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The

Bad Breath

**How to Cure your
Bad Breath Naturally
Without Drugs**



**The Natural Health Research Team
at Barton Publishing Inc.**

Remedy Report

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INTRODUCTION

At some point in every person's life, bad breath (halitosis) has been a problem. Have you ever been plagued fear of bad breath in an intimate group of people? It happens more than you may realize.

Maybe you are facing problems with bad breath right now. Relax. Reading this information about bad breath will give you some understanding of some of the causes of your bad breath and what you can try to do to combat bad breath.

Whether it is called bad breath or halitosis, this unpleasant condition often causes embarrassment. Some people with bad breath are not even aware of the problem.

Maybe you have experienced some or all of the following:

- People avoid direct contact with you (or they may step back when you speak with them);
- A bad taste in your mouth;
- People offer mints or gum to you on a regular basis; or
- A film on your tongue (which may appear white or yellow).

If you have experienced any of the above symptoms, you may have a chronic bad breath problem. However, bad breath is treatable, and you can get control. In the following pages, you will learn what bad breath is, why it occurs, and steps to help you control and combat bad breath.

Do not think you are alone in this situation. Millions of people share this problem nationwide. Only recently, have people begun to actively seek out effective remedies.

Do you have an overwhelming fear about bad breath? You could be wrong. Most people are not capable of assessing the odor their own breath. Chronic gum chewers, mint poppers and mouthwash users may never even have a problem. On the flip side, a person with seemingly obvious bad breath may never have understood (or noticed) when people offered mints or turned away during conversations.

In extreme cases, bad breath can cause embarrassment, create social and psychological barriers and might affect personal relationships. Constant worry about the smell of their breath (or if others can smell their breath) may even effect how people perform professionally. Dates, parties and other fun activities can be ruined when a person is constantly focused on their breath.

So do you have bad breath? Simply worrying about your bad breath or keeping your fears to yourself is not a good solution. Asking honest opinions about your breath from family or friends may be the best first step for you. It's ok if they are honest. Your bad breath does not have to be permanent. Do not panic, you can learn how to treat your bad breath. If bad breath has affected you, or someone you know, keep reading to take the first steps in learning how to deal with bad breath.

WHAT IS BAD BREATH AND WHY

DOES IT OCCUR?

ABOUT BAD BREATH AND GUM DISEASE

Bad breath (also known as halitosis) is an unpleasant condition that causes embarrassment and major frustration. Nevertheless, most people who suffer from bad breath are not even aware they have a problem, until they get too close to another person. For the sake of this information, “bad breath” and “halitosis” will be used interchangeably.

WHAT IS HALITOSIS?

Chronic halitosis is a condition in which a person produces an offensive odor from their oral or nasal regions that they are unable to eliminate through normal oral hygiene techniques, such as flossing and brushing. The occasional "morning breath" most people experience at one time or another is not true halitosis.

Bad breath (halitosis) knows no boundaries when it comes to age, sex, race or socioeconomic levels. It can be a truly demoralizing condition, and it negatively influences the lives of as many as 50-80 million individuals in the United States alone. It is such an embarrassing problem that many patients are reluctant to even mention the problem to their dentist or physician.

Many halitosis sufferers have no idea they have a breath problem unless somebody tells them about it. People suffering from halitosis sometimes become withdrawn and avoid social situations. There have even been documented cases of suicide stemming from halitosis.



Bad breath may be affected by many different factors including what you eat, dry mouth, smoking and not brushing correctly (or long enough). It may also be the sign of a medical disorder, such as a local infection in the respiratory tract, chronic sinusitis, postnasal drip, chronic bronchitis, diabetes or gastrointestinal disturbance, liver or kidney ailment.

Although maintaining good oral health is essential to reducing bad breath, brushing and flossing your teeth along with rinsing with mouthwash may not be enough. Many people don't have the time to follow these recommendations 2-3 times per day, as

recommended by most dentists. Even when most people follow the advice of their dentist, they still end up having chronic bad breath.

What is the cause of bad breath? This is a difficult question to answer due to the many types and causes of mouth odors. It is hard to take a measurement of what makes your breath “bad”. Complex gasses and difficulty in getting samples of bad breath, etc. all aid in the difficulty of testing bad breath.

There are five main types of mouth odors that contribute to bad breath:

- periodontal-type odor from the dental floss or from crevicular fluid in the periodontal pockets;
- characteristic nasal odor as tested from the air expired from the nose only;
- denture odor detectable from removable appliances especially if placed in a plastic bag for a few minutes;
- odor from the posterior tongue dorsum; and
- smoker's breath.

WHERE DOES THE ODOR COME FROM?

In the most common forms of bad breath, the odor comes from activity of bacteria in the mouth, usually from the back part of the tongue. Microorganisms in the mouth break down proteins and produce foul smelling gasses.

COULD I HAVE BAD BREATH?

Just about everyone has a bout of bad breath every now and again. It is very common to wake up with bad breath or have bad breath after eating certain foods.

There are two main types of bad breath: Transient Bad Breath and Chronic Bad Breath. The more common of the two, transient bad breath, is a temporary condition with a variety of causes. The foods you eat (garlic, onions, etc.), dry mouth, morning breath and poor oral hygiene are common causes of transient bad breath. Disappearing on its own, or with the aid of breath mints, chewing gum or toothpaste, transient bad breath goes away quickly.

Chronic bad breath is more persistent than transient bad breath and this serious condition affects approximately one-fourth of the population. This type of bad breath requiring specialized treatment is caused by an excess of certain types of oral bacteria. The primary bacterium causing chronic bad breath is one called streptococcus mutans.

WHAT CAUSES BAD BREATH?

Do any of your prescription medications list dry mouth as a main side effect? How about the over-the-counter medications in your medicine cabinet? Whether it is over-the-counter or prescription, products that list dry mouth as a possible side effect may be contributing to your bad breath.

Treatments or medications that reduce saliva have the potential to cause or increase bad breath. Medications used for allergies, sinus problems, and blood pressure may decrease salivation and, in turn, could increase bad breath. These are just a few of the mainstream conditions that people are commonly medicated for without realizing that these conditions can increase bad breath.

