

The Bad Breath Report

Your guide to a fresh breath

By

[Bad Breath Fear](#)

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Causes of Bad Breath

By [R. Drysdale](#)

What are the causes of bad breath? In more than 90 percent of cases, ongoing bad breath is caused by the activities of bacteria that are naturally present in the mouth. There are many different species of bacteria living in our mouths and they normally do us no harm; in fact, they are an integral part of a healthy mouth, helping to digest food and keeping more dangerous bacteria from making themselves at home. Bacteria live on the cells that line the mouth, in the plaque that builds up on the teeth, and in the saliva. They collectively create a biofilm in the mouth - a layer of material containing many different organisms, thriving together as a community.

Bacterial activities that can be a bad breath cause include the breaking down of dead epithelial cells (cells that line the inside of the mouth that are sloughed off and replaced frequently), blood cells, food particles, and proteins and other molecules found in saliva. Bacteria are the janitors of our mouths, but unfortunately, some of them create bad-smelling compounds that are causes of bad breath, while they do their work.

Certain species of bacteria are particular culprits in what causes bad breath. These are the anaerobes - bacteria that live in the absence of oxygen. When they break down substances in the mouth, they produce a byproduct, a bad breath cause known as volatile sulfur compounds. (Think of the rotten smell of sulfur, or even worse, hydrogen sulfide, which is the smell produced by a rotten egg.) There are several different volatile sulfur compounds produced by these bacteria and they are all causes of bad breath. They are detectable, and offensive, even when they are only present in relatively small amounts.

The anaerobic bacterial causes of bad breath thrive everywhere in the mouth where they are exposed to minimal amounts of oxygen: between the teeth (often in particles of food that have lodged there), between the papillae of the tongue (the little bumps that house the taste buds), in crevices and folds of the cheeks and gums, and in pockets formed between the teeth and gums in gum disease. The matrix (non-living substance) of the biofilm itself can shield them from oxygen. Often, what causes bad breath is some unhealthy situation in the mouth such as gum disease, that allows the anaerobic bacteria to multiply to unusual numbers.

So when you ask, "What are the causes of bad breath," you will get various answers: bacteria are part of what causes bad breath, but some other condition in the mouth is likely to be a contributing bad breath cause as well.

R. Drysdale is a freelance writer with more than 25 years experience as a health care professional. She is a contributing editor to [Causes of Bad Breath](#), a blog dedicated to the treatment of bad breath.

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Foods that may lead to Bad Breath due to volatile sulfur compounds

The bacteria that create the **volatile sulfur compounds** of bad breath and taste disorders, react to various changes in their environment.

Of course, everyone knows that Onions and Garlic will create bad breath. But do you know why? It's because the odorous molecules in onions and garlic are actually sulfur compounds themselves, called Mercaptans. (Sulfur is nature's way of creating odors.) You're all familiar with the skunk. Its odor is created as a defense and/or attack mechanism. Skunk odor is made up of sulfur compounds (skatoles, etc.) which are natural sulfur compounds.

Food, if it sits out too long will spoil. That action is due to anaerobic bacteria breaking down proteins in that particular food. In milk, the odor of sour milk is caused by relatives of the bugs that create bad breath, when they break down proteins in milk (and all dairy foods). A reaction takes place where 'the bad breath bugs' extract sulfur compounds from the amino acids in these proteins. Specifically, the amino acid Cysteine is converted to Hydrogen Sulfide (the rotten egg smell) and Methionine becomes Methyl Mercaptan (which smells like a cross between old socks and garlic.) The same analogy applies to meat if it sits out too long. There are 4 categories of foods that will result in an increase of sulfur production because these categories have a stimulating affect on the bacteria:

1. Drying Agents
2. Dense Protein Foods
3. Sugars
4. Acids

Drying Agents:

The most common drying agent in food is Alcohol. Alcohol of course is the basis of all "adult" beverages such as Beer, Wine, and Hard liquor. It is also used, unfortunately in mouthwash, where it only makes the problem worse.

