

Published based on [Myths about Halitosis, Bad Breath](#)

# **Myths about Halitosis, Bad Breath**

Until lately, most remedies have been usually unsuccessful in resolving poor breath conditions. Typical treatments such as mouthwashes, mints, chewing gums, mouth sprays, and intestinal cleansings otherwise recognized as colonics, are merely inadequate. There are many websites offering “magic” breath items. Of course, these are a waste of cash.

Serious, persistent, chronic bad breath is now extremely much treatable. Unfortunately there are lots of myths surrounding the causes of halitosis and its correct cure. The following are the most common misconceptions about halitosis and how you can treat it. I answer these questions all of the time.

Here are probably the most typical myths:

1. Halitosis comes from the stomach.

Only in very rare instances does this happen. Cleansing the intestines provides no benefits in treating halitosis.

2. Halitosis comes from the lungs.

Only rarely does this happen and could be a manifestation of a significant disease.

3. Halitosis is really a hereditary issue.

This is absolutely not true. Certain conditions that will contribute to a bad breath condition can be hereditary, but there is no halitosis gene that can be passed on to an offspring.

4. Mouth washes and breath mints can help a breath problem.

This isn't accurate. They only mask the issue for a couple of brief minutes at greatest. Alcohol based mouthwashes actually will worsen the issue simply because they dry out the mouth thus growing the volatilization of breath odors.

5. Internal breath fresheners can help my issue.

These do absolutely absolutely nothing for a chronic halitosis condition.

6. Brushing my teeth more will help eliminate my breath condition.

This is also not accurate. Excessive brushing can dry one's mouth, therefore increasing the halitosis issue. Excessive brushing can also damage the teeth and gums over time. It's extremely tough to remove the particular odor causing bacteria with brushing and flossing alone, and most patients we see at our center tend to have extremely good oral hygiene.

7. Halitosis is caused by foods.

Foods such as onions, garlic, or cauliflower can induce particular odors but these are only transitory, and can be effortlessly eliminated by avoiding that particular food. The odors they create also aren't of the “sulfur” type commonly observed in true halitosis conditions, and usually are not as offensive.

8. There is no treatment for halitosis.

This is completely not accurate as we have been 99% efficient with thousands of patients at the Center For Breath Treatment in San Francisco. It generally takes two visits and we do treat individuals via telephone and product sales via the web.

9. Probiotics can assist in eliminating my bad breath.

There's no scientific evidence to support the benefits of probiotics within the treatment of halitosis. The use and benefits of probiotics for treating a poor breath condition is extremely overstated and over simplified. For that reason we don't recommend the use of these items.

10. I have heard that the bacteria H. Pylori causes halitosis. Is this true?

This is absolutely false. H. Pylori is really a common trigger of peptic ulcers and when patients have been placed on antibiotics to eliminate the H. Pylori they sometimes find that their chronic halitosis condition improves. The reason for the improvement has nothing to do with the elimination or reduction of the H. Pylori. It may occur simply because the antibiotics temporarily decrease the amount of the anaerobic bacteria that are contributing to the

halitosis condition. Once the antibiotic regimen is completed the poor breath usually returns.

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