

What Causes Bad Breath?

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The causes of bad breath and how to eliminate it.

Many people have a problem with bad breath (halitosis), but they have no idea what causes it or how to eliminate it. In general, there are three possible reasons why a person might have bad breath:

1. Eating Smelly Foods

Aromatic foods such as onions, garlic, fish, peanut butter and others can leave a strong odor on your breath, but this type of bad breath is only temporary unless there are also other problems.

2. Poor Oral Hygiene

Properly brushing, flossing and using mouthwash is essential for keeping bad breath at bay. Maintaining good oral hygiene is also very important for preventing the third (and most serious) cause of bad breath...

3. A Dental Condition

Dental conditions such as gum disease, oral cancer, cavities, and/or bacteria on the surface of the tongue typically result in bad breath. Unfortunately, these conditions cannot be remedied without the help of a dentist.

In a nutshell, brushing (including the tongue), flossing and gargling with mouthwash after every meal coupled with regular professional cleanings will prevent the most pervasive causes of bad breath.

Chewing gum helps reduce the intensity of bad breath by keeping the mouth moist, and many people also find relief by using toothpaste, mouthwashes and other oral hygiene products that are formulated specifically to combat persistent halitosis.