

# TIPS AND TRICKS BAD BREATH



All foods you eat are began to be broken down in your mouth, as foods are digested and absorbed into your bloodstream, they are eventually carried to your lungs and given off in your breath



If you eat foods with strong odors such as garlic or onions, brushing and flossing or using mouthwash simply just cover up the odor for a short time, the odor will not go away completely until the foods have passed through your body



If you don't brush and floss your teeth daily, food particles can remain in your mouth, which promotes bacterial growth between teeth, around the gums, and on the tongue causing bad breath



Odor causing bacteria and food particles can cause bad breath if dentures are not properly cleaned



Smoking, smokeless tobacco and any other tobacco based products can also cause bad breath, as well as many other oral health problems



Persistent bad breath or may be warning signs of gum disease, which is caused by the buildup of plaque on teeth. The bacteria cause toxins to form in the mouth, which irritate the gums



The medical condition dry mouth can also cause bad breath. Saliva is necessary to moisten and cleanse the mouth by neutralizing acids produced by plaque and washing away dead cells that accumulate on the tongue, gums, and cheeks