There are other controllable factors that can contribute to bad breath. Some of these factors include consuming excessive amounts of coffee or alcohol, overusing breath mints or mouthwash, a high fat or protein diet, cavities, and general improper oral hygiene care. Listed below are some additional causes of bad breath:

Medical

- Liver Diseases
- Lung Diseases
- Kidney Diseases (kidney failure can produce a fishy odor)
- Blood disorders
- Gallbladder dysfunction
- Menstruation
- Tonsillar infections or tonsiloliths
- Sinus infections & postnasal drainage (drips)
- Diabetes (acetone smell to the breath)
- Carcinomas

Dental

- Gum (periodontal) disease
- Xerostomia (dry mouth condition)
- Extensive dental decay
- Oral Cancers
- Oral infection of abscesses
- Allergy conditions
- Oral conditions resulting from postnasal drip or discharge

In addition, there are many systemic conditions which contribute to halitosis:

Respiratory Problems: Pharyngitis, Pulmonary Bronchitis, Lung Abscess, Pneumonia, Lung Cancer, Foreign Body in Respiratory Tract.

Hepatic Problems: Cirrhosis of the Liver.

Renal Problems: Renal Failure, Dialysis, and Uremia.

Gastrointestinal Problems: Malabsorption Syndromes, Weakening of Esophageal Closure (example: Hiatal Hernia), Ulcers.

Other Systemic conditions: Sjorgren's Syndrome, Leukemia, Dehydration, Starvation, Bulimia, Blood Dyscrasia, Diabetes, Scarlet or Typhoid Fever and Trimethylaminuria.

Most Common Bad Breath Causes

Caused by bacteria in our mouth, most of the time (85%-90%) bad breath originates in the mouth. These bacteria break down food debris, which creates by-products, called volatile sulfur compounds (VSCs) made up of methyl mercaptan and hydrogen sulfide. These VSCs emit a smell similar to rotten eggs. Because bacteria need an environment free of oxygen, they will live in areas that are difficult to reach such as pockets around teeth, the grooves in the tongue, and especially on the back of the tongue. The most common cause of bad breath is bacteria on the back part of the tongue. This bacterium lives deep in the tiny grooves of the tongue and digests proteins while producing gasses.



In some conditions, the odor may be caused by:

- a systemic condition, such as diabetes
- sinus problems
- trouble with the pharynx, lungs or stomach
- respiratory tract infection
- dieting
- postnasal drip
- chronic bronchitis
- gastrointestinal disturbance
- liver or kidney ailment
- poor dental hygiene Infrequent or improper brushing and flossing can leave food particles to decay
- infections in the mouth - gum disease
- respiratory-tract infections - throat infections, sinus infections, lung infections
- ☐ dry mouth- caused by salivary gland problems, medications or by "mouth breathing"
- ☐ systemic illnesses - Diabetes, liver disease, kidney disease, lung disease, sinus disease, reflux disease

- ☐ psychiatric illness - people may perceive that they have bad breath, but it is not noticed by oral-health-care professionals or others, this is referred to as "pseudo halitosis."

Other factors can cause bad breath, such as:

- ☐ tobacco
- ☐ alcohol
- ☐ alcohol containing mouth rinses
- ☐ dry mouth
- ☐ foods like garlic, onion and spicy foods
- ☐ hunger
- ☐ morning breath
- ☐ poor oral hygiene
- ☐ braces
- ☐ dentures
- ☐ certain medical disorders like radiation therapy
- ☐ EtOH (a ketone produced from dieting)

The first step you should take in solving a bad breath problem is to visit your medical doctor for an examination. This will ensure that the cause of your bad breath is not from a physical problem. When he or she has determined the bad breath is not caused by a medical condition, you will need to provide your dentist with a complete medical history. Your dentist will also want to know how you determined that you have bad breath.

Gum Disease (Periodontal Disease)

Periodontal disease, also known as gum disease, is an infection of the tissues that support your teeth. Your gum tissue is not attached to the teeth as high as it may seem. There is a very shallow v-shaped crevice called a sulcus between the tooth and gums.

Periodontal diseases attack just below the gum line in the sulcus, where they cause the attachment of the tooth and its supporting tissues to break down. As the tissues are damaged, the sulcus develops into a pocket: generally, the more severe the disease, the greater the depth of the pocket.

Periodontal diseases are classified according to the severity of the disease. The two major stages are gingivitis and periodontitis. Gingivitis is a milder form of periodontal disease that only affects the gums. Gingivitis may lead to more serious, destructive forms of periodontal disease called periodontitis and can also cause bad breath.

Several warning signs that can signal a problem:

- ☐ Gums that bleed easily;

- ☐ Red, swollen, tender gums;
- ☐ Gums that have pulled away from the teeth;
- ☐ Persistent bad breath or bad taste; or
- ☐ Permanent teeth that are loose or separating.

Bad breath can also come from gum disease, especially if you notice the odor especially when flossing the areas between the teeth and gums yields a foul odor. Your dentist can provide treatment for gum diseases in various ways, depending on the type and extent of the problem.

The Link Between Bad Breath And Gum Disease

According to a research review published in a leading dental journal in 2001, studies conducted over the last 50 years have confirmed the link between offensive odor and gum disease. “A more disagreeable odor” came from the mouths of the people who had gum disease. According to the review, this was most likely because their saliva putrefied more rapidly than that of someone who had healthy gums. Additionally, clinical studies also showed higher levels of VSCs in pockets of inflamed gums. Individuals with gum disease may also have more “tongue coating” and up to three to four times the amount of VSCs than people who do not have gum disease. Lastly, dental plaque may contribute to an unpleasant smell in the mouth. Composed of bacteria as well as proteins, this may add up to what some dentists may call “oral malodor” or bad breath.

Bacteria

As stated earlier, there are a variety of causes leading to bad breath, but the main cause is bacteria. Contrary to most people’s belief, odor coming from the stomach is almost never the cause of chronic bad breath. The vast majority of the time, bad breath problems begin in the mouth. In the United States, an estimated 60 million people suffer from chronic bad breath. Moreover, these 60 million people spend an estimated 10 billion dollars to treat their condition.

