

Title:

Bad Breath (Halitosis).

Word Count:

667

Summary:

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How can you know if your breath is offensive?

Try this simple bad breath(Halitosis)test:

Lick the inside of your wrist and wait 4 seconds. Now smell your wrist. If you don't like what

Keywords:

Bad Breath, Halitosis, test, breath, remedies, GERD, Acid reflex disease, Oil of Oregano

Article Body:

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What causes bad breath?

- Not enough water in your body, dehydration.
- Gum or tooth problems/ disease
- Intestinal/ stomach disorders, yeast infection
- Use of medications
- Stress

Remedies for Bad Breath (Halitosis)

1. Water - yes, water! Many people suffer from chronic dehydration because they don't drink dr
2. Recently eaten food that hasn't been brushed out can quickly smell bad. The "cure" then is
3. For disturbed digestion you should see your doctor. But for mild problems such as GERD and
3. When you are under too much stress your digestive system doesn't circulate enough oxygen (t
4. Eat raw parsley, chew on anise seed or cardamom, nutmeg or fennel - they're natural breath
5. Eat plenty of vegetables, fruit and whole grains; avoid white flour products like white bre
5. You may have an undetected yeast infection. Find out for yourself by performing a simple se
6. Chew your food well and do not drink fluids with your food. Take no food two hours before b
7. Eliminate as often as you can. Try to have three bowel movements a day. If you need some he
8. Drink at least 2 cups of kefir a day. This helps your intestinal flora regain its natural b

Remember - fresh, clean breath is a reflection of good health, and health is an ongoing proces

Warmly, Pieterneel van Giersbergen.

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