Alcohol is a drying agent, known chemically as a desiccant. It is used quite often in laboratories to "dry out" hard to reach areas in test tubes and beakers. The same end result takes place in the oral cavity.

Although cigarettes are not really food, smoking is probably the quickest way to dry out your mouth, with alcohol the second. If you smoke, you are bound to have bad breath!

Dense Protein Foods:

Dairy foods are notorious for creating bad breath. An article in the Los Angeles Times once noted that over 50% of the population in Southern California was "Lactose Intolerant". With regards to bad breath, we have found these people (numbering in the tens of millions) end up with MORE dense proteins available as '*bad breath fuel*' for the bacteria than those who have no problem with dairy foods (milk, cheese, yogurt, ice cream, etc.) The end result is a buildup of amino acids, which are easily converted into **volatile sulfur compounds** by the anaerobic bacteria found within the surface of your tongue and throat.

To a lesser extent, we have seen patients who have the same problem with other dense protein foods such as: Beef, Chicken, Fish.

Another problem, thankfully rare, has to do with people who have an inability to break down certain proteins found in beans. This condition is called TMA (Trimethylaminuria) and is sometimes known as the "Fish Odor Syndrome", because the odor produced is similar to decaying fish. The odor consists of sulfur compounds, plus nitrogen compounds (amines). People with this condition must abstain from beans and other dense protein foods.

Sugars:

Wouldn't it be great if we could get rid of bad breath by chewing on M&Ms? Or what if the cure for bad breath were Hershey Kisses?

That's what the makers of ALTOIDS would have you believe. Altoids, and other products of the same ilk, are trying to fool the public into believing that a strong "good" taste in your mouth is equivalent to the "goodness" of your breath. It is so anti-science, as to be absurd. If you think about it for a minute, it doesn't even make sense.

By using concentrated MINT flavorings, your taste buds pick up MINT as a taste. However, ALTOIDS, contains 2 types of sugar, which are Fuel for the bacteria to reproduce and create more sulfur compounds. In addition, and here's the frightening part, other bacteria can take the sugars and produce glycan strands, which in turn end up causing thick layers of plaque on your enamel and around your gums. This leads to tooth decay and gum disease - and of course worse Breath than when you started.

But, since you can't smell your own breath, you just go merrily along with that great strong mint taste in your mouth, while others close to you are backing away - backing away from your increase bad breath, decayed teeth, and gross swollen, bleeding gums!

Stay away from candies, mints, and chewing gum if they contain sugar.

As an alternative, we have created [TheraBreath Oxygenating Chewing Gum](#). It releases Oxygen molecules directly in your mouth and also contains the antibacterial agent, Zinc Gluconate (found in many cold medications). In addition, as a sweetening agent we chose Xylitol, which is a natural ANTI-DECAY compound (Not SUGAR!)

Acidic Foods

Acidic foods are a problem as you'll read below. Some foods you should watch out for are:

Coffee - both decaf and regular have acids (Tea is OK)
Tomato Juice

Citrus Juices:

Orange Juice
Pineapple Juice
Grapefruit Juice

Uncover the REAL Causes of Bad Breath!

Dr. Harold Katz, founder of the California Breath Clinics, is a worldwide expert on the topics of bad breath, halitosis and dry mouth.

His '**Bad Breath Bible**' is an easy-to-read guide to help you experience fresh breath every day for the rest of your life.

[Click here](#) to download your free copy. (This book is normally sold for 10\$)

It's Official, Bad Breath Really Does Stink But Your Breath Doesn't Have To Smell Bad

By [Tim Gorman](#)

Bad breath, also known by the medical term halitosis, is often caused by inadequate oral hygiene. However it's not the only cause, with other possibilities including:

- Dental caries
- Respiratory tract infections (nose, throat, lungs, sinus)
- Infected gums
- Constipation
- Indigestion
- Inadequate diet
- Fever
- Diabetes
- Smoking
- Kidney or liver dysfunctions
- Alcohol abuse

The reason we often wake up in the morning with bad breath is because our mouths tend to dry out overnight. Many people breathe through their mouths while asleep, leading to poor hydration. A good quantity of saliva is necessary to wash your mouth free of the bacteria that cause bad breath.