We are born with two types of bacteria that live in our body. An imbalance of these two bacteria living in our mouth is the main cause of bad breath. The two types are aerobes and anaerobes. Aerobes live with oxygen and anaerobes live without oxygen. Anaerobic bacteria grow quickly and tend to dominate the oral environment. As they grow, they produce large amounts of sulfur compounds. These are VSCs, which can be found predominantly in the throat and on the back of the tongue. The VSCs are what give us a “bad taste” in our mouths. Dying (and dead) bacterial cells release VSCs, which causes the bad breath odor. Food debris and bacterial plaque accumulate on the back of the tongue. Because the surface of the tongue is rough, and bacteria accumulates in crevices and



cracks, large amounts of VSCs can frequently be found in this area.

What You Ingest Can Cause Bad Breath

Do some foods contain higher levels of compounds that increase sulfur production? Increased sulfur production increases the amount of VSCs in your mouth. The higher the amount of VSCs, the worse smelling your breath can be.

There are four food categories that could increase your bad breath. The four categories are drying agents, dense protein foods, sugars, and acidic foods.

Found in beverages such as beer, hard liquor, and wine, alcohol is the most common drying agent in food. Alcohol is also found in mouthwash-many times as the number one ingredient. Smoking is the second quickest way to dry out your mouth.

Foods dense in protein such as milk, cheese, ice cream, chicken, fish or beef should be consumed at lower levels if bad breath persists. The high protein/low carbohydrate diet may have allowed people to lose weight, but it has also caused people to have bad breath. When the body does not receive enough energy from carbohydrates, it breaks down fat (and other tissues), releasing ketones into the body. The smell of ketones is often compared to nail polish, or overripe pineapples.

Foods high in sugar can lead to increased decay, in turn causing bad breath. Highly acidic foods can be a problem as well.

Excessive amounts of citrus juices and coffee are highly acidic foods (decaffeinated coffee also falls into this category). The juices with the highest acidic counts included tomato juice, orange juice, pineapple juice and grapefruit juice.

Though it is nearly impossible to avoid the four categories in daily food consumption, making yourself aware of the effect of these types of foods on your breath can help make you aware of when bad breath might occur.

Foods, such as onions and garlic, may also increase breath odor. After food is absorbed into the bloodstream, it is expelled into the lungs. Many people try to mask the odor by flossing, or brushing their teeth. The odor will not leave the body until the food is eliminated. Lack of food, or infrequent eating may also cause an unpleasant odor to develop.

Particles of food can remain in the mouth after eating. If you don't floss and brush daily, these particles can continue to collect bacteria. The additional particles and bacteria can cause bad breath. Food can actually collect around the gum, in the tongue and between the teeth, rotting, leaving an odor.

HOW CAN I TREAT BAD BREATH?

While many mouthwashes and mouth rinses on the market only temporarily cover up bad breath (regular (conventional) mouthwashes may dry out the mouth with excess alcohol), some do actually help treat the cause. Recent studies suggest mouth rinses with certain active ingredients attack bad breath at its cause and may be very effective treatments. In order for a mouthwash or rinse to do this, it must do one of two things: kill the microorganisms responsible for producing the VSCs or neutralize the sulfur compounds themselves. The active ingredients to look for include zinc, chlorine dioxide, cetylpyridium chloride and chlorhexidine gluconate. These ingredients have been shown to kill, with varying degrees of success, anaerobic bacteria and/or their chemical by-products. Chlorine Dioxide mouthwashes are one of the latest advances against bad breath. More research is still needed to know which mouthwashes and rinses are the most effective and user-friendly treatments

Before a decision is made regarding treatments, a complete medical history should be taken and evaluated by a dentist or physician for health problems or medications that may increase bad breath. A thorough dental and periodontal exam should be completed to rule out any disease of soft or hard tissues.

THE BASICS

The two most crucial elements for defeating bad breath are brushing and flossing. Since bacteria lives on our teeth and gums, brushing and flossing will remove the bacteria and will decrease production of VSCs.



However, most people do not spend the 2-3 minutes it takes to properly brush all tooth surfaces. In fact, the average person spends less than 1 minute brushing their teeth and spends even less time flossing. Not flossing your teeth is the equivalent of not washing a third of your body in the shower. Flossing is very beneficial and should be practiced daily.

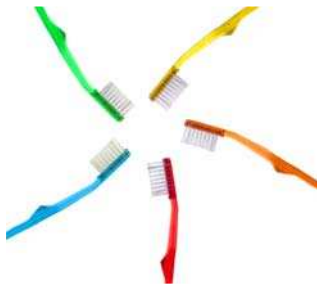
Cleaning your tongue is also extremely important. Because many of the odor-causing bacteria live in the deep crevices on the tongue, they lay protected from oxygen under mucous, proteins, and food particles. The back of the tongue should be cleaned with a tongue cleaner on a regular basis.

As noted before, a dry mouth can lead to a growth in odor causing bacteria. The easiest way to moisten your mouth is to drink water. Because drinking water stimulates saliva flow, it is beneficial to drink water after eating to wash away excess food particles. Additionally, it is important to remember to drink water with excessive talking and exercise.

Keeping appointments with your dentist and getting regular checkups will help decrease dental problems including abscesses, impacted teeth, and periodontal disease, all of which contribute to bad breath.

History of Toothbrushes and Tooth Brushing

Found in Mesopotamia, the earliest cleaning implement was a gold toothpick thought to be used by Sumerians in 3000 B.C. Some primitive cultures used "chewsticks" flavorful twigs of wood that are chewed or crushed at the end to form a fibrous brush. References to chewsticks in Chinese literature appear as early as 1600 B.C. Chewsticks are still used by some Asian and African cultures today. Hippocrates' writings around 300 B.C contain descriptions of gum disease, calculus and treatment of gums.



Toothbrushes resembling our modern versions appeared in United Kingdom in the late 18th Century. The first U.S. patent for a toothbrush was issued in the 19th Century. The American Academy of Periodontology identified the first ideal specifications for toothbrushes in 1919, attempting to develop a standard for the industry. In 1950, Dr. Robert Hudson, a California periodontist designed and patented the Oral-B toothbrush. The rest, as they say, is history.

