

Why do I have bad breath?: the causes and treatments.

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Why do I have bad breath?: the causes and treatments.

By Dr Caroline Louise Downing

Many people think they suffer from bad breath. Are you one of them ? It is actually quite hard to smell your own breath. One good trick is to lick the back of your hand wait 30 seconds and then smell the back of your hand or you could just ask a close friend.

So what causes the smell?

In 85 – 90% of cases the smell is caused by the bacteria that are living on the back of the tongue. These bacteria live in the hairs on the back of the tongue and produce horrible chemicals when they break down food particles which in turn produce the smells. These are called volatile sulphur compounds or VSC. If you look at the back of your tongue you will notice it is rougher and it has more hairs this is generally the area where the malodour originates from.

It is usually worse in the morning because saliva production slows during the night and your mouth dries out. Saliva is good because it washes away the bacteria and food particles and also it has lots of goodies in it which slow down the activity of the bacteria

We recommend treating this by using a tongue scraper to remove the bacteria from the back of the tongue(see OrafreshTongue Scraper).Sounds easy but it can make people gag initially. Some times of the day are worse than others so try and find a time when it is easier for you to do this . After a period of time people generally get more used to it & can then move gradually further back on their tongue.It is amazing what comes of the back of your tongue! For best results this should be done once a day and your tongue scraper should be replaced at least 6 monthly. After using the tongue scraper for a while(a few weeks daily), try stopping it & you will be able to detect the generally fouler taste in your mouth.

We then recommend the use of a mouthwash containing chlorine dioxide (see CloSYS II Mouthwash). The chlorine dioxide neutralises the VSC's and kills the bacteria that produces them, it does not just cover a smell it eliminates the cause. This mouthwash does not contain alcohol which most other preparations do therefore it does not dry the mouth and reduce saliva flow which can make bad breath worse if used over a long period of time.

Why do I have bad breath?: the causes and treatments.

Advanced or chronic periodontal disease can cause the same smells. The bacteria are living in pockets down between the tooth and gum and this does need to be treated by your dentist. Check out our Toothbrushing Technique and Do I have Gum Disease? to make sure you understand the process and are cleaning correctly.

In about 5% of cases the smell can be caused by sinus infection and post–nasal drip, with similar types of bacteria involved. This an area for your medical practitioner if it is chronic so please see your doctor if this is a regular occurrence for you

In about 3% of cases a long term infection in your tonsils can be the cause of bad breath. If you have eliminated all other causes then again check with your doctor if your tonsils are involved. Very rarely some medical conditions can cause bad breath.

How do I get fresh breath ?

Scrape the back of the tongue as a matter of routine once a day

Make sure you have the correct brushing technique and inter dental cleaning technique

See your dentist to eliminate the possibility of gum disease

Drink plenty of water to keep you mouth moist and saliva flow normal

Chewing sugar free chewing gum will increase your saliva flow(see Recaldent and Biotene Products)Be careful as this can increase jaw/joint problems.

Use CloSYS II once a day to reduce bacteria numbers and eliminate VSC's

Dr Caroline Downing is a registered and practising dentist with over 19 years experience.

She owns and works in private practice in Neutral Bay Sydney Australia. She is also a director of

www.dentalcareproducts.com.au

How Bad Breath Affects Your Self–Esteem

By Ted Kushner

As a long time sufferer of bad breath (halitosis) I can still remember the day my girlfriend told me I had puppy breath. As affectionate as that sounds I knew what she really meant was that I had bad breath. Being somewhat shy in the first place, this only compounded my lack of confidence and made me totally aware of my breath problem from that day on.

Rarely was there a date from then on that I didn't have a supply of mints, gum, or some other type of breath altering products available to me. My bad breath was consuming me during my dates with my girlfriend or being in close contact with anyone else for that matter.

If you are one of the millions of sufferers of chronic bad breath then I'm sure you can relate to me. And I'm not alone. According to the ADA, it is estimated that there are over 27 million people in the United

Why do I have bad breath?: the causes and treatments.

States alone that suffer from chronic halitosis. That doesn't include anyone who only suffer from it occasionally.

Bad breath has become an epidemic that affects both young and old, but could be especially devastating to teens and pre-teens as they cope with a whole array of pre-adolescent problems.

What causes bad breath can be attributed to a whole array of underlying issues including, poor oral hygiene, gingivitis, bleeding gums, dry mouth, periodontal disease, tooth decay, or one of many other health related problems including sinus infections, diabetes, and even cancer patients undergoing treatments.

If you're like me then you probably have been trying to just mask the symptoms all these years as you could never find a permanent solution to eliminated the symptoms that have been causing it. But doing just that may be adding to the problem by letting the underlying problem keep compounding.

But did you know that you can effectively treat bad breath and cure it naturally and fast? There are some excellent products online that can give you the resources to combat the symptoms and eliminate your problem in as little as a few days. So if you're tired of being embarrassed by bad breath and what to do about it then you owe it to yourself to investigate alternative methods in helping you cure this self-conscience robbing problem.

Ted Kushner a long time sufferer of bad breath (halitosis) knows how it can rob you of your self-esteem and wants to inform the public on the affects of it and how you can go about in treating it. To learn more about what causes bad breath and treatments visit:

<http://www.affiliaterevenuesources.com/bad-breath-cure>

How Bad Breath Affects Your Self-Esteem

You Have Bad Breath? How to Avoid it!

Bad Breath Cause & Cure

Common Bad Breath Symptoms

Tips In Fighting Bad Breath

Cure Bad Breath

How To Overcome Snoring and Sleep Apnea

How To Improve Blood Circulation

Home Remodeling Secrets

Understanding Acne: Causes, Cures and Myths

Why do I have bad breath?: the causes and treatments.



This Free E-Book has been brought to you by Natural-Aging.com.

[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!