A lack of proper nutrition can also cause bad breath when your body is trying to decompose the stored fats and proteins. The process of degradation releases certain metabolic products that have a bad smell, and so when you breathe out your breath smells bad as well.

Coffee can also be a culprit in bad breath. When you drink coffee, small particles are placed on your tooth enamel or directly into your digestive system. So when you exhale, the bad smell comes back up into your mouth. Coffee isn't the only offender in this respect - beer, whiskey, wine and other alcoholic drinks all have a very similar effect. That's why many alcoholics have bad breath.

So if you have bad breath, what can you do to eradicate it?

- Avoid using condiments on your food, as the smell can last for hours. Oils with a pungent smell are major offenders and the smell can last up to 24 hours
- Make sure you gargle regularly with a quality mouthwash
- Hydrate your body. Drink lots of water that's as free from impurities such as suspended particles and chemicals as possible

- Keep your mouth clean. Use a good toothbrush, floss daily, and visit your dentist regularly
- Follow a green diet to hydrate your body and remove toxins from

Be very careful when choosing a mouthwash, because many of the mouthwash manufacturers add colorants, alcohol and flavors to make them palatable. While mouthwash can help eliminate bad breath, it can also irritate your tongue, gums and the mucous membrane if you use it too often. So be sensible with it.

If you find that despite all your best efforts the bad breath persists, then it's a good idea to visit your doctor. Some bad breath is caused by problems in the digestive system, so it's important to have that possibility checked out when other measures have failed.

For ways to [make your breath smell better](#) try visiting <http://www.bad-breath-relief.com> where you will quickly and easily find a variety of tips, advice and resources on how to turn bad breath into [fresh breath](#).

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Recommended bad breath products

[Mouth wash without alcohol](#)

[Tooth paste and tooth gel](#)

[Sprays and drops](#)

Bad Breath Remedies

By [R. Drysdale](#)

A few types of bad breath remedies have been around for a long time. It seemed to start with television ads about morning breath, and quickly progressed to talk of antibacterial ingredients that would kill harmful bacteria in the mouth and leave us all with fresh smelling breath. We've now progressed to acknowledging that, for many people, halitosis isn't just a morning problem, it's an all day problem, and it can be a social problem of personally devastating proportions.

We know a lot more about the causes of halitosis now as well, and the legions of bad breath remedies have divided into two main camps: the products that have a strong taste and odor that simply aim to overpower the halitosis, and the products that are specifically aimed at the bacteria that are causing the problem. The very best bad breath treatment will be a product that targets the bacteria responsible, while leaving all the other normal, protective microorganism in the mouth unscathed.

The additive chlorhexidine was probably the first antibacterial ingredient in bad breath remedies that had a significant impact on the odor-producing bacteria. These bacteria live in the oxygen-free environment at the back of the tongue and produce sulfur compounds as part of their regular activities. Chlorhexidine kills them. It never kills all of them however, and one must maintain regular rinses with a bad breath treatment containing chlorhexidine in order to stay ahead of the halitosis.

Today, a new trend in bad breath remedies is bringing us a collection of natural approaches to killing off halitosis bacteria. Some of these approaches deliver oxygen to the back of the mouth so that the anaerobic environment there is disrupted, and the bacteria are unable to live. Again, this bad breath treatment has to be maintained over the long term, but it is appealing in that it prevents the bacteria from growing in the first place, rather than killing them off after they are already there.

Another of the new bad breath remedies uses a two-step approach with an olive oil rinse that just mops up the bacteria and carries them off. This bad breath treatment is based on the interesting fact that the bacteria in question tend to adhere to oil droplets - and that olive oil is undoubtedly safe and probably even beneficial to health.