According to the American Dental Association, an effective toothbrush should be:

- ☐ A shape, size and texture that will conform to an individual's needs;
- ☐ Efficiently and easily manipulated;
- ☐ Durable and inexpensive;
- ☐ End-rounded filaments;
- ☐ Flexible;
- ☐ Soft bristled;
- ☐ Lightweight;
- ☐ Easily cleaned and dried; and
- ☐ Designed for utility, efficiency, and cleanliness

Toothbrushes are available in a variety of handle types and bristle planes. Orthodontic brushes have a bi-level plane, which can be very helpful in fighting plaque.

Tongue Care

The tongue's filiform and fungiform papillae can create a rough, uneven surface. Bacteria, debris, and plaque may collect in this surface. The posterior dorsum of the tongue is difficult to clean and is usually an area where odor develops.

The tongue can be gently brushed with a standard soft toothbrush. Use the brush soaked in an antibacterial mouthwash to deliver the substance to the surface of the tongue. Try to reach back to the dorsum of the tongue without choking and be gentle enough to avoid damaging the tongue's surface. Try different sized toothbrushes to find the most effective size for you. Tongue scrapers are made of a flexible material and have ridges to clean the surface of the tongue. These should be used gently also.

If bad breath continues after cleaning of the tongue and proper dental care is in place, you should make an appointment with your dentist for further investigation.

WHAT SHOULD I DO IF I HAVE BAD BREATH?

When you make your appointment, tell the office you would like to discuss your bad breath. Take note of when the bad breath is most noticeable. Ask a friend or family member to help you determine the intensity and odor of your breath.

On the day of the appointment, try not to drink, smoke, eat candy, chew gum, eat or use mouthwashes for at least 2 hours before the appointment so that a normal sampling can be taken. Try not to wear perfumes or cosmetics that can mask the odor of your breath.

The dentist will ask you questions about medications you may be taking, and will ask about your medical history. He or she will also perform a complete examination of your gums and teeth to look for infections or cavities. Some dentists have special machines to test the breath for gasses.

If the odor is coming from a dental or gum problem, your dentist will recommend dental treatment. He or she may also suggest regular rinsing with a mouthwash to help reduce bad breath or brushing your tongue.

If you have healthy teeth and gums and do not have any medical problems, the odor probably comes from the back part of your tongue. The dentist can remove a sample of plaque from this area using a plastic spoon. The odor coming from this sample can be compared to the general odor of your mouth.

If the tongue is the source of the problem, then the dentist can recommend a method of cleaning the tongue, either with a special tongue scraper or a toothbrush. This method may be difficult at first, as it may trigger your gag reflex, but practice and time will help you overcome this. You may also be referred to another medical expert or to a clinic that specializes in bad breath. Normally, regular home care and the treatment your

dentist recommends will take care of bad breath. It is extremely important to practice home care daily to prevent the bacteria from re-colonizing on your tongue.

Regular checkups will allow your dentist to find any problems that may be occurring such as dry mouth, gum disease, cavities, etc. Maintenance of good oral hygiene, scheduling regular professional cleanings, and eliminating gum disease is the core to eliminating bad breath.

If your dentist determines your mouth is healthy, and the cause for odor is not mouth related, they may suggest a family doctor or a specialist for treatment and to help determine the cause of the odor. If you need special products for treating your bad breath, your dentist can prescribe or recommend the products that will work for you.

If the odor is due to gum disease, you may be referred to a periodontist who specializes in treating gum tissue. Periodontal (gum) disease can cause gum tissue to pull away from the teeth, forming a type of pocket. If the pockets run deep, it is necessary to have a periodontal cleaning, which is the only method that can remove the deep accumulation of plaque and bacteria.

If you make an appointment for a halitosis analysis, you should follow these steps (especially if you are seeing a periodontist). At the halitosis examination, you will have to provide a complete medical history. This will also include the duration for which you have had bad breath. A complete periodontal charting will be completed (this will catch if the odor is hiding deep in the periodontal pockets). An x-ray survey will be taken to rule out other problems which could be causing the odor. Some of these problems include poorly fitted fillings, impactions, pocketing and plaque accumulation. Any additional instructions will be given to you prior to the visit.



Before your halitosis exam:

- ☐ Do not brush, floss or use mouthwash for 12 hours preceding your appointment.
- ☐ Do not use antibiotics for 3 weeks (this will artificially change the micro-organism population in the body).
- ☐ No food or drink, except water for 5 hours before the appointment.
- ☐ Tobacco and alcohol products must not be used for 12 hours prior.
- ☐ Onions, garlic and cabbage are forbidden for 48 hours (these foods have odors which are picked up by the blood system and are exhaled through the lungs for several days after a meal).
- ☐ Perfumes, aftershaves and other scents are discouraged.

At exam time, there are two ways in which an odor can be determined. The first is the use of the nose. An increase in VSCs will produce a characteristic (though unpleasant) smell. This first method of evaluation is developed through experience and repetition. The second method is to use a halimeter. A halimeter can be used to measure VSCs in

parts per billion (ppb). Readings that are below 100ppb are not detected by the human nose and are normal. Reading above 100ppb is where the odor starts to build. Around 300-400ppb, an unpleasant odor can be smelled from a distance of several feet away.

Again, all traditional treatment options should be discussed with your dentist or periodontist before you take a course of action. You should not self-medicate or self-prescribe before talking to a health care professional.

NON TRADITIONAL REMEDIES

ALTERNATIVE REMEDIES

Most over the counter products simply do not eliminate bad breath. They only hide it temporarily. Many mouthwashes contain alcohol that can dry and damage soft oral tissue and lead to even faster formation of odor causing bacteria and gum tissue damage (which makes bad breath worse). Even more alarmingly, the ADA reports any mouth rinses containing more than twenty-five percent alcohol may increase the risk of oral and pharyngeal cancer by roughly fifty percent. The next few pages will talk about alternative remedies you can try for bad breath. Many of these products are found in the home.

Anise

The seeds of the herb anise can be boiled to create a tonic to drink or a mouthwash to be gargled. Once the seeds have been boiled, the liquid should be strained before using as either a tonic or mouthwash.



Avocado

Not only do avocados taste good, but also they help with bad breath. Avocados are known to remove intestinal purification and decomposition. Because of these traits, avocado is an excellent remedy for bad breath.

