

Title:

10 tips to have a fresh breath

Word Count:

553

Summary:

Bad breath is experienced by most people at some time. It may simply be ^morningbreath~ but ca  
It is almost always caused initially by poor oral hygiene leading to a build up of excess bact  
So, contrary to popular belief the following do not usually contribute towards the problem of

View Top 10 Tips below that will help keep your breath fresh and clean!

Keywords:

breath,fresh,health,tips,

Article Body:

Keep your tongue clean

Gently brush it with a soft nylon toothbrush after you brush your teeth.

Drink More Water!

The drier your mouth, the worse your breath gets

Keep Calm

Stress makes your breath worse!

Avoid breath mints and/or gum that contain sugar

These actually make your breath worse

Don't try to kill the odor of bad breath with another odor

This is what most of the 'Big Name' oral care companies would like you to believe works

Blow your nose more often

Your breath gets worse when you have a cold, allergies, or post-nasal drip

Don't use mouth wash w/ alcohol or toothpaste that has sodium lauryl sulfate

Do you have any idea how many oral care products contain these two ingredients? Here's a hint,

Drink plenty of water when taking prescription medications

Many of these medicines make your mouth extremely dry

Stop Smoking

It will give you bad breath in a nanosecond, but may only take 20 years to kill you!

And finally, The Best Way to Eliminate & Prevent Bad Breath?

Use Clinically Proven Oxygenating Oral Products .

DO YOU KNOW ?

Important things you may not know about bad breath:

In most cases (about 90%), bad breath comes from the mouth itself.

- Despite public opinion, bad breath rarely comes from the stomach.

- Most people can smell other people's breath, but have troublesmelling their own. So, if you

- In the mouth, the most common source of bad breath is the very back of the tongue. Food debris
- Bad breath usually increases when the mouth is dry. Chewing sugarless gum for 4-5 minutes at
- The generalization that mouthwashes work for only a few minutes is wrong. Try gargling right
- Eating a hearty and healthy breakfast cleans the mouth and back of the tongue, gets the sali
- Some people (maybe 5-7% of the population) have experienced small crumbly 'stones' in their
- In the large majority of cases, bad breath can be dramatically improved or eliminated.
- Children as young as two or three can have bad breath from postnasal drip, dental plaque and

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