

## The Nature of Halitosis and What You Can Do About It

Have you ever wondered about the odor escaping from your mouth? All of us from time to time have experienced Halitosis and the embarrassment that accompanies it. There are many different causes for bad breath among them is poor oral hygiene, smoking, tooth decay and gum problems.

More than 60% of people living in the United States suffer from bad breath; of these at least 35 million suffer from chronic halitosis. All these cases may not have an underlying medical reason for this unnecessary problem. Many of them just have it because of bad oral hygiene. There are quite a few over-the-counter and advertised products which merely cover up bad breath instead of dealing with the root cause of the problem.

The bacteria often found in the mouth congregate towards the back of the tongue and are one of the culprits for halitosis. Anaerobic bacteria eat food debris and excrete Volatile Sulfur Compounds (VSC). VSC smell like hydrogen sulfide, which resemble rotten eggs in odor. Bad breath odor may also be caused by some foods after they have been digested and the bad odor comes from the lungs.

There is some simple treatments available pertaining to halitosis:

Daily brushing is an absolute must. How you brush is very important and many people do not realize there is a proper brushing technique that will remove food particles lodged between the teeth. Daily Brushing will go a long way to improving bad breath. Also, having regular dental cleanings will also improve the decline of bacteria making a home in your mouth. If you have wondered how to remove that white substance on the back of your tongue it can be done with the use of a tongue cleaner. Remember to have a proper diet as well which great consequences beyond helping to rid the rotten smell coming from the mouth.

What else can help you with halitosis? Saliva, that common liquid which is produced by the salivary glands, also contains some natural antibiotic which help get rid of bad breath causing bacteria. If saliva production decreases, bad breath increases. Chewing gum helps in increasing the flow of saliva and this in turn decreases the incidence of halitosis. It is also essential to drink at least eight fluid ounces of water every day. Water is of utmost importance to health, besides helping to reduce bad breath

If you are in a meeting or another public place that you are not able to brush your teeth after eating or when you feel the compulsion to irradiate bad breath a quick solution would be to simply take a drink of water and swish it around to loosen the particles trapped that the bacteria like to feed upon and then spit it out. Any action is better than no action!

Chewing all your food is very important and if, instead of junk food like candy, chips and cookies, you have fresh vegetables and fruits, these, too, help in preventing plaque build up and consequently bad breath.

Vitamin C is healthy for the body in many respects and you may be surprised to know that being deficient in Vitamin C may be a contributing factor towards bad breath as well as smoking that destroys Vitamin C.

Now I have tried to brush my teeth with baking soda and personally would rather smell a skunk! On the other hand the properties of baking soda are beneficial to destroying odors, hence why we put it in our refrigerators and sprinkle it on our carpets before we vacuum, and there are several brands of toothpaste on the market now that contain baking soda and are not as bad as dipping your toothbrush in the baking soda box.

A water pik is another tool in your fight against bad breath. Since it gives out water forcefully, it can help dislodge food debris and particles between the teeth and thus fight bad breath. A water pik which will work on batteries is particularly handy, because you can carry it with you.

When purchasing mouthwashes look for those that contain Cetylpyridinium chloride and zinc chloride. A mouthwash that does not contain these ingredients will mask the odor for a limited amount of time but give no long lasting results to eliminating the odor of bad breath. Also Hydrogen Peroxide is a great rinse because it release oxygen and the bacteria in the mouth thrive in an environment without oxygen.

## About the Author

Want to learn [how to get rid of your bad breath](#)? Download your free bad breath report at <http://www.badbreathkiller.com> today and discover secret [bad breath home remedy](#)!