One last intriguing approach to bad breath treatment uses the idea of probiotics: where there are harmful or undesirable bacteria, the introduction of beneficial friendly bacteria may crowd the undesirables out. For an example of how this works, imagine how the sudden introduction of some new species into an area (say, gray squirrels where only red squirrels are living) can push the native species out and even make them extinct in that ecological area. The mouth is an ecological area as well, and a little healthy competition can be a great addition to the world of bad breath remedies.

R. Drysdale is a freelance writer with more than 25 years experience as a health care professional. She is a contributing editor to [Bad Breath Remedies](#), a blog dedicated to the treatment of bad breath.

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9 Great Tips On How To Combat Bad Breath

By [Susan Jan](#)

Millions of people all over the world suffer from bad breath or halitosis. Bad breath can badly affect your social life, your career prospects and even your self-esteem.

The main cause usually stems from poor dental hygiene, and also from bacteria that comes from left over food particles in the mouth. Strong smelling foods or items such as garlic and onion, alcohol and smoking, also contribute to bad breath.

Conventional remedies for halitosis include:

- * Brush and floss your teeth at least twice a day. Make sure to also brush the gums, the tongue, roof of the mouth, and inside of the cheeks.
- * After you eat, make sure to rinse out left over food particles in your mouth.
- * Avoid strong smelling items such as coffee, alcohol or smoking.

Other than these common remedies, natural remedies such as a well balanced diet also helps, as a healthy digestive system reduces the level of odor-causing bacteria in your body:

- * Gum disease causes bad breath. Taking vitamin C helps protect and heal your gums from damage and disease. Vitamin C is plentiful in strawberry, cabbage, orange, red pepper and kiwi fruit.
- * Eating food rich in acidophilus such as yogurt helps to balance the bacteria in the intestine to a healthy level and thus reduce halitosis.
- * Eating food that fights plaque build-up also helps fight foul breath, such as cheese, peanut, celery and carrot.
- * Eating less meat and more fiber such as vegetables and fruits help temporarily mask bad breath. Snack on fresh raw vegetables and fruits such as parsley, celery, carrot apple and pear. Parsley is effective because it contains chlorophyll, a chemical found in plants that is considered to be a natural breath freshener.
- * Eat food rich in fiber to fight constipation. Your body absorbs a large amount of bacteria from a meat-laden diet. Fiber helps promote regular bowel movements that remove these toxins from your body that cause bad smelling breath. Food rich in fiber include pea, dried bean, brown rice, prune, fig, and wheat product.

* Drink a lot of liquids, at least eight cups of water each day, to keep your mouth hydrated, as saliva is a natural antibacterial and helps flush down food particles in your mouth.

Thus, maintaining a balanced diet is an effective way to ensure good bodily health, helps eliminate bad breath and keeps your breath smelling sweet.

For tips on how to fight [Bad Breath](#) visit cure-bad-breath-now.info. Susan also enjoys writing on a wide variety of topics at [Sports and Recreation](#).

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Have you ever felt *embarrassed* by your own breath?
Did you ever hesitate speaking to someone in fear that they would be offended by your breath?
Never worry about your breath again, [click here](#).

Discover How To Correctly Clean Your Tongue to Make White Tongue Disappear!

By Dr. Harold Katz
Founder, California Breath Clinics

A **White Tongue** is something that nobody wants to have - not only does a white tongue look abnormal, but left untreated, it's a strong indication of a breath problem. People who have a condition known as **geographic tongue** are definitely more likely to experience a white tongue. Geographic Tongue simply means a tongue that has lots of grooves and fissures in it - these grooves and fissures make an excellent breeding ground for the anaerobic bacteria that cause bad breath and a white tongue. The way around this problem is simply making sure that your tongue is kept as clean as possible. But not all tongue cleaning is created equal....

