

Published based on [Getting the Right Bad Breath Treatment](#)

Getting the Right Bad Breath Treatment

Diagnosing the cause of bad breath makes it easier to search for the appropriate bad breath treatment. Bad breath is often caused by food particles that are left trapped in the mouth and can breed bacteria that cause bad breath. Other causes of bad breath includes the dirty dentures, bad oral care, or a periodontal disease. Halitosis can be caused also by an underlying medical problem in the lungs, stomach, liver, kidney or bloodstream. Sinusitis, a post-nasal drip, bronchial problems, infections, including smoking and chewing tobacco products and dry mouth or dry mouth can cause halitosis.

The first step for treatment is to visit a dentist and doctor to find out what caused the bad breath. Regular dental check-ups can easily rule out gum disease or repair any overhanging fillings, defective repairs, or leaking crowns that can cause food to remain in the mouth. If the cause of bad breath is due to problems in a person's internal organs, a doctor should recommend the treatment. There are cases where a doctor finds out that the cause of bad breath is diabetes or sinusitis.

The kind of food a person eats can be a cause if no medical problem is seen and the person's dental health is good. This means the person may need to change his or her food eaten. It is not only garlic spices and onions that can cause bad breath.

A person who loves eating meat can grow bacterial in the meat particles caught in the mouth after eating. Anyone on a low-carb diet with high protein can consume a low level of carbohydrates that can cause ketosis. This condition is a metabolic state that makes a person's body burn fats instead of sugar. A person with ketosis has the tendency to have bad breath.

Another successful means to prevent bad breath is to regularly end a meal by taking green tea or by sipping green tea throughout the day. The antibacterial compounds found in green tea helps keep a person's breath fresh. To add essential oils, a cinnamon stick can be used to stir the tea.

Certain common herbs can remove bad breath. It can for a while take out odors from the scented essential oils they emit. Added to that these herbs also have a lot of chlorophyll that has proven to provide long-term benefits.

Frank has researched and written hundreds of articles on bad breath. Visit his website to learn about [bad breath treatment](#) and [halitosis causes](#)

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