

Bad Breath, Halitosis

How many of the Americans have a bad breath at some point in the day?

50%.

What's even scarier is that if you are among that 50%, you may be the last to know it.

What foods cause bad breath and why?

Food is a major culprit of bad breath. As we all know, food can get trapped in our teeth, creating a fertile environment for bacteria growth. In addition to this; food odors, especially garlic, onions, spices and alcohol can actually be absorbed in to the blood and then be released through your lungs as we breathe. Also, diets rich in meat have a greater tendency to produce bad breath than vegetarian diets since they produce more fat and fatty acids which are released through your lungs. But chances are, if you and your friend share a big pizza smothered in onions and garlic, neither of you will be able to feel each other's bad breath since you quickly get used to the odor. The same rule applies to smokers as well: Smoky breath isn't usually noticed by those who smoke because of their tolerance to those specific odors. Remember, though, that there are a lot of people who may have had something different for lunch or don't smoke. These folks may smell you coming.

Does sugar or sugary drinks cause bad breath?

No. Surprisingly enough, it's been shown that simple sugar (e.g. glucose, sucrose) actually creates a low pH environment which inhibits growth of odor causing bacteria. And since carbonated and citrus drinks naturally have a low pH, odor causing bacteria don't have a chance to grow. However, it is possible that sugary drinks may cause dryness of the mouth which can lead to bad breath.

Do some medications cause bad breath?

Absolutely. Some medications can cause bad breath by reducing your mouth's salivary flow. And when washing or flushing of the mouth decreases, bacterial growth increases. The most common products which can cause dry mouth are cold and/or allergy medications containing antihistamines. Several classes of prescription drugs including amphetamines, tranquilizers, nausea medications and diuretics can also cause dry mouth. Ask your doctor for specific information on a drug you may be taking.

Can I get bad breath from exercise?

Sometimes. When you exercise, you may do heavy breathing through your mouth. This leads to dry mouth, which in turn, can lead to bad breath in much the same way that some medications cause bad breath.

What should I do to prevent bad breath?

Routine brushing, flossing and rinsing with mouthwash can all help ward off bad breath. Remember, good oral hygiene is bad breath's worst nightmare. A mouthwash like goRinse can freshen your breath a few different ways: by cleansing the mouth in places a toothbrush can't reach, killing germs that cause bad breath. goRinse contains antimicrobial (bacteria killing) that kills the germs connected with bad breath. goRinse Mouthwash kills more germs than leading brand mouthwash. Plus, even after you brush, rinsing with goRinse can help remove food stuck between the teeth that could lead to unpleasant mouth odor. And the Natural mint oil in goRinse (Natural Mint) freshen and protect your breath against common unpleasant odors like smoke and strong foods organically. Not only does the minty taste of goRinse leave your mouth feeling fresh, it also makes your mouth water, washing away bacteria and waste products decreasing bad breath. If proper oral hygiene doesn't effectively eliminate persistent bad breath, a medical problem may be present. In this case, a thorough medical examination should be conducted by the appropriate medical professional.