

Title:

Bad Breath Treatment

Word Count:

517

Summary:

How many embarrassing situations have you experienced in your life because of having bad breath? When one has bad breath, there are a lot of things in life that he/she are unable to enjoy, like eating out, kissing, and socializing.

There are many causes of bad breath including oral bacteria, foods, smoking, dentures, and dry mouth.

Keywords:

health, fitness, bad, breathe, treatment, remedies, diseases

Article Body:

How many embarrassing situations have you experienced in your life because of having bad breath? When one has bad breath, there are a lot of things in life that he/she are unable to enjoy, like eating out, kissing, and socializing.

There are many causes of bad breath including oral bacteria, foods, smoking, dentures, and dry mouth.

The first thing you should do when you realize that foul odor is emanating from your mouth is to brush your teeth.

To eliminate oral bacterial the number one cause of chronic bad breath, which lives in your mouth, you should use a mouthwash.

Foods such as onions and garlic can cause short-term bad breath and it is recommended that you avoid them.

Having a dry mouth leads to bad breath and if you do not drink enough water, chances are that you will have bad breath.

In order to prevent the risk of mouth and gum disease and bad breath caused by smoking, which is a major cause of bad breath, you should quit.

Finally, finding an effective cure for bad breath can be liberating for you. When you have eliminated the cause of your bad breath, you can enjoy life again.

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