Baking Soda (Bicarbonate soda)

Found in the home, baking soda is used not only for baking, but also for a variety of health treatments, including freshening breath and as a form of toothpaste. The taste of baking soda can be odd at first, but over time most people become accustomed to the taste of baking soda, even preferring to use it with regular toothpaste. It is recommended to brush the teeth with baking soda in the morning and evening (use regular toothpaste to follow if the taste is too overpowering). Rinse using lukewarm saltwater.

Cardamom

Containing cineole, a very potent antiseptic which kills bad breath, cardamom seeds can be chewed to decrease bad breath. It is recommended that you chew the seeds for a brief period of time and then spit out the remainder.

Cranberries

Cranberries may have the power to stop the offensive smelling bacteria that can build up in your mouth and lead to bad breath. Cranberries make bacteria less sticky, so plaque is less likely to form. Plaque not only makes your breath less than pleasant, but again, it can also lead to cavities and gum disease.

Eucalyptus

Also rich in cineole, eucalyptol is derived eucalyptus oil and is the main ingredient in many traditional mouthwashes. The leaves of the eucalyptus can also be chewed for brief periods of time for freshening.

Guava

Eating fresh guava fruit is an excellent aid in fighting bad breath and helps with teeth and gums. High in calcium, guava is extremely beneficial to eat. In addition to being helpful in stopping bad breath, guava leaves have been known to stop bleeding gums. When bleeding starts simply chew a few leaves of the guava tree to stop the bleeding.

Hydrogen Peroxide

Using a hydrogen peroxide rinse may temporarily reduce your bad breath. Hydrogen peroxide is considered a powerful oxidizer, killing most bacteria (including useful or “good” aerobic bacteria, so do not overuse). Hydrogen peroxide can be used as an oral antiseptic at a concentration of 1.5%. Since hydrogen peroxide is usually available at a concentration of 3%. To reach the concentration of 1.5%, simply dilute the peroxide with an equal amount of water.

A mix of hydrogen peroxide and baking soda has also been known to work well. As stated above, a mix of 1:1 hydrogen peroxide and water is needed. It is also recommended to add a pinch of baking soda and a pinch of salt (so the salt can be tasted). This mixture is recommended in place of mouthwash. Peppermint oil or other essential oils can be used for flavor.

Paw Paw

Found in tropical areas, the paw paw fruit is good for cleaning the stomach and stopping bad breath. The fruit must be cut open and after removing the seeds, cut into small pieces before eating. It is recommended to eat 2-3 dessert sized bowls of the fruit pieces daily for the best effect.

Parsley

Due to its high concentration of chlorophyll (which lowers bad breath), parsley is considered a natural breath freshener. Boiling freshly chopped parsley and ground cloves (or whole cloves) with two cups water will create a mouthwash to be used on a daily basis. After boiling and straining the excess parsley leaves and clove pieces, this natural mouthwash can be used twice a day. Parsley has other health benefits as well. Some nutritionists even believe that parsley enhances mental alertness and positively affects the immune system.

Peppermint

Most commonly known for its uses in candy, gum and toothpaste, peppermint is also used in tea. Peppermint tea can be used and is considered very effective when treating bad breath. Aromatic peppermint oil should be used with caution, as it is toxic and should not be ingested.

Tea

Compounds found in tea have been found to stop the growth of bacteria that cause bad breath. Polyphenols, chemical components of tea, prevent both the growth of bacteria responsible for bad breath and the bacteria's production of malodorous compounds. The polyphenols found in tea include chemicals called catechins and theaflavins. Catechins are found in both green and black teas, while theaflavins are found predominantly in black tea.



Yogurt

The British Dental Health Foundation (BDHF) states that sugarless yogurts could help people beat bad breath while also fighting gum disease and tooth decay. This was noted after researchers in Japan revealed that eating traditional, sugarless yogurt reduces the malodorous compounds that cause bad breath. Volunteers in the study were given strict instructions for oral hygiene, diet and medication intake. After spending two weeks avoiding yogurt and similar foods (such as cheese) they moved on to consume 90 grams of yogurt a day for six weeks. It was found that after six weeks the hydrogen sulfide levels (a major cause of halitosis) decreased in 80 percent of volunteers who had bad breath.

Natural Medicines

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is ‘better’ than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program. Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called ‘alternative’ or ‘complimentary’ medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term ‘holistic’ medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more. Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing. In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are ‘unproven’ and ‘untested’, the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name. Even some pharmaceutical companies have rushed to claim their market share by producing so-called ‘standardized’ extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While ‘standardized’ extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don’t make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

In the treatment of bad breath and halitosis, the following herbal and homeopathic remedy is often used as part of the treatment plan.

Triple Complex HaliTonic - <http://www.takemybreathaway.com/halitonic>

Recognizing the need for a healthier and more effective approach, without the side effects of prescription drugs, Native Remedies has developed **Triple Complex HaliTonic** - a 100% natural, safe and proven combination of biochemic tissue salts and selected medicinal herbs, especially chosen for their tonic effect in *promoting breath freshness*.

Triple Complex HaliTonic acts as *a system cleanser and detoxifier* and *promotes healthy liver functioning*, helping the body to *naturally remain free of all bacterial or putrefactive conditions*.

Regular use of HaliTonic can help to *prevent bad breath by treating the underlying causes*. Use HaliTonic along with a regular oral hygiene program and *say goodbye to bad breath permanently!*

Triple Complex HaliTonic can help:

- Cleanse toxins and bacteria from the mouth and digestive tract
- Treat the underlying causes of halitosis and bad breath
- Improve bad breath and unpleasant tastes in the mouth
- Assist with the treatment of gum disease (not a substitute for dental care)
- Improve all putrefactive conditions in the body - e.g. halitosis, gassy bowels, foul smelling stools and mucous infections

Triple Complex HaliTonic contains the following therapeutic herbs:

