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Discover to Cure Bad Breath from House

Bad breath or halitosis causes humiliation during social gatherings and functions. Lets take a closer look at the root causes of [chronic bad breath](#). Causes of halitosis include poor dental hygiene, certain food intake, and specific medical conditions. If you can't seem to rid yourself of chronic bad breath, then you may have no other choice but to schedule a dental appointment. In the following paragraphs will be bad breath causes, and exactly why understanding them can help you avoid this dental condition.

Foods That Cause Bad Breath

The food you consume will affect your oral hygiene. There are foods that have a more powerful smell over others that contribute to foul breath as they stay for as long as three days on your breath. Some examples are garlic, onions as well as other veggies. After eating garlic and onions, they are taken into the bloodstream and into the lungs. When you breathe out, the odors scrambles to get from the lungs to your mouth.

Dry Mouth - Bad Breath's Best Friend

During extreme dry conditions, halitosis will occur. Your bodies natural defense against dry mouth is saliva; it flushes out dead cells on lying stagnant on your tongue, and provides the mouth with oxygen. An unhealthy mouth doesn't manufacture a great deal of saliva, thus allowing dead cells to accumulate and decompose in the oral region. This results to " yuck mouth ". As a result of reduced creation of spit through the night while you're sleep, morning breath isn't good. Drink plenty of water often and other fluids, such as fruit juices. It's also possible to chew sugar-free gum or candy throughout the day to aid in the production of salvia and moisten the oral area.

Bad Breath and Smoking

One of several factors that cause halitosis flare-ups is smoking. It also irritates the gums, stains the teeth and dries the mouth. Also, it may cause oral cancer, lung disease, and periodontal disease. It's in your best interest to avoid or stop smoking, if you are serious about getting rid of halitosis and staying healthy..

Good dental hygiene will stop halitosis causes. In your daily routine, you need to floss and brush on a regular schedule (at least twice per day), and make sure to floss between and along the gum line. You should also rinse your mouth with mouthwash after every brushing. You must also be on the look out for plaque build-up in the mouth which leads to many oral problems, including bad breath. It irritates the gums and sticks on the teeth. This turns into periodontitis and makes the breath smell bad. In case you have false teeth on, also wash them correctly to prevent foul breath.

Apart from the periodontitis, continual sinus release can result to bad breath. Lung problems and abscesses, mouth problems, bronchitis, acid reflux and upper respiratory infections are halitosis causes as well. Other medical issues, like kidney failure, liver failure, and unregulated diabetes will also send off a stinky smell.

In order to prevent bad breath, it is important to brush the teeth and tongue with fluoride at least two times a day. Plus, don't forget to floss, it's the only way to be sure food particles a removed between the teeth. In case the reason for your bad breath is periodontal disease, you will need to consult a dental professional such as a periodontist in order to lift off the heavy oral plaque buildup from your gumline. To wrap it up, gargle with an all-natural rinse that contains an anti-bacterial agent for fighting against halitosis and prevents plaque build-up.

For more information and industry facts on how you can cure your bad breath problems... [Click Here!](#)

[A Tongue Brush for Bad Breath](#)

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