

# Bad Breath Cures

## Onions, garlic and fish, oh my!

Many would agree there is nothing worse than having a close conversation with someone whose breath smells like rotten eggs. The truth is however, bad breath happens to all of us, at least once in a while. Just wait, when you least expect it those onions you had for lunch will come back to haunt you! The trick to dealing with foul breath is to be prepared. Follow these simple steps to keep your mouth clean and fresh all day long.

## See your Dentist

Bad breath can come from cavities, gum disease, cracked fillings and less-than-clean dentures. Your dentist can help you determine if one of these is the reason for your smelly mouth.

## Brush your Teeth

The average person has 800 types of bacteria inside his or her mouth. Certain bacteria promote bad breath by breaking down leftover food particles and, in turn, releasing volatile sulfuric gases which give off a distinct rotten egg smell. These bacteria particularly thrive in hidden-away areas of our mouths, such as the back of our tongue and in between our teeth.

Ideally you should brush and floss after every meal to help reduce odor-causing bacteria in your mouth.

## Use Mouthwash

It is recommended to use a mouthwash that contains chlorohexidine gluconate, which is proven to kill troublesome bacteria. Rinsing your mouth at night can help to prevent that dreaded morning breath, since the dry mouth that occurs while you sleep promotes bacteria production.

## Stay Hydrated

If it's not possible to brush your teeth after each meal, drink lots of water instead. It can help clear bacteria and debris from your mouth.

## Choose Parsley

Parsley contains chlorophyll, a natural deodorizer for your mouth.



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## **Snack on Carrots, Apples, and Celery**

These nutritious snacks help to prevent the development of plaque on the teeth, promoting fresher breath.

## **Don't Smoke**

This includes cigarettes, pipes and snuff. Smoking can give people horrible breath.

## **Cut Back on Alcohol**

Too much beer, wine and hard liquor can lead to a dry mouth, giving you bad breath for up to 8-10 hours after you finish drinking.

## **Beware of Breath Mints**

Sugar-free mints may mask the smell but will not do anything to remove harmful bacteria. Sugary mints will only sit on your teeth and make the problem worse.

## **See your Doctor**

There are a number of internal medical problems that can cause foul-smelling breath. Diabetes, liver disease, respiratory tract infections, stomach conditions and chronic bronchitis are all culprits. Investigate these conditions if all other methods of breath control fail.



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