- *Kalium Phosphate* (Kali. Phos.) 6C: is a biochemic tissue salt which is a constituent of all fluids in the body. Kali. Phos. has an antiseptic action and helps to reduce or stop decay of body tissue. It is well known as a cleanser of any putrefactive conditions such as halitosis (bad breath), foul-smelling flatulence and stools. This is also an excellent nerve tonic and natural tranquilizer.
- *Silicon Dioxide* (Silica) 6C: is also known as the 'homeopathic surgeon' due to its unique ability to cleanse the cells of toxins and rid the body of bad odors. Silica is naturally occurring in the body, especially in hair, nails, skin, nerve sheaths and all mucous membranes, including the mouth and digestive tract. This biochemic tissue salt is also frequently prescribed for gum disease (including gum boils and mouth abscess), mouth ulcers and chronic mucous infections (e.g. sinus infections). Silica acts as a natural cleanser and purifier and will also eliminate all foreign matter in the body. For this reason Silica should not be used by people with any type of prosthesis, breast implants, pace makers, metal plates, pins or artificial tubes in the body.
- *Foeniculum vulgare* (Sweet Fennel): has been used for many centuries as a diuretic, anti-spasmodic and calmativ herb. It contains an aniseed-flavored essential oil containing mostly anethole, as well as fenchone; both of which are thought to

account for its anti-spasmodic and diuretic properties. Fennel is an excellent digestive tonic, which also helps to relieve gas. Fennel seeds have been long used as an aid to sweeten the breath.

- *Carduus marianus* (Milk Thistle): is regarded as one of the most important herbal liver tonics and restoratives. It helps to restore healthy liver functioning, bile production and digestion, thereby acting as an eliminator of toxins in the body and the digestive tract. Medical use of Milk Thistle may be traced back more than 2000 years. Milk Thistle has been subject to many clinical trials which clearly demonstrate its effectiveness.
- *Lactose*: HaliTonic is presented in small lactose tablets. The amount of lactose used is very small and is generally well tolerated even by people who are lactose intolerant.

HOMEMADE REMEDIES

Another trend that is gaining popularity is to use homemade mouthwash. Using the ingredients in your home, you can create all-natural mouth rinses, toothpaste, and mouthwash. Many do not realize it, but homemade, all-natural therapy is right at their fingertips. Most of the “recipes” listed on the next two pages contain ingredients that are commonly found in the home or readily available in your local supermarket. They are also inexpensive and do not contain artificial colorings or flavorings.

Mouthwash

Homemade Rosemary-Mint Mouthwash

2 1/2 cups distilled or mineral water
1 tsp fresh mint leaves
1 tsp rosemary leaves
1 tsp anise seeds

After bringing water to a boil, add all ingredients. Infuse for 20 minutes. Let mixture cool to room temperature, and then strain to use as a mouthwash. Tincture of myrrh can be used as a preservative, especially when making large quantities.

Homemade Spearmint Mouthwash

6 ounces water
2 ounces vodka
4 teaspoons liquid glycerin
1-teaspoon aloe vera gel
10-15 drops Spearmint essential oil

Bring the vodka and water to a boil. Add aloe vera gel and glycerin. Remove mixture from heat letting it cool slightly. Add spearmint gel and pour into bottle, capping it tightly. Shake well.

Baking Soda Mouthwash

2 ounces (60ml) water
¼ teaspoon baking soda (or sea salt)
1 drop pure peppermint oil
1 drop tea tree oil.

Mix all ingredients together to use as a mouthwash.

A Very Simple Homemade Mouthwash

8oz. warm water
1 teaspoon table salt

Swish and rinse mouth with one-half glass warm water. Works well for sore gums and tooth infections.

Toothpaste

Loretta's Toothpaste

1 Tsp baking soda,
1/4 Tsp hydrogen peroxide
1 drop oil of peppermint

Mix all ingredients to make a paste. Once mixed, mixture can be used as toothpaste.

Vanilla & Rose Geranium Toothpaste

1/2 ounce powdered chalk
3 ounces powdered orrisroot
4 teaspoons of tincture of vanilla
15 drops oil of rose geranium
Honey, enough to make a paste

Mix all ingredients to make a paste. Once mixed, mixture can be used as toothpaste. It is recommended to store this paste in an airtight container.

Ben Franklin's Toothpaste

Honey
Ground charcoal

Mix ingredients to make a paste. Once mixed, mixture can be rubbed on teeth for a whitening effect.

Mint Toothpaste

6 teaspoons baking soda
1/3-teaspoon salt
4 teaspoons glycerin
15 drops peppermint

Mix all ingredients to make a paste. Once mixed, mixture can be used as toothpaste. It is recommended to store this paste in an airtight container. Wintergreen can be substituted for peppermint flavor.

Simple Toothpaste Mixture

Bicarbonate of soda
Salt
Water
Glycerin
Peppermint oil

Ratio of sodium bicarbonate to salt is 3:1. Ratio of glycerin is 3 tsp:1/4 cup mixture. Once ratios are completed, add water to make paste. Peppermint oil is added for flavor.

Another Tasty Toothpaste Recipe

1/4 tsp peppermint oil
1/4 tsp spearmint
1/4 cup arrowroot
1/4 cup powdered orrisroot
1/4 cup water
1 tsp ground sage

Mix all ingredients to make a paste. Once mixed, mixture can be used as toothpaste. More water can be added dependent upon consistency desired. It is recommended to store in covered container at room temperature.

Cinnamon and cloves can be substituted for peppermint or spearmint flavor.

Cleansers/Powder

Super Cleanser

Hydrogen peroxide (a few drops)

Baking soda

Mix all ingredients to form a paste. Paste can be used along the gums twice a week and daily on teeth.

Homemade Fruit Teeth Cleaners

Lemon can be used to remove fruit stains from teeth. Take lemon rind and rub along stained teeth. Rinse mouth. Teeth can be cleaned with fresh strawberries. Rub fresh strawberries on all sides of teeth.

Old Fashioned Tooth Powder

2 Tbsp dried lemon or orange rind

1/4 cup baking soda

2 Tsp salt

Grind rinds into a fine powder using food processor/grinder. Add soda and salt and grind to fine powder. Storage is recommended with an airtight container. Can be used as a paste when applied to a moistened toothbrush.

Lemon Clove Tooth Cleanser

Small amount of finely powdered sage
1 ounce of finely powdered myrrh
1 pound powdered arrowroot
3 ounces powdered orrisroot
20 drops oil of lemon
10 drops oil of cloves
12 drops oil of bergamot

Combine dry ingredients in bowl. Mix oils in (1 drop at a time) until mixed thoroughly. Use as needed.