Tongue Cleaning (or **Tongue Scraping**) is a process that the majority of people in the United States don't do on a daily basis. Yet it's one of the most important steps you can take to keep your breath clean and fresh!

It's not difficult to do, and it's not even that particularly time consuming. Yet that extra minute or two per day can reap huge rewards in preventing bad breath, and helping to prevent white tongue and return it to its normal color.

A healthy tongue should be slightly moist, smooth, and slightly pinkish in color. Under certain conditions, a geographic tongue can become coated, off-color (white, yellow, even black), and dry and cracked.

Let me clarify a few things about tongue cleaning:

1. It's not necessary to scrape hard

I've seen patients make their tongues bleed because they were pressing down so hard. In general, pressing harder does not remove more bacteria. You simply need to press hard enough so that the tongue cleaner contacts your tongue, flush across the cleaning surface. Try not to leave any gaps.

2. Tongue Cleaning Alone Does Not Prevent Bad Breath

Tongue Cleaning does not kill the bacteria that cause bad breath that are breeding below the surface of a geographic tongue. It simply removes the gunk on the surface of your tongue (mucus and food debris) which are a food source for those anaerobic bacteria. In order to get rid of those anaerobic bacteria (which are responsible for white tongue), you must use an oxygenating toothpaste which can penetrate beneath your tongues surface.

3. It's not necessary to use one of those complex, expensive gizmos to successfully clean your tongue

Really, all you need is a fairly rigid instrument, that you can easily make flush with the largest amount possible of your tongues surface area. The electronic tongue cleaners you see can be helpful if you have arthritis, difficulty with coordination, or in general have a tough time performing the actions listed below.

Step-By-Step Instructions to Successfully Clean A Geographic Tongue and Prevent White Tongue

1. Starting at the very base of your tongue, place the tongue cleaner flush against your tongue's surface and make slow sweeping strokes from back-to-front. Start at either side (left or right) and work your way to the other. Depending on the tongue cleaner you are using, you might need to make 3-4 different 'swaths' across your tongue.

2. Once the surface debris from your tongue has been removed, apply a small bead of [TheraBreath Oxygenating Toothpaste](#) to the head of your tongue cleaner

3. Gently coat the surface of your tongue (as far back as possible without gagging) with the toothpaste. This allows it to penetrate below the surface of your tongue to neutralize those sulfur-producing anaerobic bacteria! There are more bacteria in the rear of your tongue than in the front.

4. Once your tongue is coated, allow the toothpaste to stay on the surface of your tongue as long as you can. Up to 90 seconds is ideal. If you begin to cough, or your gag reflex kicks in, that's ok, just spit whenever you need to.

5. Ideally, it's best to leave the toothpaste on the surface of your tongue, while you brush your teeth normally.

Recommended products to use when cleaning your mouth

[Mouthwash](#)

[Tooth paste and tooth gel](#)

[Starter kits](#)

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The Best Herbal Remedies For Halitosis

By [Vanessa A. Doctor](#)

Halitosis, or “bad breath” as it is more commonly known, is one of the downside of having a diet that is based on eating meat and dairy products, especially since these types of foods can create a stench that is rooted from the excreta or matter that has been putrefying in the colon, causing a person to have a very unpleasant odor manifest from his alimentary canal. This can become an embarrassing condition to have, especially if you interact with people almost everyday, causing some very awkward moments. Having bad breath can be very unpleasant at times, fortunately, this type of condition can be remedied through different treatments, one of which involves the use of herbal remedies.

Unknown to a lot of people, there are actually a lot of different herbal remedies that can help fight bad breath or halitosis, some of which have been passed down from one culture to another through folklore, or even through new discoveries today. These different herbal remedies can offer people who suffer from halitosis either a natural short term breath freshener or long term treatment for the condition. Either way, it can greatly improve the quality of odor that is coming out of your mouth.

