

Published based on [Lets Fight Bad Breath \(Halitosis\)](#)

Lets Fight Bad Breath (Halitosis)

General

Do your friends and family keep their distance from you when you speak? Has anyone suggested that you may be suffering from unpleasant mouth odor? Well, if you answered with yes, then you are experiencing Halitosis. Halitosis is often referred to as an "unpleasant odor" that comes from the mouth while breathing out. It usually is very awkward and might undermine your self confidence.

Kinds of Halitosis

In fact there are 2 types of bad breath, temporary and chronic. The temporary type is simple to eliminate, as we can get rid of it by brushing, rinsing and cleansing the mouth or by chewing gum and using mint pastels. However the persistent halitosis is the chronic kind of bad breath. We should first find the origin and reason behind it then simultaneously take care of that cause, condition or disorder to eliminate the bad breath.

Cause

One of several main reasons behind bad breath is germs in the mouth, generally underneath the tongue because this is the area which isn't effectively cared for. Dental practitioners and experts furthermore think of the gums as another reason for foul breath. Subgingival oral plaque build up and bacterial infections can lead to persistent bad breath. Oral viral infections for example HPV or Herpes Simplex also causes unpleasant odor coming from the mouth. Additional factors like inappropriate dental hygiene, foodstuff debris trapped in between teeth, mouth sores or lesions, etc. could also bring about bad breath.

Bad breath may also occur and come from conditions of certain internal organs like stomach, wind pipe, nasal area, throat, and so forth. In addition consuming food products for example garlic, onions along with other powerful tasting food may also result in foul breath. Tobacco use and hefty drinking of alcohol could also be a main cause of foul odors coming from the mouth. Medications like anti-depressants, diuretics or even pain killers can create a bad odor in the mouth, since they make the mouth dry.

Self Diagnosis or Medical Diagnosis

Individuals affected by foul breath don't often detect that they have it themselves, as the mouth adjusts and becomes used to the odor, therefore self diagnosis is not easy, even so, everyone can detect it in others. If someone points out you have unpleasant mouth odor you should not just dismiss it or feel hurt or even become upset, instead you ought to do something to find the cause and cure it.

Cures for Halitosis

There are several solutions to deal with this dysfunction using a [bad breath treatment](#) and that's great news for bad breath sufferers. A very simple and easy approach to start to get rid of bad breath, is by washing your mouth thoroughly, rinsing and gargling more than once a day with mouth wash. If you cannot get relief from the problem make an appointment with your dental professional. A very important thing to remember is that your gums or sinus problems could be the underlying cause your bad breath issue. Whether or not your issue is due to your teeth, gums or another condition, your dental professional will be able to help you in finding out what the problem is and often, the best way to treat it. Otherwise you might want to visit a doctor, who will look for the reason for the bad breath odor and advise you appropriately.

The Bottom line

Please, don't sit back with [halitosis](#). Begin taking action to get rid of it. Regain your self esteem and grow to be part of a cheerful community once again by getting rid of your foul breath.

[Bad Breath Treatment](#)

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