NON-TRADITIONAL TREATMENTS

In addition to a more homeopathic approach to products, you can also try a variety of therapies designed to help with your bad breath.

Aromatherapy

“A drop of pure peppermint essential oil on the tongue is a quick breath freshener,” says Victoria Edwards, an aromatherapist in Fair Oaks, California.

Ayurveda

“Chew a few fennel seeds,” says Vasant Lad, B.A.M.S., M.A.Sc. Director of the Ayurvedic Institute in Albuquerque, New Mexico. “Fennel’s clean licorice taste will freshen breath,” according to Dr. Lad.

Food Therapy

“Bad breath is mostly caused by fermentation in the intestinal tract,” says Elson Haas, M.D., director of the Preventive Medical Center of Marin in San Rafael, California, and author of *Staying Healthy with Nutrition*. “People who have a lot of yeast in their intestinal tracts, which ferments foods such as cheeses and baked goods, are especially prone.” While Dr. Haas thinks it is wise to limit those foods, as well as sugar, alcohol, vinegar and other fermented fare, he also recommends upping your intake of fresh fruits and vegetables. “Besides having a high water content, which can help overcome bad

breath caused by dry mouth, these foods have a cleansing effect in the intestinal tract,” says Dr. Haas.

It is well known that gum disease causes bad breath. Taking vitamin C helps protect and heal your gums from damage and disease. Vitamin C is plentiful in citrus fruits, strawberry, cabbage, orange, red pepper and kiwi fruit.

- Eating food rich in acidophilus, such as yogurt, helps to balance the bacteria in the intestine to a healthy level and thus reduce halitosis.
- Eating food that fights plague build-up also helps fight foul breath, such as cheese, peanut, celery and carrot.
- Eating less meat and more fiber such as vegetables and fruits help temporarily mask bad breath. Snack on fresh raw vegetables and fruits such as parsley, celery, carrot apple and pear. Parsley is effective because it contains chlorophyll, a chemical found in plants that are considered a natural breath freshener.
- Eat food rich in fiber to fight constipation. Your body absorbs a large amount of bacteria from a meat-laden diet. Fiber helps promote regular bowel movements that remove these toxins from your body that cause bad smelling breath. Food rich in fiber include pea, dried bean, brown rice, prune, fig, and wheat product

Herbal Therapy

“Carry fennel seeds, anise seeds or cloves to chew on after meals or whenever you feel your breath needs sweetening,” says Varro E. Tyler, Ph.D., professor of pharmacognosy at Purdue University in West Lafayette, Indiana. He suggests chewing two or three fennel or anise seeds or one clove as needed.

Homeopathy

“If you can smell someone’s bad breath from across the room, that’s usually a sign that he needs Mercurius,” says Richard D. Fischer, D.D.S., a dentist and homeopath in Annandale, Virginia, and President of the International Academy of Oral Medicine and Toxicology. “Take a 30X dose of Mercurius three or four times a day for three to four days to curb offending breath,” he advises. In addition, he says to “gargle at least once a day with a solution of 20 drops of Calendula tincture diluted in eight ounces of water.” Both Mercurius and Calendula can be purchased in many health food stores.

Hydrotherapy

“Avoid bad breath by drinking lots of water and peppermint tea, both spiked with a pinch of anise, caraway or cinnamon,” suggests Agatha Thrash, M.D., a medical pathologist and co-founder and co-director of Uchee Pines Institute, a natural healing center in Seale, Alabama. Peppermint tea is available in tea bag form in most health food stores.

Reflexology



“Be sure to hit the reflex points for the stomach, liver and intestine and all of the points on the sides and bottom of each big toe when working your feet,” says St. Petersburg, Florida, reflexologist Dwight Byers, author of *Better Health with Foot Reflexology*. (To work your big toes, use whichever technique you find most comfortable.)

Yoga

“Daily practice of the head-to-knee pose may help,” says Stephen A. Nezezon, M.D., yoga teacher and staff physician at the Himalayan International Institute of Yoga Science and Philosophy in Honesdale, Pennsylvania. “This pose can improve liver function, which can have a direct effect on your breath,” says Dr. Nezezon.

Unbelievably, many individuals try “home remedies” without proper instruction. Any type of home remedy or therapy should be researched before performing this action as serious effects of the remedy/therapy remedy can occur. On the next page are common mistakes made when using “home remedies”.

Top 10 Worst Home Remedies for Bad Breath

1. **Excessive mouthwash use:** this produces sloughed, bad smelling tissue that is worse than your breath!
2. **Breath mints:** long lasting sugar candies subject your teeth to acid attacks and increase your risk for cavities
3. **Chewing gum:** it only masks bad breath
4. **Mint chew tobacco:** smokeless tobacco causes gums to recede and increases the chance of losing the bone and fibers that hold your teeth in place and can cause oral cancer.
5. **Infomercial items:** use items that have the ADA Seal of Approval. Unapproved items could do more harm than good.
6. **Alcohol:** will cause dry mouth causing bad breath.
7. **Brushing with cleanser:** it is poisonous and dangerous...do not laugh people actually do this!
8. **Intestinal cleansing methods:** bad breath does not originate from the stomach. Anaerobic bacteria in your mouth produce bad breath.
9. **Using mouth rinses with alcohol:** dries out gum tissue and only covers bad breath it does not deal with the cause.
10. **Tongue piercing:** allows you to harbor more bacteria on your tongue where sulfur compounds that cause bad breath live.

PREVENTION OF BAD BREATH

CLEANING YOUR TEETH AND GUMS

Proper home care will give you fresh breath and will keep your teeth and gums healthy. Bacteria live in your mouth. The foods you eat can be turned into acids by these bacteria. The acids can cause decay in the teeth. Bacteria colonize and form a sticky substrate called plaque. Plaque produces irritation to the gums, making them red, tender or bleed easily. If gums are irritated for long enough, they pull away from the teeth and form pockets where bacteria thrives and infections form. If the gums are not treated, the bone around the teeth can be destroyed. If the supporting bone of the teeth is destroyed, the tooth will be lost.