Halitosis Herbal Remedies

One of the more popular types of herbal remedies for halitosis is the chlorophyll treatment, which actually serves as a natural breath freshener. Most of coniferous green vegetables contain chlorophyll, which means that most green vegetables or plants that you can eat can actually help prevent bad breath. This means that you may have to change your diet by including a lot of green vegetables into the mix if you want to avoid having a skunk breath. Parsley is one of the best ways to help freshen your breath, and it does so in little time only. The excretion that can be taken from this plant is also considered to be more potent as compared to just eating the plant.

Another plant that basically offers the same relief from bad breath is cilantro, which can also be juiced to get a more potent dose of breath freshener. Mint, which pretty much helps freshen your breath as well, leaves a minty fresh taste in your mouth after it leaves it smelling fresh. Again, this type of herbal remedy can be eaten, but its most potent effects can be achieved when it is juiced, giving you a minty fresh breath after you have consumed it, giving you an effective relief from halitosis. Other green vegetables that help you achieve this effect include spinach, alfalfa, wheat and barley grass.

Other herbs are used to clean the colon, which can help eradicate your bad breath, especially since the bad breath can emanate from the foods, such as meat and dairy products, that you have consumed which are being digested in your colon. Herbs such as aloe vera resin, senna leaves, cascara sagrada, trifala, rhubarb, and many others can help fight bad breath by evacuating the bowels, thereby cleansing the colon.

Aromatic herbal teas such as cinnamon, peppermint, ginger and cardamom can also help prevent halitosis since they can help in the entire digestion process, making it easier to digest food in the colon instead of just letting undigested food sit and rot there.

[Prime Herbal - http://primeherbal.com](http://primeherbal.com)

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Zinc And Bad Breath

By [R. Drysdale](#)

What is the connection between zinc and bad breath? You may have noticed that many mouthwashes and other halitosis remedies on the market contain zinc, even some of the oldest brand names, indicating that we have known for a long time that zinc can help in persistent cases of bad breath. It's true that zinc is an essential trace element known for its role in growth, immunity and healing. It has been incorporated into dietary supplements and skin lotions for many years.

Researchers and those who suffer from halitosis have found that a zinc mouthwash can help a lot. The specific link between zinc and bad breath seems to lie in the element's ability to prevent the production of foul smelling compounds that give halitosis its extremely offensive odor - the odor is actually produced by anaerobic bacteria in the mouth (anaerobes are bacteria that live in the absence of oxygen). If you have ever come across organic material that has been decomposing in an airless environment, such as a plastic bag or a very wet heap of rotting vegetation, you know how foul it can smell. What you smell are volatile sulfur compounds - gases produced by the bacteria that are proliferating in the decaying material. Zinc appears to block the production of these gases in anaerobic bacteria, greatly reducing the objectionable odor of halitosis.

Though most people with halitosis probably do not have an actual dietary deficiency of zinc, this is a possibility. Bad breath has been identified as a symptom of zinc deficiency, suggesting that dietary levels of zinc and bad breath, particularly chronic bad breath, may be closely related. Ensuring that you get adequate levels of zinc in the diet might be as effective as using zinc mouthwash if deficiency is a problem. To increase dietary levels of zinc, eat seafood, red meat, dark meat from chicken, kidney beans, lentils, and nuts such as almonds and cashews. You can also take a dietary supplement.

Because you merely rinse the mouth with zinc mouthwash, this will not raise your body's level of zinc. You will need to actually eat foods rich in zinc or take a supplement in order to correct zinc deficiency. It's also useful to know that certain other foods interfere with the absorption of zinc in foods. Notably, these include dairy products and foods high in fiber. Certain medical conditions and drugs also interfere with absorption. If you have any medical conditions or are on any prescription drugs, or if you suspect a link between zinc and bad breath in your particular case, see your doctor to discuss options for correcting the problem.

R. Drysdale is a freelance writer with more than 25 years experience as a health care professional. She is a contributing editor to [zinc and bad breath](#), a blog dedicated to the treatment of bad breath.

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