixing 3% hydrogen peroxide (like you buy in the drug store) with water in a 50-50 solution. Another

mouthwash recipe consists of whole or ground cloves made into a tea and then strained and used as mouthwash.

Eat more fruits and vegetables -- they contain enzymes that help your digestive process.

Add one container of plain yogurt to your daily diet.

Take a good multivitamin every day -- you may have a vitamin deficiency.

Take a tablespoon of apple cider vinegar mixed with water before every meal to help your digestion.

Chew parsley or mint leaves. Parsley is very high in chlorophyll and works fast if dipped in vinegar.

### 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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