It is recommended by the American Dental Association (ADA) to brush your teeth every day. Additional recommendations include:

- ☐ Cleaning your teeth regularly;
- ☐ Eating a balanced diet;
- ☐ Using a soft bristled toothbrush to clean your teeth at least twice a day;
- ☐ Choosing fluoride toothpaste which shows the ADA seal indicating that the product meets the quality guidelines;
- ☐ Using a brush appropriate to the size of your mouth and teeth;
- ☐ Using dental floss every day; and
- ☐ Visiting your dentist regularly.

You may know the basics of brushing and flossing, but here are additional tips to help your technique

Brushing Tips

1. Place the toothbrush bristles against the gums at a 45-degree angle.
2. Move the brush back and forth gently in short (one tooth wide) strokes. All surfaces of the teeth need to be cleaned: the inner areas (by the tongue), the outside areas (by the cheeks and lips), and the grooved biting surfaces.
3. Turn the brush to use the whole length of it to clean the insides of the upper and lower front teeth.

Flossing Tips

1. Break off about 15 inches of strong floss and wind most of it around one of your middle fingers. Alternatively, you can tie the two ends of the floss together to form a circle.
2. Wind some of the floss around a finger of the other hand.
3. Hold the floss taut between your thumbs and forefingers. Guide the floss between your teeth using a gentle back and forth motion. Do not snap the floss between the teeth.
4. After the floss is through the tight area between the two teeth, curve it into a C shape against one tooth. Gently slide it up and down the tooth and under the gum line.
5. Do the same thing for the side of the other tooth.
6. Advance the floss so you use a clean area between each tooth.

Tongue Cleaning

1. Gently brush the tongue with a regular toothbrush dipped in an antibacterial mouthwash.
2. Reach back as far as you can without hurting yourself. At first, you may gag, but practice will decrease this natural urge.
3. Rinse the toothbrush well and repeat a few times until the white coating on the surface of the tongue is removed.
4. Be gentle so the delicate tissues are not damaged.
5. Special tongue cleaning devices may be used. Gently scrape the surface of the tongue according to the manufacturer's directions.

Mouth Washes

Your dentist may recommend an antibacterial mouthwash. He or she will give you specific directions on when and how to use it.

MAINTAINING GOOD ORAL HEALTH

Regularly scheduled dental visits, checkups and cleanings will result in a reduction of bad breath. Your dentist may ask you to keep a food log if bad breath is constant. Surgeries or illnesses need to be noted between visits.

Brushing twice a day and using floss or an interdental cleaner between teeth can accomplish removing plaque and food debris. It is also important to use fluoride toothpaste.

Listed on the next page are reminders to help you deal with bad breath. The information

is broken down into a checklist and provides Dos and Don'ts to help maintain better

breath. Bad breath is a problem needing attention. It is better to deal with it than to mask it.

Dos

- ☐ Visit your dentist regularly. Mark your calendar at the start of the New Year to help you remember.
- ☐ Have your teeth cleaned periodically by a dental professional. Maintenance cleanings are recommended twice a year (every 6 months).
- ☐ Floss or clean between your teeth, as recommended by your dentist. It is best to choose unscented floss so you can detect those areas between your teeth that give off odors, and clean them more carefully.
- ☐ Properly brush your teeth and gums.
- ☐ Get a recommendation for a toothbrush or scraper for your tongue.
- ☐ Always drink plenty of liquids.
- ☐ Chew sugar-free gum for a minute or two at a time, especially if your mouth feels dry.
- ☐ Chew parsley, mint, cloves or fennel seeds for additional help.
- ☐ Unless your dentist advises otherwise, soak dentures overnight in antiseptic solution.
- ☐ Get control over the problem. Ask a family member to tell you whenever you have bad breath.
- ☐ Ask your dentist to recommend a mouthwash.
- ☐ Cleanse your mouth after eating or drinking milk products, fish and meat.
- ☐ Watch what you eat. It is better to eat fresh, fibrous vegetables such as carrots.



Don'ts

- ☐ Don't be passive. Don't let your concern about having bad breath run your life.
- ☐ Don't be depressed. Get help.
- ☐ Don't ignore your gums - you can lose your teeth as well as smell bad.
- ☐ Don't drink too much coffee - it may make the situation worse.
- ☐ Don't forget to clean behind the back teeth in each row.
- ☐ Don't run to the gastroenterologist for concerns of having bad breath - it usually comes from the mouth and almost never from the stomach.
- ☐ Don't clean your tongue so hard that it hurts.
- ☐ Don't brush your tongue with regular toothpaste - it's better to dip your toothbrush in mouthwash for tongue cleaning.
- ☐ Don't give mouthwash to very young children, as they can swallow it.
- ☐ Don't rely on mouthwash alone - practice complete oral hygiene.

If someone in your family or a close friend has bad breath, find a nice way to let him or her know. If you find it hard to tell them directly, leave this information lying around. They may get the message they desperately need.

CONCLUSION

Bad breath due to dental problems can be easily prevented. Daily maintenance calls for brushing your teeth, tongue and gums after meals, flossing and rinsing with mouthwashes approved by the American Dental Association. Regular visits to the dentist (twice a year) should be made for dental examinations and for professional teeth and gum cleanings.

Drinking plenty of water every day to encourage saliva production can also combat bad breath. An occasional swish of the mouth with water can loosen food particles. Other products that keep breath fresh and prevent plaque from forming include sugar-free gum, sugarless lozenges, raw carrots and celery.

WHEN TO CALL A PROFESSIONAL

Call your dentist promptly if you have bad breath with painful, swollen gums that bleed easily or if you have loose teeth. Also, call your doctor if your bad breath occurs together with fever, sore throat, postnasal drip, discolored nasal discharge or mucus-producing cough. Even if you have none of these symptoms, you should call your dentist or physician if your bad breath persists despite a good diet and proper dental hygiene. If you are a diabetic or have chronic liver or kidney disease, ask your doctor how bad breath can be a sign that your underlying medical condition needs immediate medical attention.

PROGNOSIS

Once halitosis has been diagnosed, the prognosis for fresh breath is usually excellent as long as you follow your dentist's or physician's treatment plan.

Be sure to visit www.BartonPublishing.com for more home remedy reports and links to other resources!

RESOURCES AND LINKS

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