

Title:

Bad Breath Cures

Word Count:

403

Summary:

There are many common and easy to find cures for bad breath. We reveal some of the most common

Keywords:

bad breath cure

Article Body:

So you know that you have bad breath, and want to find a way to relieve it simply and quickly?

Bad breath is associated with a dry mouth, so taking steps to not have such a dry mouth can re

- Make sure that you drink sufficient quantities of water so that you're not generally dehydrated.
- Dieting or missing can reduce saliva and dry the mouth, so be sure to eat at regular intervals.
- Chew on special sugar-free gum, to cause salivation.
- Don't drink excessive alcohol as that dries the mouth.
- Smoking dries the mouth, and is also bad for a number of other well known reasons.

Bad breath also has a component that comes from lack of hygiene.

- Teeth should be brushed after every meal. Be sure to be thorough and remove all the food particles.
- While you're brushing your teeth, brush also the roof of your mouth and your tongue, using a soft brush.
- You should also floss between the teeth at least once a day, to dislodge any entrapped particles.

What you eat can cause troubles for various reasons.

- Eat a low-fat diet rich in fruits and vegetables.
- Avoid too much meat and protein, as the protein is fuel for the bacteria which cause bad breath.
- Avoid particular smelly foods, such as garlic and onions. When these get to the stomach, they can cause bad breath.

Visit your dentist to discuss the matter. Bad breath may be caused by dental problems, including

You can use a mouthwash for temporary relief of the bad breath smell. Be aware, however, that

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