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Quick Fix and Bad Breath Remedies

There are easy bad breath remedies to avoid embarrassing situations. It is important to keep the mouth clean to avoid halitosis. Bacteria that grows in between the teeth and on the tongue are the common source of bad breath. Bad breath can be a result of a gum disease, food eaten or a medical problem.

There are short term bad breath remedies that can be used to fix bad breath while a person determines if there are better remedies needed. Some solutions are simple and easy to do.

Take a lot of water to clean the mouth. As soon as the mouth feels dry, take more water. Loosen food left in the mouth by swooshing water around.

Make it a habit to brush, floss and clean the teeth and tongue. The tongue has mushroom like projections that can gather plaque and tiny particles of the food chewed. The collected particles can cause bad breath. When cleaning, the top of the tongue just needs to be slowly swept so there is no food residue left where germs can cause bad breath.

A mouthwash can be used to kill germs left after brushing. Or mix a homemade mouthwash by mixing extracts of calendula, sage, and myrrh gum in equal proportions. Washing the mouth several times in a day helps avoid bacteria from breeding. When scrubbing is not possible, a person can use a mouth rinse. An alternative mouthwash can be a hydrogen peroxide mixture.

Chewing sugarless gum or a mint can also help remove bad breath for a short period by stimulating the saliva to wash away the germs breeding on teeth and gums. Sugarless candies, a mouthwash, and a mint or gum are just temporary remedies for a quick fix.

Some common kitchen herbs and spices are breath fresheners. Even some seeds and leaves like parsley are breath deodorizers. Mixing watercress and parsley can be used to make breath smell fresh.

Avoid taking beverages with caffeine and some alcoholic drinks that stay in the mouth. These drinks can also make dry mouth.

If bad breath is observed to stay for more than a day, it is good to visit a dentist or physician. Having bad breath can be a sign of an undiagnosed illness, or medical condition.

Frank has researched and written hundreds of articles on bad breath. Visit his site to learn how to find a [bad breath cure](#) and to find the best [bad breath remedies](#)

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